

# Michaelmas Menu



TRENT COLLEGE  
AND  
THE ELMS



Week 1



Monday

## Lunch

Beef Bolognese  
Vegetable Bolognese (V)  
Penne Pasta  
Green beans

Frozen Yoghurt  
Mango or Strawberry

Cucumber & Carrot  
Sticks  
Fresh fruit Platter



Tuesday

## Lunch

BBQ Chicken  
BBQ Quorn (V)  
Noodles  
Broccoli &  
Sweetcorn

Fruit Salad

Cucumber & Carrot  
Sticks  
Fresh fruit Platter



Wednesday

## Lunch

Pork Sausage  
Vegetable Sausage (V)  
Mash Potato  
Carrots & Cabbage

Sugar free Jelly

Cucumber & Carrot  
Sticks  
Fresh fruit Platter

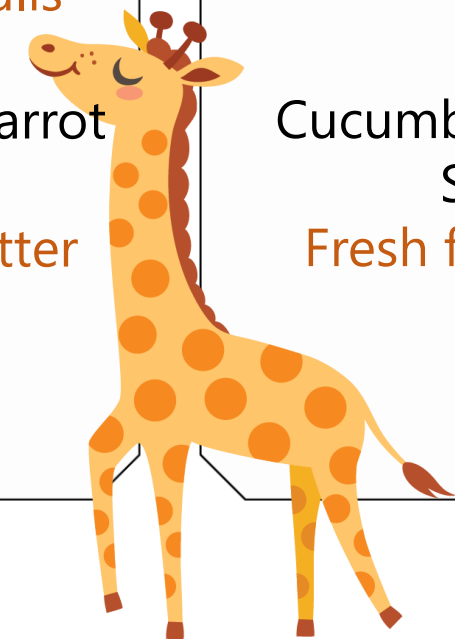
Thursday

## Lunch

Roast Chicken  
Lentil Roast (V)  
Roast potato  
Carrot & Peas

Coconut yoghurt with  
cranberry and  
raspberry coulis

Cucumber & Carrot  
Sticks  
Fresh fruit Platter



Friday

## Lunch

Jumbo Fish Finger  
Vegetable Dippers (V)  
Chipped Potatoes &  
Peas/beans

Cornflake Tart with  
custard

Cucumber & Carrot  
Sticks  
Fresh fruit Platter



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Week 2



Monday

## Lunch

Beef Ragu  
Vegetable Lasagne  
(V)  
Garlic Bread &  
Broccoli-Sweetcorn

Greek Yoghurt with a  
berry Coulis

Cucumber & Carrot  
Sticks  
Fresh fruit Platter

Tuesday

## Lunch

Hunters chicken  
Vegetable Sausage  
(V)  
Mash Potato  
Carrot- Green beans

Chocolate Beetroot  
Cake

Cucumber & Carrot  
Sticks  
Fresh fruit Platter

Wednesday

## Lunch

Chicken Katsu Curry  
Vegetable Fillets (V)  
Rice  
Crispy Kale &  
Sweetcorn

Upside down  
Ice- cream

Cucumber & Carrot  
Sticks  
Fresh fruit Platter

Thursday

## Lunch

Roast Honey Ham  
Vegetable & Potato  
pie (V)  
Roast Potatoes  
Cabbage & Carrots

Sugar free Jelly

Cucumber & Carrot  
Sticks  
Fresh fruit Platter

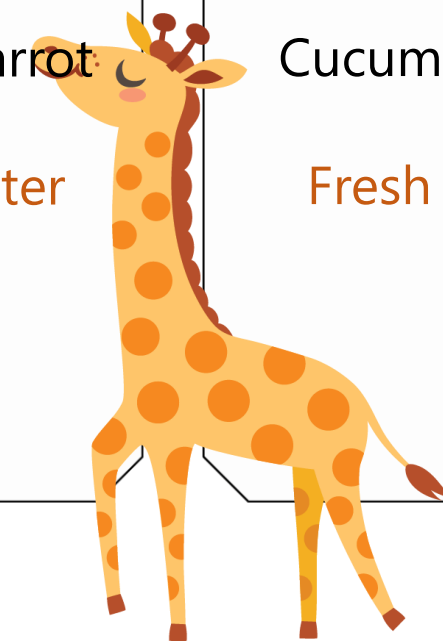
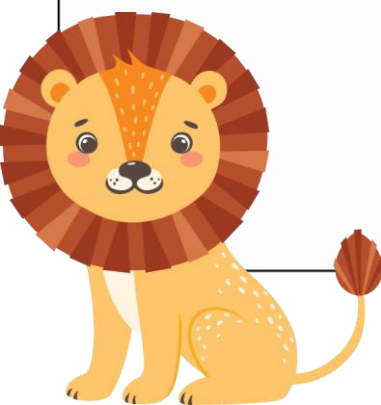
Friday

## Lunch

Jumbo Fish Finger  
Vegetable Nuggets (V)  
Chipped Potatoes &  
Peas/beans

Fruit Salad

Cucumber & Carrot  
Sticks  
Fresh fruit Platter







# Michaelmas Menu



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Week 3



Monday

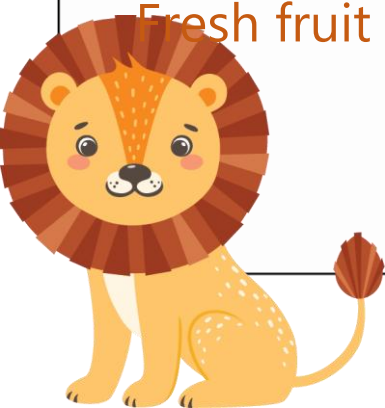
## Lunch

Chicken Korma  
Vegetable Korma (V)  
Rice  
Naan bread Green Beans

Sugar free banana & date loaf with a vanilla cream cheese

Cucumber & Carrot Sticks

Fresh fruit Platter



Tuesday

## Lunch

Mac 'N' Cheese  
Chunky Tomato Sauce (V)  
Penne Pasta  
Garlic dough balls  
Peas- Sweetcorn

Greek Yoghurt with mango coulis

Cucumber & Carrot Sticks

Fresh fruit Platter



Wednesday

## Lunch

Pork Sausage  
Vegan Sausage (V)  
Mash Potato  
Broccoli & Roasted roots

Fruit Salad

Cucumber & Carrot Sticks

Fresh fruit Platter

Thursday

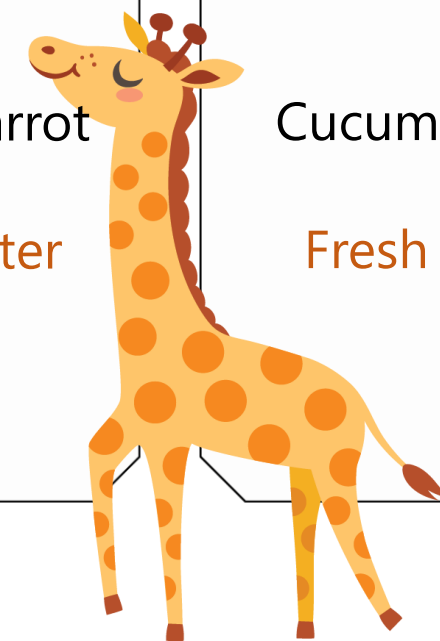
## Lunch

Roast Chicken  
Cheese & Potato pie (V)  
Roast Potato  
Cabbage & Carrots

Banana & Custard

Cucumber & Carrot Sticks

Fresh fruit Platter



Friday

## Lunch

Fish Finger  
Cheese & tomato Pizza (V)  
Chipped Potatoes & Peas/beans

Chocolate Wibble Whip

Cucumber & Carrot Sticks

Fresh fruit Platter