



Lent Term Week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP						BRUNCH
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 Pea And Spinach Soup	Soup Of The Day Tomato Soup	N/A	Trent College Big Breakfast Sausage, Bacon, Hash Brown Mushroom, Tomato, Beans & Black Pudding Choice Of Egg
LUNCH						
Traditional Bolognese Vegetable Bolognese (V) Garlic Bread Penne Pasta Tuscan Roast Chicken Broccoli- Oregano roasted courgettes Orange & Polenta Cake	Char Siu Pork Sweet & Chilli Chicken Vegetable Gyoza with fried savoy Noodles or Rice & Prawn Crackers Ginger Pak Choi & Stir Fry Vegetables Pineapple Upside down pudding with custard	Sausage Onion Plait Chicken & Ham pie Vegan Schnitzel (V) Mash Potato Green Beans Honey Roasted Carrots Chocolate Brownie	Herb Roasted Loin of Pork Roast Chicken Breast Roasted Vegetable Crumble (V) Rosemary Roast Potatoes Baton Carrots & Cauliflower cheese Toffee Apple Crumble with custard	Battered Fish Fillet Jumbo Fish Finger Garlic Chicken Schnitzel Halloumi Skewers (V) Skinny Fries, Garden Peas, Curry Sauce Tartare Sauce Cornflake Tart	Beef Pasticcio Mushroom & Spinach Gnocchi Garlic & Tomato Focaccia Mixed Green Vegetables Cookies	N/A
JACKET POTATO & PASTA BAR						
<u>Jacket Potato</u> Cheese Or Beans <u>Pasta Bar</u> Hot Special Carbonara	<u>Jacket Potato</u> Cheese Or Beans <u>Pasta Bar</u> Hot Special – Tomato Sauce	<u>Jacket Potato</u> Cheese Or Beans <u>Pasta Bar</u> Hot Special Cheesy beef meatballs	<u>Jacket Potato</u> Cheese Or Beans <u>Pasta Bar</u> Hot Special - Beef Bolognese	<u>Jacket Potato</u> Cheese Or Beans <u>Pasta Bar</u> Hot Special – Pesto Sauce	<u>Jacket Potato</u> Cheese Or Beans <u>Pasta Bar</u> Hot Special -Pomodoro Sauce	N/A
SUPPER						SUPPER
Chicken Fajita Vegetable & Bean Fajita(v) Corn on the cob Tortilla Chips & dips Chunky Squashes - Mixed Salad Biscuit Brownie	Street Food Tuesday Peruvian spiced Lamb burger Peruvian spiced chicken burger Peruvian spiced Halloumi (V) Sweet Potato fries - Peruvian slaw Lemon Meringue Muffin	Beef Lasagne Chef's Special Mac 'N' Cheese (V) Focaccia Bread Rustic Potatoes Green beans – Courgette & Peppers Banoffee Pot	Beef Chilli Con Carne Chef's Special Vegan Chilli (V) Nachos- Sour Cream - Guacamole Twisted Doughnuts	Fake Away Friday A Selection Of Pizza With Toppings Herby Wedges Ceaser Salad Sweetcorn Chocolate Tiffin	Spanish Chicken Vegetable Paella (V) Potato Bravas Green Beans Mixed Salad Churros with chocolate sauce	Roast Chicken or Honey Roast Ham Yorkshire Pudding - Sage & Onion Stuffing Vegan Sausage Casserole (V) Roast Potato Mash Potato Root Vegetables Baton Carrots Gravy Jamaican Ginger Cake

DAILY SPECIALS

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

SALADS

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

PASTA BAR

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

CHILLED DESSERTS

Dessert pots, yoghurts, selection of fresh fruit.



Lent Term Week 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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SOUP

Soup Of The Day Mushroom Soup	Soup Of The Day Pea & Mint Soup	Soup Of The Day Thai Lemon Grass & Coconut Soup	Soup Of The Day Tomato & Basil Soup	Soup Of The Day Courgette & Pea Soup With Pesto	N/A	Trent College Big Breakfast Sausage, Bacon, Hash Brown Mushroom, Tomato, Beans & Black Pudding Choice Of Egg
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LUNCH

Traditional Beef Lasagne Quorn Roasted Vegetable Lasagne (V) Garlic Bread Buttered New Potatoes Chicken & Broccoli pasta bake Roasted courgette - Green Beans Marbled Chocolate Cake	Chicken Chasseur Beef Cobbler Squash spinach & mushroom Wellington (V) Mash Potato Broccoli – Roasted Carrots/ Beetroot Lemon Syrup Sponge With Custard	Chicken Katsu And Kimchi Thai beef Curry Crispy Tofu in a Bao Bun (V) Sticky Coconut Rice Pak Choi Stir Fry Vegetables Ginger cake	Roast Honey Glazed Ham Chunky Beef, Mushroom Pie Quorn, Mushroom & Potato Pie (V) Rosemary Roast Potatoes Carrots & Savoy Cabbage Apple & blackberry pie with custard	Battered Fish Fillet Jumbo Fish Finger Hunters Chicken Hunters Quorn Fillet (V) Skinny Fries, Garden Peas, Curry Sauce Tartare Sauce Sticky toffee pudding with toffee sauce	Picante Chicken & Lime Skewers Pitta Bread Piri Piri Vegetable & Halloumi Kebabs Skinny Fries Sweetcorn - Red Onion & Cheese Battered Onion Rings Vanilla cup cake	N/A
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JACKET POTATO & PASTA BAR

Jacket Potato Cheese Or Beans <u>Pasta Bar</u> Hot Special Pomodoro Sauce	Jacket Potato Cheese Or Beans <u>Pasta Bar</u> Hot Special – Beef Bolognaise	Jacket Potato Cheese Or Beans <u>Pasta Bar</u> Hot Special Mushroom Sauce	Jacket Potato Cheese Or Beans <u>Pasta Bar</u> Hot Special - Pesto Pasta	Jacket Potato Cheese Or Beans <u>Pasta Bar</u> Hot Special – Carbonara Sauce	Jacket Potato Cheese Or Beans <u>Pasta Bar</u> Hot Special - Cheese Sauce	N/A
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SUPPER

Sticky BBQ Pork Chef's Special Sweet Potato & Coconut Stew (V) Jerk Gravy Homemade Potato Wedges Carrots Rice & Peas Spiced Banana Slice	Street Food Tuesday Mexican Beef Burrito Vegetable Chilli Burrito Mexican Rice – Nachos- Cheese sauce Jalapenos - sour cream Churros with chocolate Sauce	Lamb Kofta With Khobez Flatbread Chef's Special Homemade Sweet Potato Falafel Lebanese Spiced Potatoes - Tzatziki Cumin Cabbage Houmous Biscoff Muffin	Crunchy Cornflake Turkey Steak & Salsa Chef's Special Meatless Meatballs (V) Herby Diced Potatoes - Sweetcorn Fritter Crudites Millionaire shortbread	Fake Away Friday Chicken or Lamb Burger with toppings Sliced Beef tomato & Monterey Jack Cheese Sweet potato wedges Vegetable Burger (V) Rocket and parmesan salad Chelsea Iced Bun	A selection of pasta dishes with toppings Vegetable & Bean Ragu (V) Broccoli- Garlic Focaccia sour cream - Guacamole Cookie	Roast Beef Yorkshire pudding Horseradish Sauce Or Chicken Breast Vegan sausage Casserole (V) Roast potato Mash potato Root vegetables Braised Red Cabbage Gravy Raspberry Blondie
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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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SOUP **BRUNCH**

<p><u>Soup of the day</u> Curried Parsnip lentil & apple Soup</p>	<p><u>Soup of the day</u> Pea & Mint Soup</p>	<p><u>Soup of the day</u> Leek & Potato Soup</p>	<p><u>Soup of the day</u> Tomato Soup</p>	<p><u>Soup of the day</u> Cheese & Potato Soup</p>	<p>N/A</p>	<p><u>Trent College Big Breakfast</u> Sausage, Bacon, Hash Brown Mushroom, Tomato, Beans & Black Pudding Choice of Egg</p>
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LUNCH

<p>Chicken Korma Lamb Rogan Josh Vegetable Tikka Masala (V) Basmati Rice Naan Bread onion Bhaji Vegetable Samosa Green Beans Indian Pickle Tray Chocolate sponge & chocolate custard</p>	<p>Turkey Schnitzel with peppercorn sauce Boiled New potatoes Carrots & Cabbage Italian Meatballs with Penne pasta Garlic Bread Quorn Schnitzel tomato & bean salsa Apple Crumble with custard</p>	<p>Cumberland Ring Sausage Beef Casserole Vegan sausage & onions (V) Mash potato Smashed roots- Broccoli Marsh mellow crispy cake</p>	<p>Roast Beef & Yorkshire pudding Chicken & Mushroom Pie Cheese leek & Potato Pie (V) Rosemary Roast Potatoes Carrots & Broccoli Iced Sprinkle Cake with custard</p>	<p>Battered Fish Fillet Fish Cake Gammon steak with pineapple Breaded Halloumi Croquette(V) Skinny Fries, Garden Peas, Curry sauce Tartare Sauce Bread & butter pudding with custard</p>	<p>Burger Bar or Southern fried chicken burger with toppings Sweet Potato burger (V) Tiger fries BBQ Beans Corn on the cob Coleslaw Toffee Apple Muffin</p>	<p>N/A</p>
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JACKET POTATO & PASTA BAR

<p><u>Jacket Potato</u> Cheese or Beans <u>Pasta Bar</u> Hot Special Tomato Sauce</p>	<p><u>Jacket Potato</u> Cheese or Beans <u>Pasta Bar</u> Hot Special Pesto Sauce</p>	<p><u>Jacket Potato</u> Cheese or Beans <u>Pasta Bar</u> Hot Special Turkey Chilli Con Carne</p>	<p><u>Jacket Potato</u> Cheese or Beans <u>Pasta Bar</u> Hot Special Tuna Pasta</p>	<p><u>Jacket Potato</u> Cheese or Beans <u>Pasta Bar</u> Hot Special Tomato & Mascarpone</p>	<p><u>Jacket Potato</u> Cheese or Beans <u>Pasta Bar</u> Hot Special Tomato Sauce</p>	<p>N/A</p>
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SUPPER **SUPPER**

<p>Pick your own Bagel with a selection of toppings Homemade herb wedges Coleslaw – Sweetcorn - Salad Rainbow cookie</p>	<p>Street Food Tuesday Salmon Ramen or Pulled pork Teriyaki Tofu Egg noodles Steamed rice Vegetable Gyoza prawn Crackers Carrot Cake</p>	<p>Mac 'N' Cheese with a selection of toppings Chef's Special Plant based Meatballs Garlic Focaccia - Rocket salad Tomato & Mozzarella Lemon & Blueberry sponge</p>	<p>Chicken Shawarma Moroccan Roast Bean & Squash Moroccan Lemon Roast Potatoes Lemon & Coriander cous cous Pitta Bread Roast pepper dip pickled cabbage Oreo Cheesecake</p>	<p>Fake Away Friday Panini with a selection of fillings Homemade Wedges Mozzarella & pesto (V) Rocket and parmesan salad Chocolate Doughnut</p>	<p>Chicken Jambalaya Chef's Special Vegetable & mixed bean Jambalaya(V) Green beans Iced Sprinkle cake</p>	<p>Roast Loin of pork Or Chicken Breast Yorkshire pudding sage & onion stuffing Winter vegetable Crumble (V) Roast potato Mash potato Root vegetables Broccoli Gravy Peach Trifle</p>
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<p>DAILY SPECIALS Home-baked bread and jacket potatoes with a choice of toppings.</p>	<p>PASTA BAR Wholemeal pasta with a choice of homemade sauce every other day.</p>
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<p>SALADS Selection of freshly made, sustainable composite salads and variety of raw vegetables, grains, and proteins.</p>	<p>CHILLED DESSERTS Dessert pots, yoghurts, selection of fresh fruit.</p>
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