



# Lent Term Week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						<b>BRUNCH</b>
Soup of the day -Sweet pepper soup	Soup of the day Carrot & Coriander Soup	Soup of the day Country Vegetable Soup	Soup of the day Mushroom Soup	Soup of the day Tomato Soup	Soup of the day Everything Goes	Trent College Big Breakfast Sausage, Bacon, Hash Brown Mushroom, Tomato, Beans & Black Pudding Choice of Egg
<b>LUNCH</b>						
Traditional Beef Bolognese Chicken & Broccoli Pasta Bake Vegetable Bolognese Garlic Bread Penne Pasta Broccoli Roasted Courgettes  Orange & Polenta cake with custard	Char Siu Pork Steak Sweet Chilli Chicken Vegetable Gyoza with fried savoy cabbage (V) Noodles/ Rice Prawn Crackers Ginger Pak Choi & Stir Fry Vegetables  Pineapple upside down pudding with custard	Traditional Shepherd's Pie with gravy Chicken & Leek Pie with gravy Vegetable Cottage Pie (V) Mash Potato Green Beans Honey roast carrots  Chocolate Brownie	Seasonal Roast Pork Yorkshire Pudding Roasted Chicken breast with sage & Onion stuffing Squash Spinach & Mushroom Wellington (V) Rosemary Roast Potatoes Carrots & Peas Cauliflower Cheese Fruit Crumble with Custard	Elms Trent Jumbo Fish Finger Battered Fish Fillet Garlic Chicken Schnitzel Cheese, Leek potato Pie (V) Skinny Fries, Garden Peas, Curry sauce Tartare Sauce  Cornflake tart with Custard	Beef Pistachio Cauliflower Mac & Cheese (V) Garlic Focaccia Bread Italian Salad & Green Beans  Cookies	N/A
<b>Jacket Potato &amp; Pasta bar</b>						
Jacket Potato Cheese, Beans & Tuna Mayo Pasta Bar Hot Special Pomodoro Pasta	Jacket Potato Cheese or Beans Pasta Bar Hot Special – Beef Meatballs	Jacket Potato Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Mushroom Gnocchi	Jacket Potato Cheese or Beans Pasta Bar Hot Special - Beef Bolognese	Jacket Potato Cheese or Beans Pasta Bar Hot Special – Tortellini & Sauce	Jacket Potato Cheese or Beans Pasta Bar Hot Special –Chef's Choice	N/A
<b>SUPPER</b>						<b>SUPPER</b>
Southern Fried Chicken Wrap Vegetable & Bean Fajita (V) Corn on the cob Chunky squashes Mixed salad Guacamole Sour Cream  Eves Pudding with custard	Peruvian spiced Lamb Burger Peruvian Spiced Chicken Burger Peruvian Spiced Halloumi Burger Sweet Potato Fries rocket & Parmesan salad  Ice Cream	Beef Lasagne Chef's Special Mac N Cheese (V) Roasted peppers & courgettes Greek Salad  Lemon Meringue Muffin	Beef Chilli Con Carne Chef's Special Vegetable Chilli Con Carne (V) Herby Wedges Nachos Sour Cream Guacamole  Warm Orange Drizzle Cake with custard	Panini bar with a selection of fillings Herby diced potatoes, Caesar Salad  Waffles & chocolate sauce	Spanish Chicken Roasted root vegetables Roasted new potatoes  Flowerpot Muffin	Roast Chicken Yorkshire pudding sage & onion stuffing Vegan Sausage Casserole (V) Roast potato Root Vegetables Roasted Carrots Gravy Jamaican Ginger Cake
<b>DAILY OPTIONS</b>						

**DAILY SPECIALS**

Home-baked bread and jacket potatoes with a choice of toppings.

**PASTA BAR**

Wholemeal pasta with a choice of homemade sauce every other day.

**SALADS**

Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.

**CHILLED DESSERTS**

Dessert pots, yoghurts, selection of fresh fruit.



# Lent Term Week 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						BRUNCH
Soup of the day Mushroom Soup	Soup of the day Pea & Mint Soup	Soup of the day Carrot & Sweet Potato Soup	Soup of the day Broccoli soup	Soup of the day Minestrone soup	Soup of the day -Sweet pepper soup	Trent College Big Breakfast Sausage, Bacon, Hash Brown Mushroom, Tomato, Beans & Black Pudding Choice of Egg
LUNCH						
Traditional Beef Lasagne Chicken, Pea & Leek pasta Quorn, roasted vegetable lasagne (V) garlic bread -Roasted courgette & Pepper Green beans Marbled Cake with custard	Hunters Chicken Italian Pork Stew Squash Spinach & mushroom Wellington (V) Mash Potato, Broccoli & carrots & Beetroot Pancakes with a berry topping	Chicken Katsu and Kimchi Thai Beef Curry Oven Baked Sweet Crispy Tofu in a Boa Bun (V) Sticky Coconut Rice Pak choi Stir Fry Vegetable Spring Roll Ginger Cake with Custard	Honey Glazed Ham Yorkshire Pudding Chunky Beef & mushroom Pie Quorn, mushroom leek & potato pie Roast potatoes Cauliflower & broccoli Cheese Carrots Apple & blackberry pie with Custard	Elms Jumbo Fish Finger Trent Battered Fish Fillet Cheese & Tomato Pizza (V) Chips, Garden Peas & Tartare Sauce Sticky toffee pudding with toffee sauce	Picante Chicken & lime Skewers with pitta bread Chicken Ceaser Salad Piri Piri Vegetables & Halloumi Kebab (V) Sweetcorn Roasted vegetable Guacamole Salsa Vanilla Cup Cakes	N/A
SNACK						
Jacket Potato Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Pesto Gnocchi	Jacket Potato Cheese or Beans Pasta Bar Hot Special Beef Bolognaise	Jacket Potato Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Meatballs	Jacket Potato Cheese or Beans Pasta Bar Hot Special Four Cheese Ravioli	Jacket Potato Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Tortellini & Sauce	Jacket Potato Cheese or Beans Pasta Bar Chef Special	N/A
SUPPER						SUPPER
Sausage Meat Plait Sausage Roll Cheese Onion Pasty (V) Lyonnaise Potatoes Carrots & Peas Spiced Banana Slice	Mexican Chicken Burrito Zesty lime coriander & chilli battered fish taco Vegetable Chilli Burrito Jalapenos Sour Cream Coriander Slaw Diablo Salsa Chocolate cake with chocolate sauce	Lamb Kofta Sweet Chilli Chicken Sweet Potato Falafel (V) Lebanese spiced potatoes Tzatziki Carrot and cumin humous Biscoff Muffin	Crunchy Cornflake turkey steak & salsa Meatless Meatballs (V) Herby Diced potatoes Corn on the cob Green beans Sweet waffles with berries	Lamb Burger or Chicken Burger with toppings Vegetable Burger (V) Sweet potato wedges Sliced cheese Sliced beef tomatoes Tomato rocket and parmesan salad Ice Cream	A selection of pasta dishes with toppings Focaccia Bread Broccoli Sour Cream Guacamole Cookie	Roast Beef or Chicken Breast Yorkshire pudding sage & onion stuffing Vegan Sausage Casserole (V) Roast potato Braised red cabbage Roasted Carrots Gravy Millionaire Shortbread
DAILY OPTIONS						
DAILY SPECIALS Home-baked bread and jacket potatoes with a choice of toppings.			PASTA BAR Wholemeal pasta with a choice of homemade sauce every other day.			
SALADS Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.			CHILLED DESSERTS Dessert pots, yoghurts, selection of fresh fruit.			



# Lent Term Week 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**BREAKFAST** **BRUNCH**

Soup of the day Carrot & Fennel Soup	Soup of the day Pea & Mint Soup	Soup of the day Leek & Potato Soup	Soup of the day Tomato Soup	Soup of the day Broccoli Soup	Soup of the day Spiced Lentil & squash Soup	
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**LUNCH**

Chicken Korma Lamb Rogan Josh Vegetable, Tikka Masala(V) Basmati Rice Naan Bread Vegetable Samosa Onion Bhaji Green beans Chocolate Sponge & Custard	Chicken Kiev Italian Meatballs Vegetable & Bean Chilli (V) Boiled New potatoes Penne Pasta Carrots, Savoy Cabbage Apple Crumble with custard	<b>ELMS</b> Pork sausage <b>TRENT</b> Cumberland Ring Sausage Vegan Sausage & Onions (V) Mash Potato Broccoli Roasted roots Marsh mellow Crispy Cake	Roast Beef with Yorkshire pudding Lemon & Garlic Chicken with sage & Onion Stuffing Cheese & Potato Pie (V) Roast Potatoes Mash potato red cabbage peas Cauliflower Cheese Ice Sprinkle Cake with custard	<b>Elms</b> Jumbo Fish Finger <b>Trent</b> Battered Fish Fillet Gammon Steak with Pineapple Breaded Halloumi Croquette (V) Skinny Fries, Garden Peas & Tartare Sauce Strawberry Swirl Cake with custard	Beef Burger Southern fried chicken Burger Sweet Potato Burger (V) Curly Fries BBQ Beans Corn on the cob Toffee Apple Muffin	N/A
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**Jacket Potato & Pasta Bar**

<u>Jacket Potato</u> Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Beef bolognaise	<u>Jacket Potato</u> Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Tortellini & Sauce	<u>Jacket Potato</u> Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Four Cheese Ravioli	<u>Jacket Potato</u> Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Pesto Sauce	<u>Jacket Potato</u> Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Mac 'N' Cheese	<u>Jacket Potato</u> Cheese or Beans or Tuna Mayo Pasta Bar Hot Special Chef's Choice	N/A
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**SUPPER** **SUPPER**

Pizza bar with a selection of toppings (V) Chef special Homemade herb wedges sweetcorn coleslaw mixed salad Lemon & Blueberry sponge with custard	Salmon Teriyaki Pulled Pork Teriyaki Tofu Egg Noodles (V) Pak Choi Stir Fry Noodles Prawn Crackers Carrot & Orange Cake	Mac 'N' Cheese with toppings Chef's Special Plant Based Meatballs (V) Garlic Focaccia Roasted Courgette & Pepper Ginger & Pineapple sponge with custard	Chicken Shawarma Lamb Tagine Moroccan Roast bean & Squash (V) Lemon Roast potatoes Pitta Bread Roasted Aubergine & Courgette Oreo Cheesecake	Panini Bar with a selection of fillings Mozzarella & Pesto (V) Curly Fries Coleslaw Corn on Cob Rocket & Parmesan Salad Chocolate Doughnut	Chicken Jambalaya Chefs Choice Vegetable & Mixed Bean Jambalaya (V) Fresh Bread Wedge Green Beans Salad Bar Iced Sprinkle Cake	Roast Pork or Chicken Breast Yorkshire pudding sage & onion stuffing Vegetable Crumble (V) Roast potato Braised red cabbage Roasted Carrots Gravy Peach Trifle
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<b>DAILY SPECIALS</b>	<b>PASTA BAR</b>
Home-baked bread and jacket potatoes with a choice of toppings.	Wholemeal pasta with a choice of homemade sauce every other day.

<b>SALADS</b>	<b>CHILLED DESSERTS</b>
Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.	Dessert pots, yoghurts, selection of fresh fruit.