DINNER MENU

St Edmund's College
University of Cambridge

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	**Courgette soup** *55Kcal* *Served with freshly baked bread*	**Soup of the day** *Served with freshly baked bread*	**Ribollita** *Tuscan bean stew* *Served with freshly baked bread*	**Spicy red pepper soup** *60Kcal* *Served with freshly baked bread*	**Soup of the day** *Served with freshly baked bread*
MAINS	**Chicken Methi** Mild flavoured chicken dish cooked with onions, spices, herbs, tomatoes and Yoghurt *145Kcal*	**Steak and kidney pie** *260Kcal*	**Pizza night**	**Southern fried chicken burger** Crispy fried chicken in our own blend of herbs and spices *265Kcal*	**Beef chilli** Slow cooked beef with cumin, paprika and chilli *150Kcal*
MAINS (V)	**Paneer tikka masala** North Indian inspired dish made with grilled paneer in a spiced tomato and onion gravy *190Kcal* **Chickpea and cauliflower curry** *125Kcal*	**Vegetarian haggis shepherds pie** *155Kcal*	**Romana Pizza** **A variety of toppings including Vegetarian and Vegan** A Roman classic with a thicker base, large rectangular Pizzas that are typical of the city, traditionally served in slices 'al taglio'	**Beetroot burger, smashed avocado** Fried beetroot Rösti, smashed avocado served in a bun *210Kcal*	**Bean chilli** Spiced mixed beans in a rich tomato sauce *115Kcal*
CARB SIDES	**Rice** *130Kcal* **Naan** *290Kcal* **Bombay Potatoes** *145Kcal*	**Sweet potato fries** *250Kcal* **Colcannon mash** *135Kcal* **Garlic bread** *300Kcal*		**Paprika Fries** *295Kcal* **Mac and cheese** *200Kcal*	**Tacos** *220Kcal* **Nachos** *300Kcal*
VEG SIDES	**Pickles** **Bhaji** *220Kcal* **Pakora** *230Kcal* **Samosa** *270Kcal*	**Green beans, rosemary salt** *35Kcal* **Cabbage, chive and onion** *45Kcal*	**Italian inspired salad bar**	**Corn on cob** *95Kcal* **Fennel cabbage slaw** *95Kcal*	**Guacamole** *165Kcal* **Sour cream** *200Kcal* **Salsa** *30Kcal* **Jalapeno** *30Kcal* **Sweetcorn** *95Kcal*
DESSERT	**Mango pannacotta** *215Kcal*	**Orange and chocolate pot de crème** *240Kcal*	**Torta di Ricotta** A classic, light baked cheesecake made using fresh ricotta	**Biscoff waffles** *300Kcal*	**Cinnamon churros** *350Kcal*

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM. Kcal per100g, Adults need around 2000 kcal a day