



CHEL TENHAM
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup Bar	Miso vegetable broth <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Pea and mint soup <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Curried lentil soup <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	White bean, spinach and kale soup <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Tomato and basil <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Mushroom and tarragon <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>
Daily Deli Special	BLT on sourdough roll	Peri peri chicken mayo multigrain baguette	Cheese, tomato and pesto panini	Sweet potato falafel and sweet chili pitta bread	Smoked salmon, rocket, cream cheese bagel	Tuna melt panini
Daily Hot Station	Jacket potato filled with: Cowboy hot pot Or Roasted vegetable tagine	Noodle bar: Pork and black bean noodles Or Oriental stir fried vegetable noodles	Steamed rice served with: Spanish style chicken, chorizo and butterbeans Or Tofu madras	Grains – pearl barley served with: Check, mushroom stroganoff Or Quorn, five bean vegetable chilli	Pasta bar: Fajita chicken pasta bake Or Mediterranean tomato, olive and basil sauce	Sports Saturday Penne pasta, meatballs with tomato & basil sauce Or Penne pasta, vegan meatballs with tomato and basil sauce
Salad Bar						
Yoghurt Station						
Dessert	Fruit flapjack	Lemon and blueberry cake	Cherry cake	Chocolate courgetti cake	Banana cake	Fruit smoothie
Fresh Fruit						

