

LUNCH MENU

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

WEEK 3



St Edmund's College
University of Cambridge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chicken noodle soup 70Kcal <i>Served with freshly baked bread</i>	Coconut and gochujang lentils 140Kcal <i>Served with freshly baked bread</i>	Soup of the day <i>Served with freshly baked bread</i>	Super Green soup 55Kcal <i>Served with freshly baked bread</i>	Carrot & Coriander soup 50Kcal <i>Served with freshly baked bread</i>	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	Scotch Broth 95Kcal <i>Served with freshly baked bread</i>
Croque lasagna 230Kcal <i>Grilled sandwich packed with a mornay sauce and slow cooked mince</i>	Lok Lak Bibimbap 165Kcal <i>Beef Strips, Julienne Veg, Fried Egg, Lettuce, Tomato, Rice</i>	Wild mushroom grilled cheese 235Kcal <i>Mushrooms, mornay sauce, toasted sandwich, Salad</i>	Chicken Skewers 185Kcal <i>Sweet potato fries, cauliflower salad</i>	Tapas board 240Kcal <i>Honey roast chorizo, romesco, olives, guindillas, feta, flatbread</i>		Beef brisket 220Kcal
Sausage & Fennel Ragù 175Kcal	Beef Lok Lak 175Kcal <i>Vietnamese-style peppered beef with lime and fresh vegetables.</i>	Fennel & Apricot Pork Belly 250Kcal <i>Pickled Apple Chutney, Gravy</i>	Chestnut mushroom stroganoff (V) 125Kcal	Battered Haddock <i>Tartare sauce, lemon</i> 230Kcal		Cauliflower, Leek and Stilton Gratin 155Kcal
Gorgonzola, Walnut & Butternut squash (V) 175Kcal	Tofu Ramen (Vg) <i>Japanese noodles with tofu, vegetables and savoury broth</i> 85Kcal	Miso Glazed Confit Hispi Cabbage with feta and pinenuts (Vg) 135Kcal	Creamy Celeriac, Chestnut, pearl onion and thyme (V) 125Kcal	Halloumi fries, romesco sauce (V) 270Kcal		Roast Potatoes 150Kcal Jacket potato 95Kcal
Fusilli tricolor 155Kcal Gnocchi 165Kcal Rocket, artichoke, sunflower seed, parmesan and truffle salad 145Kcal Lemon, Fennel Cavolo Nero 55Kcal	Steamed Rice with spring onion 130Kcal Kecap Manis Noodles 170Kcal Stir Fry Veg 65Kcal Sesame Soy Bok Choi 65Kcal	Rosemary & Garlic Roast Potatoes 155Kcal Crushed New potatoes, Garlic truffle Butter 155Kcal Sweet and sour Carrots 75Kcal Green Beans 35Kcal	Sweet Potato Fries 250Kcal Orzo 155Kcal Broccoli with parmesan and lemon 7075Kcal Cauliflower, apple & Raddichio salad 65Kcal	Chips 295Kcal Sundried tomato pesto pasta 190Kcal Peas 75Kcal Mushy Peas 85Kcal		Carrots 40Kcal Broccoli 35Kcal Jamaican ginger cake 330Kcal
Coffee Mousse, Savoirdi Biscuit, choc sauce 240Kcal	Kiwi Lemongrass & Kaffir Lime Coconut Rice Pudding 155Kcal	Chocolate & Cherry Tart 320Kcal	Crepe suzette 215Kcal	Salted caramel custard tart 290Kcal		

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