

LUNCH MENU

**Cooked
breakfast
08:00 - 09:30**

WEEK 1



St Edmund's College
University of Cambridge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cream of mushroom soup 75Kcal Served with freshly baked bread	Squash, Coconut & Miso soup 65Kcal Served with freshly baked bread	Soup of the day Served with freshly baked bread	Winter Barley Broth 65Kcal Served with freshly baked bread	Leek & potato soup 65Kcal Served with freshly baked bread	Brunch 11:00 – 12:30 Sausage 300Kcal Bacon 270Kcal Vegan Sausage 210Kcal Hash Brown 220Kcal Grilled Tomatoes 30Kcal Mushrooms 45Kcal Eggs 145Kcal Beans 80Kcal Toast 255Kcal Fruit Salad 50Kcal Waffles & Chocolate Sauce 285Kcal	French Onion soup 105Kcal Served with freshly baked bread
Street food: Muffaletta 260Kcal Focaccia, Italian meats, mozzarella, tapenade, spiced tomato dipping sauce, fries	Street food: Spice Bag 205Kcal Chicken or Tofu, Chips, Curry Sauce, Onion & Pepper	Street food: Eddies Pork Sandwich 175Kcal Pickled apple chutney, Roast Potatoes au Poutine	Street food: Chicken skewers 205Kcal flatbreads, sweetcorn salsa	Street food: Seitan Doner Kebab 195Kcal Vegan Garlic sauce, Chilli Sauce, Pickles, salad, Chips		Roast Chicken Leg 215Kcal
Chicken Puttanesca In a rich tomato, olive and caper sauce 150Kcal	Salt & Pepper Chicken 185Kcal	Honey Roast pork Belly with apple sauce Served with Gravy 275Kcal	Pulled Lamb Fattah Tender pulled lamb Spiced rice dish with Yoghurt 205Kcal	Battered Haddock Lemon, Tartare Sauce 220Kcal		Jamaican vegetable Pasty 270Kcal
Squash & Sage Fagioli 125Kcal	Bang Bang Tofu vegetable stir fry 145Kcal	Winter veg and pearl barley with Stilton Crumble 165Kcal	Eat Curious Biryani Fragrant spiced rice dish with vegan "chicken" 155Kcal	Tempura Vegetables Kombu Seasoning, Sriracha 195Kcal		Roast potatoes 190Kcal
Fennel seed & Grape Pane Pugliese 270Kcal Spaghetti 155Kcal Lemon & Thyme broccoli 65Kcal Truffled Cavolo Nero 85Kcal Rocket Salad 45Kcal	Crispy Chili Noodles 215Kcal Steamed Rice 135Kcal Bok Choi 25Kcal Baby Corn & Snap Peas 55Kcal	Roast Potatoes 190Kcal Mustard honey & Dill New Potatoes 125Kcal Sumac Hispi Cabbage 70Kcal Anise Grapefruit 50Kcal Chantenay Carrots 55Kcal	Sweet potato Fries 150Kcal Winter veg Tabbouleh 125Kcal Saffron Cauliflower 70Kcal Lime coriander & cashew Beetroot 105Kcal	Chips 245Kcal Rice 135Kcal Lemon & Tarragon Peas 75Kcal Chilli & mint Mushy peas 80Kcal		Sweet potato Jackets 105Kcal
Gingerbread Pannacotta 235Kcal	Blackcurrant Celeriac Cake 285Kcal	Sticky Banana Pudding Banana toffee sauce 300Kcal	Lavender Honey Cupcakes Lavender honey cream 330Kcal	Clementine & Blackberry Pavlova 220Kcal		Carrots 40Kcal Broccoli 35Kcal
						Chocolate Bread & Butter Pudding 285Kcal

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM. Kcal per 100g, Adults need around 2000 kcal a day