



CHEL TENHAM  
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition

# VALENS

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup Bar	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread	Served with toasted croutons, chili flakes, seeds and freshly baked bread
Daily Deli Special	Homemade Scotch eggs	Chicken, lettuce and guacamole wrap	Chorizo spiced pork, sweet red peppers and caramelised onion sausage roll	Giant vegetable samosa	Chicken Caesar wrap	
		Flaguette with grains topped with egg mayo and cress			Multi grain bagel topped with rocket, prawn Marie rose sauce, and lemon	
Daily Hot Station	Pasta:	Bacon, brie and caramelised onion chutney baguette	Creamy chicken curry with rice	Noodles:	Pepperoni, tomato and cheese topped pretzel roll	Chicken alfredo
	Creamy chicken ham and mushroom		Cauliflower and chickpea curry	Sweet chilli chicken		Spring Vegetable and Bean Ragu, Orzo Pasta
	Tomato basil and mascarpone			Teriyaki mushroom Grains – pearl barley served with:		
Salad Bar						
Yoghurt Station						
Dessert	Jam doughnuts	Beetroot brownie	Victoria sponge	Chocolate crunch	Jam coconut sponge	Fruit smoothie
Fresh Fruit						

# VALENS

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup Bar	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	<i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	<i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	<i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	<i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	<i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	<i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>
Daily Deli Special	Stilton and caramelised onion Quiche	Crudités & hummus	Katsu Chicken wrap	Chicken legs	Olive oil & tomato focaccia filled with rocket; roasted peppers & feta dressed with pesto	
	Tuna mayo & Cucumber Malted bloomer					
Daily Hot Station	Rice	Pasta	BBQ pulled pork	Jacket potato /baked sweet potato	Roast beef and peppercorn sauce	Pizza pasta
	Hibachi chicken and yum yum sauce	Turkey ragu	Gourmet roll		White baguette	
	Mexican mixed bean gumbo	Cheese, broccoli & mushroom	Sesame and linseed Roast Mediterranean vegetable & Mozzarella	Baked beans and cheese		Veggie pizza pasta
				Cowboy hotpot		
Salad Bar						
Yoghurt Station						
Dessert	Fruit salad pots	Lemon crumble shortcake	Fruit flapjack	Vanilla & blueberry sponge	Biscoff blondie	Fruit Smoothie
Fresh Fruit						

# VALENS

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup Bar	Soup of the day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>
Daily Deli Special	Parisienne baguette filled with Ham cheddar cheese and pickle	Goats cheese and cherry tomato tartan with basil pesto	Coronation chicken wrap	Onion bhaji  Mango chutney Mint raita Indian chutney	Bacon and cheese turnover	
Daily Hot Station	Bagel filled with grilled halloumi Roasted red pepper and Caramelised onion marmalade  Chicken Gyros with tzatziki	Fruit Cous cous  Lamb tagine  Moroccan chickpea & spinach	Ham and cheese panini  Cheese, Tomato & pesto panini	Rice Beef madras Chicken tikka Spinach chickpea, sweet potato Balti	Jacket potato and baked sweet Baked beans and cheese Coronation chicken	Meatballs in tomato sauce with wholemeal penne pasta  Creamy Penne pesto bake topped with roasted seeds
Salad Bar						
Yoghurt Station						
Dessert	Chocolate chip flapjack	Frosted carrot cake	Biscoff tiffin	St Clements sponge	KitKat brownie	Fruit smoothie
Fresh Fruit						