

Michaelmas Menu



TRENT COLLEGE
AND
THE ELMS



Week 1



Monday

Lunch

Beef cottage pie with
sweet potato topping
Vegetable Lancashire
hotpot (V)
Mashed potato
Broccoli
Sweetcorn

Frozen Yoghurt
Mango or Strawberry

Cucumber & Carrot
Sticks
Fresh fruit Platter

Tuesday

Lunch

Chicken sweet &
sour
Vegetable chow
mein (V)
Noodles
Vegetable spring roll
Stir fried vegetables

Fruit Salad

Cucumber & Carrot
Sticks
Fresh fruit Platter

Wednesday

Lunch

Crispy chicken katsu
Vegetable katsu (V)
Steamed rice
Green beans
Roasted carrots

Sugar free Jelly

Cucumber & Carrot
Sticks
Fresh fruit Platter

Thursday

Lunch

Roast pork
Lentil Roast (V)
Roast potato
Cauliflower cheese
Broccoli

Coconut yoghurt with
cranberry and
raspberry coulis

Cucumber & Carrot
Sticks
Fresh fruit Platter

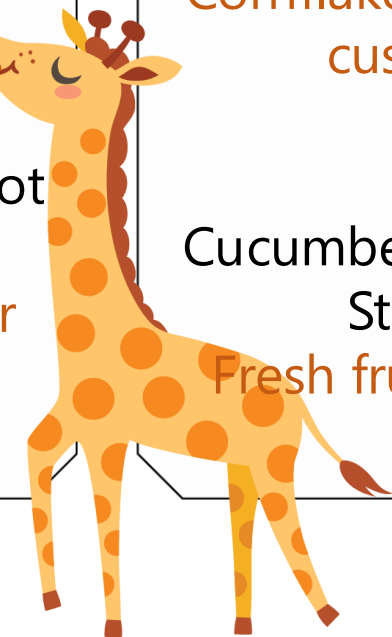
Friday

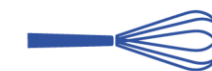
Lunch

Jumbo Fish Finger
Cheese, leek & potato
pie (V)
Chipped Potatoes
Peas
Baked beans

Cornflake Tart with
custard

Cucumber & Carrot
Sticks
Fresh fruit Platter





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Week 2



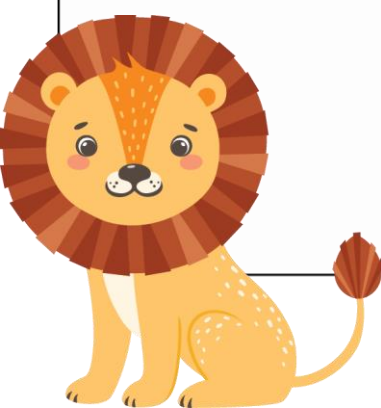
Monday

Lunch

Beef lasagne
Vegetable lasagne (V)
New potatoes
Carrots
Broccoli

Greek Yoghurt with a
berry Coulis

Cucumber & Carrot
Sticks
Fresh fruit Platter



Tuesday

Lunch

Hunters chicken
Moroccan cauliflower,
spinach and borlotti
stew(V)
Mash Potato
Green beans
Carrots

Apple and blackberry
pie with custard

Cucumber & Carrot
Sticks
Fresh fruit Platter



Wednesday

Lunch

Chicken katsu curry
Vegetable katsu
curry (V)
Steamed rice
Vegetable spring roll
Chinese leaf stir
fried vegetables

Ice- cream

Cucumber & Carrot
Sticks
Fresh fruit Platter

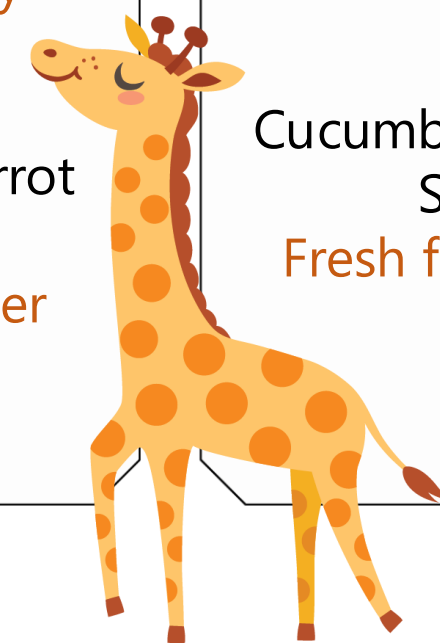
Thursday

Lunch

Roast Honey Ham
Quorn, mushroom,
leek & potato pie
(V)
Roast Potatoes
Cauliflower cheese
Broccoli

Sugar free Jelly

Cucumber & Carrot
Sticks
Fresh fruit Platter



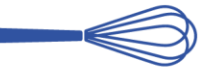
Friday

Lunch

Jumbo Fish Finger
Vegan sausage roll (V)
Chipped Potatoes
Peas
Baked beans

Fruit Salad

Cucumber & Carrot
Sticks
Fresh fruit Platter



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Week 3



Monday

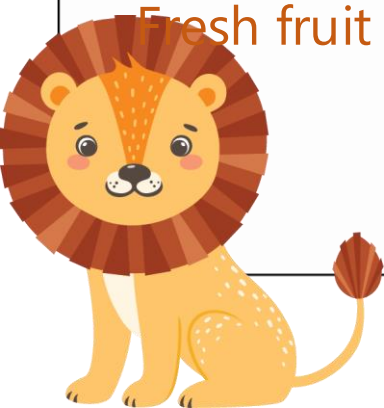
Lunch

Chicken korma
Vegetable tikka masala (V)
Steamed rice
Naan bread
Green Beans

Chocolate sponge with custard

Cucumber & Carrot Sticks

Fresh fruit Platter



Tuesday

Lunch

Italian beef meatballs
Meatless meatballs in tomato sauce (V)
Macaroni cheese
Garlic bread
Peas
Sweetcorn

Greek Yoghurt with mango coulis

Cucumber & Carrot Sticks

Fresh fruit Platter



Wednesday

Lunch

Pork Sausage
Vegan Sausage (V)
Mash Potato
Broccoli
Roasted root vegetables

Fruit Salad

Cucumber & Carrot Sticks

Fresh fruit Platter

Thursday

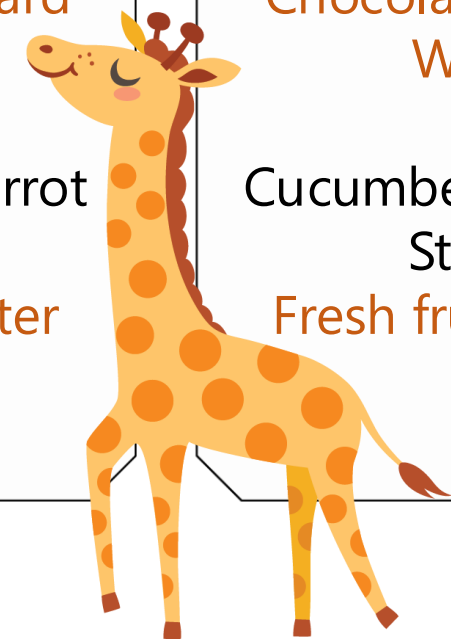
Lunch

Roast Chicken
Cheese & Potato pie (V)
Roast Potato
Cauliflower cheese
Broccoli

Banana & Custard

Cucumber & Carrot Sticks

Fresh fruit Platter



Friday

Lunch

Fish Finger
Peruvian spiced grilled halloumi (V)
Chipped Potatoes
Peas
Baked beans

Chocolate Wibble Whip

Cucumber & Carrot Sticks

Fresh fruit Platter