

Lunch 1

W/C 4 Sep, 25 Sep, 16 Oct, 6 Nov, 27 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mushroom Risotto Soup (Vegan)	Thai Red Vegetable Curry (Vegan)	Curried Carrot and Wild Rice (Vegan)	Tomato, Pepper and Basil (Vegan)	Spiced Pea and Black-eyed Bean (Vegan)
Option 1	Potato, Spinach and Chickpea Curry Baked Lemon and Ginger Rice Poppadom (Vegan)	Roasted Vegetable and Mixed Bean Chilli Coconut and Lime Yoghurt Rice Smashed Avocado (Vegan)	Butternut, Orange and Sage Galette Pickled Red Cabbage Broccoli Roast New (Vegan)	Courgette, Carrot and Quinoa Vegetable Cakes with Spiced Tomato Compote Crushed Potatoes Green Vegetables (Vegan)	Parmigiana Green Bean, Tomato, Roasted Red Onion and Fine Bean Salad Roasted New Potatoes (Vegan)
Option 2	Squash, Feta and Spinach Layered Pie Roasted New Potatoes and Green Vegetables (V)	Romesco Chicken with Roasted New Potatoes and Greens Tomato, Cucumber, Red Onion and Roquette Salad	Maple and Ginger Glazed Roast Pork Pickled Red Cabbage Roasted Apple and Pear Sauce Herb and Parmesan Roast Potatoes	Chicken, Leek and Mushroom Pie	Baked Haddock with Green Bean, Tomato, Roasted Red Onion and Fine Bean Salad Lemon Persillade
Salad Box 1	Char-grilled Cauliflower Caesar Salad (Vegan)	Char-grilled Cauliflower Caesar Salad (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	
Salad Box 2	Avocado, Mozzarella and Spiced Freekah Salad (V)	Avocado, Mozzarella and Spiced Freekah Salad (V)		Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)	Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)
Salad Box 3		Salmon and Mango Noodle Salad	Salmon and Mango Noodle Salad	Italian-style Chicken Salad and Pasta Box	Italian-style Chicken Salad and Pasta Box
Dessert	Ginger Loaf Cake with Ginger Sauce and Blackberry Yoghurt (Vegan)	Lemon Tart with Cream and Berries (V)	Marmalade and Brown Bread Pudding with Marmalade Cream Sauce (V)	Blackberry and Lemon Fool Home-baked Biscuits (V)	Brown Sugar Meringues with Hazelnut and Blueberry Cream (V)

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Dinner 1

W/C 25 Sep, 16 Oct, 6 Nov, 27 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mushroom Risotto Soup (Vegan)	Thai Red Vegetable Curry (Vegan)	Curried Carrot and Wild Rice (Vegan)	Tomato, Pepper and Basil (Vegan)	Spiced Pea and Black-eyed Bean (Vegan)
Option 1	Southern-fried Chick'n Burger Spiced Potato Wedges Root Veg Coleslaw (Vegan)	Pumpkin, Broad Bean and Sage Risotto Baked Tenderstem with Chilli and Shallots (Vegan)	Homemade Aubergine and Vegan 'Feta' Pizza Homemade Aubergine and Feta Pizza Green Salad (Vegan)	Sweet Potato and Celeriac Bhaji Chips Peas with Olive Oil and Mint Lemon Wedges Tartare Sauce (Vegan)	Bombay Aubergine and Potato Curry Basmati Rice Naan Bread (Vegan)
Option 2	Bhaji and Paneer Burger (V)	Salmon, Pea and Parmesan Risotto	Homemade Salami and Chorizo Pizza	Fish and Chips	Slow Cooked Lamb Shoulder and Toasted Coconut Curry
Salad Box 1	Char-grilled Cauliflower Caesar Salad (Vegan)	Char-grilled Cauliflower Caesar Salad (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	Giant Cous Cous, Falafel and Hummus Salad Box (Vegan)	
Salad Box 2	Avocado, Mozzarella and Spiced Freekah Salad (V)	Avocado, Mozzarella and Spiced Freekah Salad (V)		Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)	Miso and Tahini Noodle Salad with Pan-fried Tofu (Vegan)
Salad Box 3		Salmon and Mango Noodle Salad	Salmon and Mango Noodle Salad	Italian-style Chicken Salad and Pasta Box	Italian-style Chicken Salad and Pasta Box
Dessert	Vanilla Cheesecake with Baked Fruits (Vegan)	Chocolate and Coffee Meringue Roulade (V)	Tiramisu (V)	Chocolate Banoffee Pie (V)	Ras al Hanout, Buttermilk and Rose Loaf Cake (V)

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Lunch 2

W/C 11 Sep, 2 Oct, 23 Oct, 13 Nov, 4 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roast Celeriac Soup <i>(Vegan)</i>	Cannellini Bean with Roquette and Almond Pesto <i>(Vegan)</i>	Potato and Leek <i>(Vegan)</i>	Sweet Potato Coconut Dahl <i>(Vegan)</i>	Miso, Tofu and Vegetable <i>(Vegan)</i>
Option 1	Vegetarian Haggis Hotpot with Roasted Root Top Green Vegetables <i>(Vegan)</i>	Tofu, Pak-chouy and Beansprouts in Black Bean Sauce Rice <i>(Vegan)</i>	Sticky Aubergine, Cashew and Herb Tarte Tatin Roast New Potatoes Olive Oil Dressed Fine Beans <i>(Vegan)</i>	Preserved Lemon, Roasted Vegetable and Chickpea Tagine Warm Herb Bulgur Wheat <i>(Vegan)</i>	Squash and Cauliflower Biryani Mint Yoghurt Homemade Bhaji <i>(Vegan)</i>
Option 2	Aubergine, Halloumi and Harissa Bake (V)	Miso and Gochujang Roast Chicken Rice Steamed Savoy and Greens	Roasted Lamb with Mediterranean Vegetable Caponata	Slow-cooked Sweet and Sour Pork Rice Steamed Green Vegetables	Tuna and Tomato Puttanesca Pasta Bake Pea and Green Bean Salad
Salad Box 1	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs served with Mint and Pea Fritters <i>(Vegan)</i>	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs served with Mint and Pea Fritters <i>(Vegan)</i>	Crunchy Thai, Cashew and Quinoa Salad <i>(Vegan)</i>	Crunchy Thai, Cashew and Quinoa Salad <i>(Vegan)</i>	
Salad Box 2	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)		Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)
Salad Box 3		Salmon, Feta and Spinach Pasta	Salmon, Feta and Spinach Pasta	Chicken and Sausage Jambalaya Salad Box	Chicken and Sausage Jambalaya Salad Box
Dessert	Chocolate Mousse Cake <i>(Vegan)</i>	Plum and Almond Clafoutis Tarts (V)	Mixed Spice and Raspberry Slice with Yoghurt Cream (V)	Apple and Custard Tray Bake with Crumble Top (V)	Chocolate and Pecan Cake with Yoghurt Cream (V)

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Dinner 2

W/C 2 Oct, 23 Oct, 13 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roast Celeriac Soup (Vegan)	Cannellini Bean with Roquette and Almond Pesto (Vegan)	Potato and Leek (Vegan)	Sweet Potato Coconut Dahl (Vegan)	Miso, Tofu and Vegetable (Vegan)
Option 1	Korean Style Jackfruit Burgers with Kimchi Slaw Skinny Fries (Vegan)	Spaghetti with Tomato, Caper, Olive and Oregano Sauce Garlic Ciabatta Dressed Salad (Vegan)	Spinach, Onion and Mushroom Calzone Spinach, Mushroom, Mozzarella and Onion Calzone Tomato, Cucumber and Roquette Salad (Vegan)	Shallot and Root Vegetable Bourguignonne Mash Green and Purple Cabbage with Shallots and Toasted Seeds (Vegan)	Aubergine and Tofu Katsu Curry Sticky Rice Steamed Vegetables (Vegan)
Option 2	Falafel, Halloumi and Hummus Khobez Wraps with Sesame, Orange, Carrot and Red Cabbage Salad (Ve)	Homemade Lasagne	Pancetta, Ricotta and Parmesan Calzone	Merguez Sausage and Mixed Bean Casserole	Chicken Katsu Curry
Salad Box 1	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs served with Mint and Pea Fritters (Vegan)	Wild Rice Salad with Pomegranates, Nuts, Fresh Herbs served with Mint and Pea Fritters (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	Crunchy Thai, Cashew and Quinoa Salad (Vegan)	
Salad Box 2	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)	Asparagus, Duck Egg and Watercress Salad Box with Ciabatta Croutons (V)		Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)	Halloumi and Roasted Fig Salad with Giant Cous Cous and Pomegranate (V)
Salad Box 3		Salmon, Feta and Spinach Pasta	Salmon, Feta and Spinach Pasta	Chicken and Sausage Jambalaya Salad Box	Chicken and Sausage Jambalaya Salad Box
Dessert	Coffee, Walnut and Miso Caramel Cake (Vegan)	Caramel Budino (V)	Pistachio, Fig and Ricotta Meringues (V)	Chocolate Jaffa Pudding with Vanilla Ice Cream(V)	Baked White Chocolate and Ginger Cheesecake with Stewed Berries (V)

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Lunch 3

W/C 18 Sep, 9 Oct, 30 Oct, 20 Nov (no lunch on 3 Nov)

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Thai Pumpkin Soup (<i>Vegan</i>)	Roasted Parsnip, Shallot and Garlic (<i>Vegan</i>)	Mexican Bean and Chipotle (<i>Vegan</i>)	Roasted Vegetable and Lentil (<i>Vegan</i>)	Orzo Pasta, Tomato and Chickpea (<i>Vegan</i>)
Option 1	Potato, Mushroom, Borlotti and Paprika Goulash Wholegrain Rice with Herbs and Lemon Roasted Broccoli and Fennel (<i>Vegan</i>)	Curry-Crusted Swede Steaks on Spiced Puy Lentil Casserole Green Bean Salad (<i>Vegan</i>)	Roasted Ratoutille Pies Tomato and Herb Sauce Roast New Potatoes Peas with Mint (<i>Vegan</i>)	Fennel, Pepper and Black Olive Fideuà (<i>Vegan</i>)	Chestnut and Cashew Wellington Roasted Tomato and Pepper Sauce Sauté Potatoes Fine Beans (<i>Vegan</i>)
Option 2	Spinach, Ricotta and Pine Nut Cannelloni (<i>V</i>)	Turkey Scallopini with Lemons, Capers and Parsley Baked Gnocchi with Tomatoes, Peppers and Mozzarella	Roast Chicken Tray-bake with Carrots, Parsnips, Red Onions, Chorizo and Artichokes Herb Gravy	Slow-cooked Shin of Beef with Red Wine, Shallots and Herbs Mascarpone Polenta Courgette and Parmesan Salad	Salmon and Herb En Crouete Roasted Tomato and Pepper Sauce
Salad Box 1	Vegan Pesto and Broccolini Pasta (<i>Vegan</i>)	Vegan Pesto and Broccolini Pasta (<i>Vegan</i>)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (<i>Vegan</i>)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (<i>Vegan</i>)	
Salad Box 2	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (<i>V</i>)	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (<i>V</i>)		Roasted Sweet Potato with Rice and Beans and Marinated Feta	Roasted Sweet Potato with Rice and Beans and Marinated Feta
Salad Box 3		Layered Prawn, Avocado and Iceberg Salad	Layered Prawn, Avocado and Iceberg Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Sticky Toffee Pudding with Toffee Sauce and Vanilla Ice Cream (<i>Vegan</i>)	Chocolate Fudge Tart with Raspberry Cream (<i>V</i>)	Cherry Bakewell Steamed Pudding (<i>V</i>)	Salted Caramel Slice with Berry Cream (<i>V</i>)	Passion Fruit and Berry Pavlovas (<i>V</i>)

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Dinner 3

W/C 18 Sep, 9 Oct, 30 Oct, 20 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Thai Pumpkin Soup (Vegan)	Roasted Parsnip, Shallot and Garlic (Vegan)	Mexican Bean and Chipotle (Vegan)	Roasted Vegetable and Lentil (Vegan)	Orzo Pasta, Tomato and Chickpea (Vegan)
Option 1	Chorizo Style Sausages Hotdog Rolls Rainbow Coleslaw Chunky Chips (Vegan)	Black Bean, Roasted Flat Mushroom and Pepper Burritos Sweet Potato Fries Smashed Avocado Salsa (Vegan)	Tomato, Pepper and Caramelised Onion Pissaladière Tomato, Red Onion and Roquette Salad (Vegan)	Sweet and Sour Tofu with Peppers and Cashews Jasmine Rice Green Vegetables (Vegan)	Thai Tempah and Vegetable Curry Sticky Rice Spring Roll (Vegan)
Option 2	Roasted Red Pepper and Halloumi Burgers (V)	Spiced Chicken and Pepper Burrito	Pissaladière	Stir-fried Sticky Chicken and Peppers	Thai Fish and Prawn Curry
Salad Box 1	Vegan Pesto and Broccolini Pasta (Vegan)	Vegan Pesto and Broccolini Pasta (Vegan)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (Vegan)	Roasted Vegetable Skewers with Crispy Lentil and Wild Rice Salad and Salsa Verde (Vegan)	
Salad Box 2	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (V)	Roasted Beetroot, Yoghurt and Cucumber Salad with Crumbled Goats' Cheese and Honey Dressing (V)		Roasted Sweet Potato with Rice and Beans and Marinated Feta	Roasted Sweet Potato with Rice and Beans and Marinated Feta
Salad Box 3		Layered Prawn, Avocado and Iceberg Salad	Layered Prawn, Avocado and Iceberg Salad	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing	Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing
Dessert	Peanut Butter Pie (Vegan)	Banana and Coconut Three Milk Cake (V)	Coffee and Brown Sugar Tray Bake with Coffee Mascarpone Cream (V)	Sticky Plum and Almond Tart with Lemon Yoghurt Cream (V)	Honey, Orange and Mint Fritters with Crème Fraiche Cream (V)

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