



## Lent Term Week 1



TRENT COLLEGE  
AND  
THE ELMS



Monday

### Lunch

Picante Lime Chicken  
BBQ Soya Mince

Steamed Rice  
Stir Fry Veg

Yoghurt and Berry  
Coulis

Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Tuesday

### Lunch

Beef Rendang  
Massaman Veg Curry

New Potato's  
Green Beans

Strawberry Mousse

Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Wednesday

### Lunch

Chicken Katsu  
Sweet Potato Katsu

Steamed Rice  
Carrots  
Sweetcorn

Sugar Free Jelly

Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Thursday

### Lunch

Roast Chicken  
Lentil Roast

Roast Potato  
Carrots  
Broccoli

Caramel Mousse

Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Friday

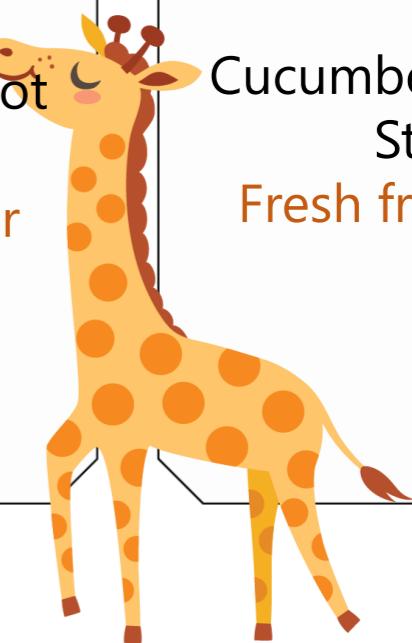
### Lunch

Fish Fingers  
Veggie Finger

Chips  
Peas  
Beans

Fruit Salad

Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**





## Lent Term Week 2



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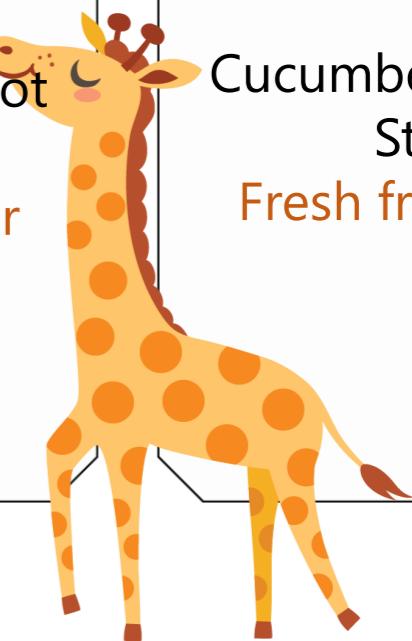
Monday  
**Lunch**  
Lebanese Chicken  
Fragrant Quorn  
  
Steamed Rice  
Carrots  
Green Beans  
  
Yoghurt and Berry  
Coulis  
  
Cucumber & Carrot  
Sticks  
Fresh fruit Platter

Tuesday  
**Lunch**  
Beef Meatballs  
Meatless Meatballs  
  
Roasted Root Veg  
Mash  
  
Strawberry Mousse  
  
Cucumber & Carrot  
Sticks  
Fresh fruit Platter

Wednesday  
**Lunch**  
Beef Lasagne  
Vegetable Lasagne  
  
Garlic Bread  
Peas  
Sweetcorn  
  
Sugar Free Jelly  
  
Cucumber & Carrot  
Sticks  
Fresh fruit Platter

Thursday  
**Lunch**  
Roast Pork  
Lentil Roast  
  
Roast Potato  
Carrots  
Broccoli  
  
Frozen Yoghurt  
  
Cucumber & Carrot  
Sticks  
Fresh fruit Platter

Friday  
**Lunch**  
Fish Fingers  
Veggie Finger  
  
Chips  
Peas  
Beans  
  
Fruit Salad  
  
Cucumber & Carrot  
Sticks  
Fresh fruit Platter





## Lent Term Week 3



TRENT COLLEGE  
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Monday  
**Lunch**  
Chicken Paella  
Vegetable Paella  
  
Roasted Potato  
Carrot  
Cabbage  
Kale  
  
Yoghurt and Berry  
Coulis  
  
Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Tuesday  
**Lunch**  
Hoisin Chicken  
Coconut Tofu  
  
Rice Noodles  
Stir Fry Vegetables  
  
Strawberry Mousse  
  
Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Wednesday  
**Lunch**  
Sausages  
Quorn Sausages  
  
Mash  
Peas  
Carrots  
  
Sugar Free Jelly  
  
Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Thursday  
**Lunch**  
Roast Gammon  
Lentil Roast  
  
Roast Potato  
Carrots  
Broccoli  
  
Frozen Yoghurt  
  
Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

Friday  
**Lunch**  
Fish Fingers  
Veggie Finger  
  
Chips  
Peas  
Beans  
  
Fruit Salad  
  
Cucumber & Carrot  
Sticks  
**Fresh fruit Platter**

