

DINNER MENU



St Edmund's College
University of Cambridge

Week 3	MONDAY	TUESDAY	Seasonal Menu	THURSDAY	FRIDAY
SOUP	Curried Celeriac 75Kcal <i>Served with freshly baked bread</i>	Soup of the day <i>Served with freshly baked bread</i>	Spicy Bean <i>Served with freshly baked bread</i>	Beetroot & Caraway 55Kcal <i>Served with freshly baked bread</i>	Soup of the day <i>Served with freshly baked bread</i>
MAINS	Pork Vindaloo <i>Tender pork slow-cooked in a rich paste of red chillies, garlic, ginger, and vinegar</i> 175Kcal	Breaded Plaice <i>Green Peppercorn Tartare sauce</i> 215Kcal	Venison Meatball Tagine, blackberry compote <i>spiced meatballs simmered in a rich, savoury tomato sauce</i>	Korean Fried Chicken Burger <i>crispy fried chicken coated in a sweet-and-spicy gochujang glaze</i> 265Kcal	Beef & Red Wine Bolognese 165Kcal
MAINS (V)	Sweet potato Laksa Curry <i>Southeast Asian inspired curry with a rich, spicy, and creamy coconut-milk-based broth</i> 125Kcal Tofu massaman curry 155Kcal	Beetroot & Apple Latke <i>Crispy shallow fried fritter, Rhubarb & Fennel pico de gallo</i> 165Kcal	Winter Veg and kale Tagine <i>Winter vegetables cooked in a rich tomato sauce spiced with ras el hanout</i>	Loaded Cauliflower burger <i>Cauliflower fritter, vegan cheese sauce, spring onions</i> 190Kcal	Vegan Sausage Ragù 135Kcal
CARB SIDES	Pilau Rice with Cashews and Lemon 175Kcal Poppadums 390Kcal Naan 290Kcal	Smashed Potatoes 145Kcal	Harissa Couscous Cumin Seed Khobz kale pesto	Fries 295Kcal Parsley Butter New Potatoes 105Kcal	Spaghetti 155Kcal Garlic Bread 300Kcal
VEG SIDES	Tomato & Red onion Salad 535Kcal Aubergine Pickle 100Kcal Raita 80Kcal	Cucumber Salad 35Kcal Slaw 95Kcal Garden Peas 75Kcal	Mutabal <i>Burnt Aubergine salad, Pomegranate, Garlic, Tahini</i> Kale and apple salad	Cauliflower, apple & radicchio salad 65Kcal Corn on the cob 95Kcal	Cavolo Nero 45Kcal Tomato salad 25Kcal
DESSERT	Lime & Coriander Drizzle cake 330Kcal	Lavender Lemon Posset, Rosemary Poached Peach 240Kcal	Blackberry friand	Raspberry Crème Caramel 155Kcal	Berry Fool 175Kcal

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