



CHEL TENHAM
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition

BREAKFAST

[illegible]

BREAKFAST

[illegible]

BREAKFAST

[illegible]

LUNCH

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Soup	Courgette & tomato soup	Pea and mint soup	Spiced bean and lentil soup	Mushroom and tarragon soup	Tomato and basil soup	Carrot and coriander soup	Brunch	
Main Meals	<p>Soy and honey glazed chicken on a bed of steamed rice (Succulent chicken, tossed with a sweet-salty glaze made of honey and soy sauce. Served on a bed of steamed rice.)</p> <p>Tomato and basil Gnocchi (Small Italian dumplings, in a rich tomato & fresh basil sauce. Topped with parmesan cheese.)</p> <p>Tofu Thai cakes with sweet chilli sauce (Crispy Thai style tofu cakes, served with a sweet chilli sauce.)</p>	<p>Smoked mackerel served with grilled peppers and sun-dried tomato Pesto orzo (Delicately smoked mackerel served atop a bed of orzo pasta tossed in a rich sun-dried tomato pesto.)</p> <p>Hunters Pork (Pork loin steak, topped with cheese , smothered in BBQ sauce.)</p> <p>Spelt, Chestnut mushroom and spinach risotto (A creamy risotto made with nutty spelt grains, earthy chestnut mushrooms)</p>	<p>Lemon and parsley grilled chicken with cream and parsley sauce (Chicken breast infused with lemon and parsley. Lightly grilled, served with a creamy fresh parsley sauce)</p> <p>Mediterranean fish (Baked white fish, served on top of a large olive oil crostini, topped with Mediterranean vegetables and parmesan shavings.)</p> <p>Baked asparagus and cheese frittata (A blend of tender asparagus and creamy cheeses, baked to perfection with fresh eggs and aromatic herbs.)</p>	<p>Lasagne al fomo (beef lasagne)</p> <p>Seafood Shakshuka (A vibrant and flavourful dish featuring a rich tomato sauce infused with spices, topped with a variety of fresh seafood such as shrimp, mussels, and squid, and finished with eggs.)</p> <p>Roasted vegetable and butternut squash lasagne (roasted peppers, mushrooms and courgettes with lentils in a tomato sauce. Layered between sheets of buttemut squash, topped with a rich plant based cream cheese sauce)</p>	<p>Crunchy baked breaded fish with homemade tartare sauce (Tender pollock fillets coated in a crispy, golden breadcrumb crust, served with a side of homemade tartar sauce.)</p> <p>Chip shop battered sausage (Pork sausage, covered in crisp "cheltenham college" own recipe batter)</p> <p>Mac and Cheese (A classic comfort dish featuring tender macaroni pasta enveloped in a rich, creamy cheese sauce, baked to golden perfection.)</p>	<p>Chicken Alfredo Tricolour Fusilli (Tender chicken breast pieces tossed in a creamy Alfredo sauce, served over vibrant tricolour fusilli pasta.)</p> <p>Bacon, sausage tomato and cheese panini (A hearty and satisfying panini filled with crispy bacon, savoury sausage, juicy tomatoes, and melted cheese, all pressed to perfection.)</p> <p>Spring Vegetable and Bean Ragu, Orzo Pasta (Delicious spring time vegetables in a rich tomato sauce, with rice like grains of pasta.)</p>		
	Sides and Accompaniments	<p>Steamed Rice</p> <p>Sautéed greens and onions</p> <p>Sesame and ginger carrots</p> <p>Sweetcorn</p>	<p>Garlic roasted potatoes</p> <p>Minted peas</p> <p>Steamed carrots</p> <p>Green beans</p>	<p>Halved new potatoes with sea salt and spring onions</p> <p>Green beans</p> <p>Carrots</p>	<p>Garlic ciabatta bread</p> <p>Peas and sweetcom</p> <p>Green Beans</p>	<p>Traditional chips</p> <p>Mushy peas</p> <p>Baked beans</p> <p>Chip shop style curry sauce</p>		<p>Focaccia bread</p> <p>Mediterranean roasted vegetables</p> <p>Corn on the cob</p>
	Jacket Potatoes/ Sweet Potatoes							
Salad Bar								
Desserts	<p>Beetroot brownie</p> <p>Fruit yoghurt</p> <p>Fresh fruit</p>	<p>Victoria Sponge</p> <p>Berry Layer Pot</p> <p>Fresh fruit</p>	<p>Chocolate crunch with chocolate sauce</p> <p>Fresh fruit meringue nest</p> <p>Fruit yoghurt</p> <p>Fresh fruit</p>	<p>Lemon tart</p> <p>Coconut and jam sponge</p> <p>Fresh fruit</p>	<p>Cherry shortbread</p> <p>Chocolate brownie</p> <p>panacotta</p> <p>Fresh fruit</p>	<p>Chocolate rice Krispie slice</p> <p>Strawberry, pineapple and banana smoothie</p> <p>Fresh fruit</p>		

LUNCH

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Carrot & lentil soup	Roasted tomato soup	Leek and potato soup	Moroccan chickpea carrot and spinach soup	Zucchini and watercress soup	Roasted sweet potato and carrot soup	Brunch
Main Meals	<p>Pork chow mein (Strips of pork and noodles with a sweet and savoury umami flavour.)</p> <p>Hibachi chicken with yum yum sauce (Juicy chicken pieces stir fried with tender veggies, drizzled with a slightly spiced sauce.)</p> <p>Spicy Harissa and tahini tempeh skewers with smoked aubergine mayo (Flavourful tempeh skewers marinated in spicy harissa and creamy tahini.)</p>	<p>Chicken Katsu curry (Crunchy crumbed fried chicken, with a Japanese style sweet curry sauce)</p> <p>Penne pasta in Tomato and mascarpone sauce (Tubes of pasta dough, coated in a creamy tomato and mascarpone sauce.)</p> <p>Plant based chicken Katsu curry (Crunchy crumbed fried plant based chicken, with a Japanese style sweet curry sauce)</p>	<p>Lamb and ratatouille, sweet potato pie (Succulent lamb and flavourful ratatouille vegetables, topped with a creamy sweet potato mash and baked to a golden finish.)</p> <p>Lemon black pepper chicken fillet (A succulent chicken fillet marinated in a zesty blend of fresh lemon juice and coarsely ground black pepper.)</p> <p>Pepper, pesto spinach Stromboli and marinara sauce</p>	<p>Chicken and chorizo paella (Rice based dish with chunks of chicken and Spanish chorizo, cooked in a smokey tomato, red pepper and saffron sauce)</p> <p>Beef in oyster sauce with noodles (Tender slices of beef stir-fried with crisp vegetables in a savoury oyster sauce, served over a bed of perfectly cooked noodles. A delicious and satisfying dish with rich, umami flavours.)</p> <p>Pan-fried gnocchi with basil & pea pesto topped with parmesan shavings</p>	<p>Crunchy baked breaded fish with homemade tartare sauce (Tender pollock fillets coated in a crispy, golden breadcrumb crust, served with a side of homemade tartar sauce.)</p> <p>Pork burger with caramelised onion and apple chutney and cheese (Juicy pork patty, topped with caramelised onion and apple chutney, cheddar cheese in a brioche bun)</p> <p>Garlic Mushroom and spinach penne topped with parmesan</p>	<p>Pizza pasta (Pasta in rich tomato sauce, with pepperoni and ham, topped with mozzarella)</p> <p>Harissa lamb and apricot stuffed pepper topped with crumbled feta, served on a bed of rainbow slaw</p> <p>Veggie pizza pasta (A delightful fusion of pizza and pasta, featuring penne tossed with a medley of fresh vegetables, marinara sauce, and Italian herbs, topped with melted mozzarella)</p>	
	Sides and Accompaniments	<p>Steamed rice</p> <p>Stir-fry cabbage and leeks</p> <p>Chilli and ginger shredded carrot</p> <p>Prawn crackers</p>	<p>Sticky rice</p> <p>Stir-fry oriental style vegetables</p>	<p>Steamed New potatoes with Lemon infused oil</p> <p>Steamed carrots</p> <p>Broccoli</p>	<p>Rosemary focaccia bread</p> <p>Green beans</p> <p>Roasted garlic courgette</p>	<p>Traditional chips</p> <p>Garden peas</p> <p>Baked beans</p>	
Jacket Potatoes/ Sweet Potatoes							
Salad Bar							
Desserts	Lemon crumble shortcake	Fruit flapjack	Vanilla and blueberry sponge with custard	Biscoff blondie	Mocha iced sponge	Raspberry marble cake	
	Fruit trifle	Mango yoghurt	Black forest pots	Lime drizzle cake	Duo jelly pot	Mixed fruit smoothie	
	Fresh fruit	Fresh fruit	Fruit yoghurt	Fruit yoghurt	Raspberry yoghurt	Fresh fruit	
			Fresh fruit	Fresh fruit			

LUNCH

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Spring vegetable and tarragon soup	Carrot and orange soup	Primavera spring green soup	Red pepper and tomato soup	Italian summer soup	Roasted butternut soup	Brunch
Main Meals	Lamb moussaka (A classic Greek casserole featuring layers of tender minced lamb, eggplant, and potatoes, all baked to perfection with a rich béchamel sauce and a hint of Mediterranean spices.)	Grilled Za'atar Pork loin steak With Tzatziki	Bacon Mac & cheese (Creamy macaroni and cheese loaded with crispy bacon bits, topped with extra cheese.)	Turkey & ham pie (A hearty pie filled with tender turkey and savoury ham, enveloped in a creamy sauce, and topped with a flaky, golden pastry crust.)	Hand battered fish with homemade tartare sauce (Tender pollock fillets coated in a crispy, golden breadcrumb crust, served with a side of homemade tartar sauce.)	Meatballs in tomato sauce with wholemeal penne pasta (Meatballs in rich tomato sauce, served with penne pasta)	
	Cajun butterfly chicken with Mediterranean couscous (major, peppers and onions)	Beef stroganoff Wild rice	Mac and cheese (Classic macaroni pasta enveloped in a rich, creamy cheese sauce, baked to perfection with a golden, bubbly top.)	Seafood rice	Penne with chicken, tomato and mascarpone sauce	Italian meats and mozzarella pretzel roll	
	Goats cheese and cherry tomato tartan with basil pesto (A delightful tart featuring creamy goat's cheese and sweet cherry tomatoes, baked to a golden crisp.)	Ratatouille and Red Lentil Pie (A wholesome and vibrant pie combining the classic flavours of ratatouille with nutritious red lentils. This dish features layers of tender vegetables, including zucchini, bell peppers, and tomatoes, all simmered in a rich tomato sauce topped in creamy mashed potato.)	Mac and greens	Seafood rice	Fishless finger wrap with vegan tartar sauce	Creamy Penne pesto bake topped with roasted seeds	
Sides and Accompaniments	Minted new potatoes Roasted cumin cauliflower Peas	Green beans Roasted vegetable Wild rice	Garlic Bread Pan fried mushrooms Peas and sweetcom Crispy onions Green pesto	Buttered Chive Mash Potato Roasted Root Vegetable Sweetcorn	Traditional chips Garden peas Baked beans	Homemade seeded bread Mediterranean roasted vegetables Corn on the cob	
	Jacket Potatoes/ Sweet Potatoes						
Salad Bar							
Desserts	Frosted carrot cake Lemon meringue pots Fresh fruit	Biscoff tiffin	St Clements sponge with custard	Kitkat brownie	S'mores Shortbread	Jam doughnuts	
		Strawberry crumble and custard pots	White chocolate and raspberry cheesecake	Banana loaf	Strawberry mousse	Fruit smoothie	
		Fresh fruit	Fresh fruit	Fruit yoghurt	Cherry yoghurt topped with granola	Fruit yoghurt	
				Fresh fruit	Fresh fruit	Fresh fruit	

SUPPER

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meals	Beef and mixed bean chilli (Ground beef and mixed beans seasoned with chilli, cumin, and oregano, in a tomato sauce.) Steamed Rice Guacamole Salsa Sour cream Tortilla chips Mixed bean chilli (Mixed beans seasoned with chilli, cumin, and oregano, in a tomato sauce.) Rice Guacamole Salsa Sour cream Tortilla chips Jacket potato bar	Posh Pies Puff pastry topped Creamy chicken curry - Cornish fish medley New potatoes with garlic and lemon Honey roasted carrots Steamed broccoli Chorizo spiced pork, sweet red peppers and caramelised onion sausage roll New potatoes with garlic and lemon Honey roasted carrots Steamed broccoli Butternut squash, sweet potato spinach & feta strudel New potatoes with garlic and lemon Honey roasted carrots Steamed broccoli	Honey Roasted gammon With honey and mustard jus (Gammon marinated with honey and finished with a sweet mustard glaze.) Sea salt and rosemary roasted new potatoes Roasted Cauliflower Broccoli Steamed carrots Lentil loaf with balsamic onion gravy (combination of beans, lentils, vegetables and oats, with a firm yet tender and “meat-y” texture.)	Kebabs Meatballs with cumin, garlic and mint Seeded sukkah slaw Mint yoghurt Chilli sauce Tabbouleh Honey and cumin roasted squash with lentils red onions, tomato and chilli Roasted courgette & carrots with tahini dressing Harissa and honey baked chicken Moroccan Falafels Posh beans bar	Chicken parmigiana (Crunchy bread chicken breast, covered in tomato sauce, mozzarella and parmesan.) Rustic sweet potato wedges Green beans Sweetcorn Baked portobello mushroom with feta spinach and pumpkin seed (Large mushroom filled with feta & spinach, topped with toasted pumpkin seeds.) Rustic sweet potato wedges Green beans Sweetcorn Chow mein bar	College traditional post match tea (pork sausages, from Dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans) A selection of chef’s specials	Roast Beef Yorkshire pudding Roast potatoes Gravy Sprouts Roast parsnips Carrots Seeded roast Tomato and garlic sauce Roast potatoes Carrots Sprouts Parsnips
	Salad bar						Salad bar
	Desserts	Profiteroles with chocolate sauce Fresh fruit salad Fresh fruit	Raspberry and white chocolate muffin Orange jelly Fresh fruit	Fresh cream doughnut Raspberry fool Fresh fruit	Coconut bar Strawberry cheesecake pots Fresh fruit	Red velvet cupcake Apple crumble traybake Fresh fruit	Chef’s choice Fruit yoghurts Fresh fruit

SUPPER

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meals	<p>Lasagne al fomo (A classic Italian dish featuring layers of rich meat sauce, creamy béchamel, and tender pasta sheets, all baked to perfection. A comforting and indulgent favourite.) Garlic bread Peas and sweetcom</p> <p>Fajita chicken tacos (Tex-mex dish consisting of grilled chicken, grilled onions and peppers, spiced with chilli, garlic, cumin and paprika. Served in a crunchy corn taco)</p> <p>Roasted vegetable and butternut squash lasagne (Roasted peppers, mushrooms and courgettes with lentils in a tomato sauce. Layered between sheets of butternut squash, topped with a rich plant based cream cheese sauce.)</p> <p>Soup bar with assorted bread</p>	<p>Paolo's Italian Pizza Burger</p> <p>Beef patty with Mozzarella and pepperoni and tomato relish Fries Slaw Gherkins Shredded lettuce Sliced tomato Sweetcorn relish Burger relish Sliced Cheese</p> <p>George's College Clucker Battered chicken burger With aioli & chives</p> <p>Rad's Halloumi Burger Panfried halloumi Guacamole Caramelised onion served in a Sesame brioche bun</p>	<p>Hen Den</p> <p>BBQ Chicken Legs (Juicy chicken leg and thigh pieces marinated in a smoky barbecue sauce, grilled to perfection with a caramelised, flavourful crust.) Mexican mixed bean rice Roast Cajun Buttered mini Corn Cobs Creamy coleslaw</p> <p>"Howe" Southern Fried Tempeh Ranch dressing Piri Piri mayo Mexican mixed bean rice Roast Cajun Buttered mini Corn Cobs Creamy coleslaw</p> <p>Noodle Bar Noodles with a choice of two sauces</p>	<p>Sticky Korean Belly Pork Slice (Slowly cooked Asian Spiced Pork Belly,) Vegetable fried rice spring rolls Stir-fry vegetable medley</p> <p>Sticky asian Fillet of fish Vegetable fried rice spring rolls Stir-fry vegetable medley</p> <p>Sesame coated tofu, stir-fry mushroom and broccoli served with noodles spring rolls Stir-fry vegetable medley</p> <p>Chicken wing bar</p>	<p>Sausage and Mash Bar</p> <p>Pork and Leek Sausage Beef and horseradish sausage Chicken sausage Lamb and mint sausage</p> <p>Mashed potato Fried onions Carrots Kale Gravy</p> <p>Mushroom and thyme sausage</p> <p>Mashed potato Fried onions Carrots Kale Gravy</p>	<p>College traditional post match tea (Pork sausages, from dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans)</p> <p>A selection of chef's specials</p>	<p>Roast Turkey Stuffing balls Pigs in blanket Gravy Roast Potatoes Carrots Parsnips Broccoli</p> <p>Lentil and vegetable wellington with vegan gravy Roast Potatoes Carrots Parsnips Broccoli</p>
	Salad bar						Salad bar
	Desserts	<p>Chocolate chip cookie</p> <p>Jam tart</p> <p>Fresh fruit</p>	<p>Homemade iced Chelsea bun</p> <p>Rocky road</p> <p>Fresh fruit</p>	<p>Mini ring doughnuts and caramel sauce</p> <p>College mess</p> <p>Fresh fruit</p>	<p>Fresh cream scone</p> <p>Billionaire pots</p> <p>Fresh fruit</p>		<p>Chef's choice</p> <p>Fruit yoghurts</p> <p>Fresh fruit</p>

SUPPER

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meals	Chicken fajita wraps Ziggy fries Corn cobs Piri-piri slaw Sour cream Tomato salsa Tortilla boats filled Chilli con carne topped with cheese Ziggy fries Corn cobs Piri-piri slaw Sour cream Tomato salsa Quorn fajita wraps Ziggy fries Corn cobs Piri-piri slaw Sour cream Tomato salsa Baked Sweet potato bar	Beef madras Served with steamed rice Naan bread Poppadom's Mango chutney Mint Raita Chicken tikka masala Served with steamed rice Naan bread Poppadom's Mango chutney Mint Raita Spinach, chick pea and sweet potato Balti Served with steamed rice Naan bread Poppadom's Mango chutney Mint Raita PAN ASIAN - RAMIN	Pulled pork bap With stuffing and apple sauce Waffle fries Picked mix cabbage Spicy roasted com salad Tomato and pesto salad Spiced pulled jack fruit bap Waffle fries Picked mix cabbage Spicy roasted com salad Tomato and pesto salad <i>Noodle Bar</i> <i>Noodles with a choice of</i> <i>two sauces</i>	Chicken Katsu curry (Crunchy crumbed fried chicken, with a Japanese style sweet curry sauce) Sticky rice Stir-fry oriental style vegetables Sesame coated broccoli Plant based chicken Katsu curry (Crunchy crumbed fried plant based chicken, with a Japanese style sweet curry sauce) Sticky rice Stir-fry oriental style vegetables Sesame coated broccoli Budda bowls	Mediterranean chicken traybake Lemon and parsley rice Lamb kofta with artich flat bread Mint yoghurt slaw Greek potato hash Pickled Cucumber ribbons with dill Falafel with artich flat bread Mint yoghurt slaw Greek potato hash Pickled Cucumber ribbons with dill Soup Bar Two soups Crusty bread	College traditional post match tea (Pork sausages, from dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans.) A selection of chef's specials	Roast Chicken Stuffing balls Gravy Roast Potatoes Carrots Parsnips Broccoli Lentil and vegetable wellington with vegan gravy Roast Potatoes Carrots Parsnips Broccoli
	Salad bar					A selection of chef's specials	Salad bar
	Desserts	Chocolate cupcake Lime jelly Fresh fruit	Triple chocolate mousse Fresh cream mille feuille Fresh fruit	Cinnamon churros Manchester tart Fresh fruit	Berry flapjack Tiramisu layer pot Fresh fruit		Chefs choice Fruit yoghurts Fresh fruit