

DINNER MENU



St Edmund's College
University of Cambridge

| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---|---|---|---|---|
| SOUP | Sweet potato coconut and ginger 45Kcal <i>Served with freshly baked bread</i> | Soup of the day <i>Served with freshly baked bread</i> | Tom yum 32Kcal <i>Served with freshly baked bread</i> | Pea and ham soup 73Kcal <i>Served with freshly baked bread</i> | Soup of the day <i>Served with freshly baked bread</i> |
| MAINS | Chicken Kabsa <i>Saudi Arabian style of mixed spices and rice (halal)</i> 136Kcal | Fishcakes <i>2 fishcakes, caper butter, Lemon</i> 189Kcal | Beef massaman <i>Peanuts, tamarind, coconut milk (halal)</i> 164Kcal | College pork Sausages <i>onion gravy</i> 291Kcal | Chorizo gnocchi <i>Italian style potato dumplings, chorizo, tomato</i> 195Kcal |
| MAINS (V) | Eat curious biriyani <i>Vegan "chicken" mixed spices, rice</i> 163Kcal | Bubble and squeak <i>Pan fried vegetables and potatoes patty with caper butter</i> 92Kcal | Tofu yellow curry <i>Lemongrass, turmeric, garlic</i> 224Kcal | Vegan sausages <i>onion gravy</i> 192Kcal | Pesto gnocchi with basil and cherry tomatoes 178Kcal |
| CARB SIDES | Naan 284Kcal Masala chips 295Kcal Bhaji 248Kcal | Devilleed egg pasta salad 166Kcal New potatoes 69Kcal | Pineapple fried rice 186Kcal Spring rolls 227Kcal | Mustard mash 101Kcal White bean and lentil cassoulet 51Kcal | Lemon and parmesan courgettes 117Kcal Lime and chilli broccoli 93Kcal |
| VEG SIDES | Poppadum 437Kcal Raita 56Kcal Mango chutney 190Kcal Kachumber salad 35Kcal | Minted peas and spinach 68Kcal Broccoli 53Kcal | Stir fry veg 85Kcal Chilli and basil chickpeas 99Kcal Soy and sesame cucumbers 161Kcal | Shredded cabbage 87Kcal Roasted Mediterranean veg 58Kcal Peas 80Kcal | Garlic and herb roasted mushrooms 108Kcal Orange and hazelnut green beans 77Kcal |
| DESSERT | Cashew and raisin rice pudding 93Kcal | Lemon mousse 136Kcal | Coconut and mango bavaois 306Kcal | Treacle tart <i>Crème Chantilly</i> 395Kcal | Cheesecake 338Kcal |

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.

Kcal per 100g serving