

# DINNER MENU



St Edmund's College  
University of Cambridge

| Week 1     | MONDAY                                                                                                                                                                | TUESDAY                                                                                                 | SEASONAL DAY                                                                                | THURSDAY                                                                                                                             | FRIDAY                                                           |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| SOUP       | <b>Dahl makhani</b> 135Kcal<br><i>Served with freshly baked bread</i>                                                                                                 | <b>Soup of the day</b><br><i>Served with freshly baked bread</i>                                        | <b>Spiced pumpkin soup</b><br><i>Served with freshly baked bread</i>                        | <b>Pea garlic and chive</b> 70Kcal<br><i>Served with freshly baked bread</i>                                                         | <b>Soup of the day</b><br><i>Served with freshly baked bread</i> |
| MAINS      | <b>Beef Rendang</b><br><i>slow-cooked Indonesian dry curry caramelized in a concentrated mixture of coconut milk and aromatic spices</i> 235Kcal                      | <b>Cottage Pie</b><br><i>Slow cooked beef casserole topped with golden creamy mashed potato</i> 155Kcal | <b>Merguez sausages</b>                                                                     | <b>Pork &amp; Chorizo burger</b><br><i>Lettuce, tomato, Gherkins, ranch mayo, onion rings, sesame bun</i> 285Kcal                    | <b>Bacon Macaroni Cheese</b><br>205Kcal                          |
| MAINS (V)  | <b>Chickpea &amp; Coconut Sambal</b><br><i>Cooked in a hot chilli based paste</i> 165Kcal<br><b>Thai green tofu curry</b><br><i>With broccoli and peanuts</i> 135Kcal | <b>Crushed baby potato Lentil Hotpot</b><br>125Kcal                                                     | <b>Pear, onion hazelnut galette</b>                                                         | <b>Homemade veggie burger</b><br><i>Lettuce, tomato, Gherkins, ranch mayo, onion rings, sesame bun</i> 205Kcal                       | <b>Cauliflower Mac 'n' Cheese</b><br>150Kcal                     |
| CARB SIDES | <b>Rice</b> 130Kcal<br><b>Samosas</b> 270Kcal<br><b>Bhaji</b> 220Kcal<br><b>Naan</b> 290Kcal<br><b>Poppadom</b> 390Kcal                                               | <b>Roast Root Veg</b><br>105Kcal<br><b>Pesto Garlic Bread</b><br>300Kcal                                | <b>Parsley brown butter mashed potato</b><br><b>Pumpkin, Gnocchi, sage and walnut pesto</b> | <b>Shoestring Fries</b><br>300Kcal<br><b>Beef tomato, iceberg lettuce, sliced onions, gherkins</b><br><b>crispy onions</b><br>75Kcal | <b>Butternut, orange and cashew salad</b><br>125Kcal             |
| VEG SIDES  | <b>Chutneys</b><br><b>Coconut &amp; Avocado Raita</b><br>145Kcal                                                                                                      | <b>Green Beans</b><br>35Kcal<br><b>Peas</b><br>75Kcal                                                   | <b>Pear waldorf</b><br><b>Hispi cabbage</b>                                                 | <b>Seeded Slaw</b><br>165Kcal<br><b>Corn Cob</b><br>95Kcal                                                                           | <b>Med Veg</b><br>75Kcal<br><b>Creamed spinach</b><br>105Kcal    |
| DESSERT    | <b>Cardamom chocolate pistachio mousse</b><br>300Kcal                                                                                                                 | <b>Apple Crumble</b><br><i>Custard</i> 210Kcal                                                          | <b>Pear frangipane crumble tart</b>                                                         | <b>Brownie Mess Sundae</b><br>280Kcal                                                                                                | <b>Cinnamon Butter Gnocchi</b><br>240Kcal                        |

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