

# LUNCH MENU

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

**WEEK 2**



St Edmund's College  
University of Cambridge

| MONDAY                                                                                                | TUESDAY                                                                                              | WEDNESDAY                                                                 | THURSDAY                                                                                                                                         | FRIDAY                                                                                                                             | SATURDAY                                                                                                                                                                                                                                                                                                   | SUNDAY                                                                        |
|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>Tomato soup</b> 45Kcal<br><i>Served with freshly baked bread</i>                                   | <b>Coconut squash soup</b> 95Kcal<br><i>Served with freshly baked bread</i>                          | <b>Soup of the day</b><br><i>Served with freshly baked bread</i>          | <b>Nilagang Baboy</b> 105Kcal<br><i>Served with freshly baked bread</i>                                                                          | <b>Borscht</b> 50Kcal<br><i>Served with freshly baked bread</i>                                                                    | <b>Brunch</b><br>11:00 – 12:30<br><br>Sausage 300Kcal<br>Bacon 270Kcal<br>Vegan Sausage 210Kcal<br>Hash Brown 220Kcal<br>Grilled Tomatoes 30Kcal<br>Mushrooms 45Kcal<br>Eggs 145Kcal<br>Beans 80Kcal<br>Toast 255Kcal<br><br><b>Fruit Salad</b> 50Kcal<br><br><b>Waffles &amp; Chocolate Sauce</b> 285Kcal | <b>Thai yellow corn soup</b> 85Kcal<br><i>Served with freshly baked bread</i> |
| <b>Street food: Neapolitana Flatbread pizza</b><br><i>Pizza, Rocket Salad, Balsamic Glaze</i> 270Kcal | <b>Street food: Thai larb</b><br><i>Spicy pork mince and rice served with lettuce leaves</i> 170Kcal | <b>Street food: Nam Jim jaew tofu fried rice (V)</b> 175Kcal              | <b>Street food: Pecan Dukkah Cauliflower wings</b><br><i>Cauliflower Wings, Hot Honey, Pecan Dukkah, pommes Frites, Rainbow slaw (v)</i> 220Kcal | <b>Street food: Seafood Tapas board</b><br><i>Prawns, squid, olives, garlic aioli, chimichurri butterbeans, lime wedge</i> 190Kcal |                                                                                                                                                                                                                                                                                                            | <b>Roast Pork, apple sauce, pork crunch</b> 235Kcal                           |
| <b>Beef ragu, pappardelle</b><br><i>Slow-cooked beef in a rich tomato sauce.</i> 175Kcal              | <b>Satay Tofu (v)</b> 185Kcal                                                                        | <b>Carvery roast pichana rump, Yorkshire pudding, horseradish</b> 220Kcal | <b>Pork belly and pineapple adobo, mango atchara</b> 245Kcal                                                                                     | <b>Hand battered fish</b><br><i>Tartare, Lemon</i> 245Kcal                                                                         |                                                                                                                                                                                                                                                                                                            | <b>Vegan sausage plait</b> 230Kcal                                            |
| <b>Mushroom, basil pesto gnocchi (V)</b> 190Kcal                                                      | <b>Vegetable Thai green curry (Vg)</b> 125Kcal                                                       | <b>Beetroot, goats cheese Filo parcel, walnut pesto (V)</b> 245Kcal       | <b>Tofu sisig</b><br><i>Crispy tofu with spicy, tangy Filipino-style seasoning (v)</i> 180Kcal                                                   | <b>Sweetcorn fritters, sweet chilli jam (v)</b> 190Kcal                                                                            |                                                                                                                                                                                                                                                                                                            | <b>Roast potatoes</b> 150Kcal<br><br><b>Steamed New Potatoes</b> 80Kcal       |
| <b>Fresh Focaccia</b> 280Kcal                                                                         | <b>Jasmine rice</b> 130Kcal                                                                          | <b>Roast potato</b> 150Kcal                                               | <b>Sinangag, garlic fried rice</b> 180Kcal                                                                                                       | <b>Triple Cooked Chips</b> 295Kcal<br><b>Peas</b> 75Kcal                                                                           |                                                                                                                                                                                                                                                                                                            | <b>Steamed Cabbage</b> 30Kcal                                                 |
| <b>Gremolata carrots</b> 65Kcal                                                                       | <b>Spring rolls</b> 230Kcal                                                                          | <b>Garlic, parsley new potato</b> 105cal                                  | <b>Adobo mushrooms</b> 80Kcal                                                                                                                    | <b>Minted Mushy peas</b> 85Kcal                                                                                                    |                                                                                                                                                                                                                                                                                                            | <b>Roasted Carrots</b> 65Kcal                                                 |
| <b>Parmesan breadcrumb courgettes</b> 135Kcal                                                         | <b>Thai cucumber salad</b> 55Kcal                                                                    | <b>Cauliflower, capers and almonds</b> 100Kcal                            | <b>Sweetcorn salsa</b> 70Kcal                                                                                                                    | <b>Chimichurri butterbeans</b> 145Kcal                                                                                             |                                                                                                                                                                                                                                                                                                            |                                                                               |
| <b>Artichoke crudo</b> 75Kcal                                                                         | <b>Thai mango salad</b> 70Kcal                                                                       | <b>Braised red cabbage</b> 75Kcal                                         | <b>Green bean with soy and peanut</b> 90Kcal                                                                                                     |                                                                                                                                    |                                                                                                                                                                                                                                                                                                            |                                                                               |
| <b>Chocolate pot, Chantilly cream, shaved chocolate</b> 270Kcal                                       | <b>Rice pudding, mango mint, basil compote</b> 145Kcal                                               | <b>Maple and pumpkin spice trifle</b> 220Kcal                             | <b>Crème caramel</b> 155Kcal                                                                                                                     | <b>Blackberry fool</b> 175Kcal                                                                                                     |                                                                                                                                                                                                                                                                                                            | <b>Sticky toffee pudding</b><br><i>Toffee sauce</i> 300Kcal                   |

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