

# Lunch 1 - weeks beginning 13 Jan, 3 Feb, 24 Feb, 17 Mar, 7 Apr

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Butternut Squash and Chickpea Curry Soup (Vegan)	Potato a la Riojera (Pepper, Chorizo Style sausage and Potato Soup) (Vegan )	Minestrone Soup (Vegan )	Spicy Roasted Corn (Vegan)	Golden Coconut and Lentil (Vegan)
Option 1	Roasted Celeriac Steak with Kimchi, Apple and Pear Salsa, Crushed Potatoes, Roquette and Roasted Vegetable Salad (Vegan)	Triple Mushroom Pilaf with Roasted Spiced Squash and Greens (Vegan)	Spinach, Potato and Chermoula Free-form Pie (Vegan)	Bulger Wheat Fritters with Roasted Tomato, Pepper and Chilli Sauce (Vegan)	Sausages on Spring Onion Mash with Onion Gravy and Green Vegetables (Vegan)
Option 2	Butternut Squash and Spinach Lasagne, Salad, with Ciabatta Croutons and Roasted Vegetables (V)	Dijon Mustard and Mushroom Chicken, Herb Rice Savoy Cabbage	Slow-roast Pork with Coriander and Fennel Seeds, Roast New Potatoes, Carrots with Herb Olive Oil Cauliflower and Cornish Yarg Gratin	Braised Ox Tail with Sherry Mash Green Vegetables	Baked Coconut Panko Cod with Katsu Sauce Rice Green Vegetables
Salad Box 1	Bean Salad with Roasted Rustic Vegetables (Vegan)	Bean Salad with Roasted Rustic Vegetables (Vegan)	Russian Salad with New Potatoes, Carrots, Peas and Dill (Vegan)	Russian Salad with New Potatoes, Carrots, Peas and Dill (Vegan)	
Salad Box 2	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)	Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)		Radish and Broad Bean Salad with Feta Cheese (V)	Radish and Broad Bean Salad with Feta Cheese (V)
Salad Box 3		Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing	Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing	Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing
Dessert	Iced Ginger Loaf Cake with Lemon and Ginger Icing (Vegan)	Sticky Toffee Pudding with Sticky Toffee Sauce and Cream (V)	Salted Caramel Brownie with Chocolate Sauce and Cream (V)	Crème Catalana (Spanish Crème Brulee) (V)	Crème Caramel with Raspberries (V)

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# Dinner 1 - weeks beginning 3 Feb, 24 Feb, 17 Mar (no college dinner on GND nights)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Roasted Butternut Squash and Chickpea Curry (Vegan)</b>	<b>Leek, Pea and Potato (Vegan)</b>	<b>Creamy White Bean and Spring Onion Pesto (Vegan)</b>	<b>Spicy Roasted Corn (Vegan)</b>	<b>Golden Coconut and Lentil (Vegan)</b>
<b>Option 1</b>	<b>Beetroot Falafel Burgers, Sweet Potato Fries, Pickled Carrot and Beetroot Salad (Vegan)</b>	<b>Shakshuka with Vegan Balls, Baked Rice, Vegan Greek Salad (Vegan)</b>	<b>Spinach, Red Onion and Vegan Mozzarella Pizza (Vegan)</b> <b>Spinach, Red Onion and Mozzarella Pizza (V)</b> <b>Roquette, Cucumber and Tomato Salad (Vegan)</b>	<b>Spiced Cauliflower and Celeriac Bhajis with Mango Chutney and Mint Mayo (Vegan)</b>	<b>Spicy Squash Curry, Homemade Pakoras, Coriander Yoghurt, Poppadom, Mango Chutney (Vegan)</b>
<b>Option 2</b>	<b>“Chick’n” Burger with Swiss Cheese, Homemade Burger Sauce (V)</b>	<b>Lamb Moussaka with Greek Salad</b>	<b>Ham, Mascarpone and Mushroom Pizza</b>	<b>Battered Fish and Chips with Homemade Tartare Sauce</b> <b>Broccoli and Peas</b>	<b>Creamy Chicken and Vegetable Korma</b>
<b>Salad Box 1</b>	<b>Bean Salad with Roasted Rustic Vegetables (Vegan)</b>	<b>Bean Salad with Roasted Rustic Vegetables (Vegan)</b>	<b>Russian Salad with New Potatoes, Carrots, Peas and Dill (Vegan)</b>	<b>Russian Salad with New Potatoes, Carrots, Peas and Dill (Vegan)</b>	
<b>Salad Box 2</b>	<b>Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)</b>	<b>Squash, Feta and Bulgur Wheat Salad with Harissa Yoghurt (V)</b>		<b>Radish and Broad Bean Salad with Feta Cheese (V)</b>	<b>Radish and Broad Bean Salad with Feta Cheese (V)</b>
<b>Salad Box 3</b>		<b>Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing</b>	<b>Quinoa, Edamame, Red Cabbage and Salmon with Pickled Cucumber and Tamari Dressing</b>	<b>Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing</b>	<b>Chicken and Sweet Potato Shawarma Box with Lemon and Herb Dressing</b>
<b>Dessert</b>	<b>Salted Caramel and Chocolate Bars (Vegan)</b>	<b>Pistachio Cheesecake (V)</b>	<b>Chocolate, Toasted Nut and Banana Trifle (V)</b>	<b>Lemon and Clementine Cake with Raspberry Cream (V)</b>	<b>Coffee Mousse with Tahini Fudge (V)</b>

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# Lunch 2 – weeks beginning 20 Jan, 10 Feb, 3 Mar, 24 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Carrot and Cumin (Vegan)	Thai Sweet Potato and Carrot (Vegan)	Creamy Mushroom and Rice( Vegan)	Sweet Potato, Chickpea and Lentil (Vegan)	Roasted Garlic and Cauliflower Chowder(Vegan)
Option 1	Stuffed Aubergines with Pomegranates, Pine Nuts, Borlotti Beans, Pumpkin Seeds with a Parsley, Tahini and Garlic Sauce Roast New Potatoes Green Vegetables (Vegan)	Chickpea, Butternut Squash and Spinach Curry Basmati Rice Poppadum (Vegan)	Spinach, Quinoa and Walnut Filo Parcels with Homemade Tapenade and Spiced Sweet Potato Puree (Vegan)	Slow-cooked Butterbean and Aubergine Stew with Fresh Chimichurri Beets and Chickpea Salad (Vegan)	Corn Fritters with BBQ Beans Mixed Green Vegetables (Vegan)
Option 2	Potato and Cheese Pie with Salsa Verde, Roast New Potatoes Green Vegetables (V)	Pork and Chorizo with Tomatoes and Butterbeans, Sauté Potatoes, Fine Beans	Baked Chicken with Sumac, Lemon Sesame and Herbs Squashed, Roasted Potatoes with Feta, Red Onions and Oregano Roquette Salad	Lamb Pastitsio (Lamb and Macaroni Bake), Kos Lettuce, Tomato, Feta and Olive Salad	Spiced Fish Pies with Potato, Sweet Potato and Onion Seed Rosti Top Mixed Green Vegetables
Salad Box 1	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan )	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan )	
Salad Box 2	Marinated Feta and Butterbeans on Fregola Pasta Salad (V)	Marinated Feta and Butterbeans on Fregola Pasta Salad (V)		Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)	Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)
Salad Box 3		Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekah Salad with Pomegranate Molasses Dressing	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekah Salad with Pomegranate Molasses Dressing
Dessert	Coffee and Cashew Chocolate Mousse Cake (Vegan)	Bakewell Slice with Vanilla Cream (V)	Sticky Banana and Date Pudding with Sticky Sauce and Cream (V)	Cherry and Spiced Black Pepper Torte with Ginger and Honey Cream (V)	Tiramisu (V)

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# Dinner 2 – weeks beginning 20 Jan, 10 Feb, 3 Mar (no college dinner on GND nights)

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Carrot and Cumin (Vegan)	Thai Sweet Potato and Carrot (Vegan)	Creamy Mushroom and Rice( Vegan)	Sweet Potato, Chickpea and Lentil (Vegan)	Roasted Garlic and Cauliflower Chowder (Vegan)
Option 1	‘Moving Mountains’ Plant Based Burger, Skinny Fries, Spiced Cabbage and Beetroot Coleslaw (Vegan)	Roasted Vegetable, Lentil and Quinoa Chili Herb Rice Coconut Yoghurt (Vegan)	Squash and Spinach Honeycomb Pasta Courgette, Mint and Olive Oil Salad (Vegan)	Stuffed Pepper with Rice, Almonds, Raisin and Thai Yellow Curry Sauce Steamed Vegetables (Vegan)	Aubergine Balti, Rice, Naan Homemade Bhajis, Mango Chutney, Coriander Yoghurt (Vegan)
Option 2	Chickpea and Feta Burger, Skinny Fries, Spiced Cabbage and Beetroot Coleslaw (V)	Chunky Steak and Three Bean Chili with Sour Cream	Puttanesca Pasta Bake	Beef with Cumin and Spring Onions, Rice and Steamed Vegetables	Broccoli, Chicken and Peanut Curry
Salad Box 1	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Farro, Roasted Vegetable and Cauliflower Salad with Butterbean Smash (Vegan)	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan )	Vegan Chorizo, Roasted Red Pepper and Sun-dried Tomato Pasta Salad (Vegan )	
Salad Box 2	Marinated Feta and Butterbeans on Fregola Pasta Salad (V)	Marinated Feta and Butterbeans on Fregola Pasta Salad (V)		Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)	Fruity Coconut, Peanut and Wild Rice Salad with Thai Curry Roasted Vegetables (Vegan)
Salad Box 3		Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Orzo with King Prawns, Peas, Parmesan and Cherry Tomatoes	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekah Salad with Pomegranate Molasses Dressing	Lemon and Harissa Chicken on Pomegranate and Pistachio Freekah Salad with Pomegranate Molasses Dressing
Dessert	Carrot Cake Muffins (Vegan)	Banana and Hazelnut Tartlet with Vanilla Cream (V)	Pear Upside Down Cake with Yoghurt Cream (V)	Baked Custard Tarts (V)	Lemon and Labneh Possets (V)

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# Lunch 3 – weeks beginning 27 Jan, 17 Feb, 10 Mar, 31 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lemon, Chickpea and Orzo (Vegan)	Roasted Cauliflower and Chickpea (Vegan)	Creamy Tuscan Mushroom (Vegan)	Pearl Barley and Roasted Vegetable (Vegan)	Ginger, Sweet Potato and Coconut (Vegan)
Option 1	Masala Beans and Potatoes with Fried Tofu, Peas and Steamed Cabbage (Vegan)	Fennel, Cherry Tomato and Nut Crumble Gratin, Roasted New Potatoes, Peas with Shallots and Parsley (Vegan )	Potato, Coconut and Peanut Fritters with Pea and Coconut Chutney, Roast New Potatoes, Broccoli and Fine Beans (Vegan)	Gnocchi with Chestnut Mushrooms, Smoked Tofu, and Spinach (Vegan )	Roasted Vegetable and Lentil Casserole with Spiced Root Vegetable Top (Vegan)
Option 2	Baked Portobello Mushroom Stuffed with Pearl Barley, Preserved Lemon and Goat Cheese, Roasted New Potatoes, Peas and Steamed Cabbage (V)	Lamb and Onion Hotpot, with Sliced Potato and Swede Top, Peas with Shallots and Parsley	Tray-Baked Chicken with Roasted Vegetables, Tomatoes and Basil, Roasted New Potatoes, Broccoli and Fine Beans	Beef Lasagne, Garlic Bread, Dressed Salad	Tray-baked Salmon Risotto with Coriander and Chilli Pesto, Tenderstem Broccoli
Salad Box 1	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus (Vegan)	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus (Vegan)	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing (Vegan)	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing (Vegan)	
Salad Box 2	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Coconut Yoghurt Dressing (Vegan)	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Coconut Yoghurt Dressing (Vegan)		Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing (Vegan)	Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing (Vegan)
Salad Box 3		Roasted Tuna with Potato, Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Tuna with Potato, Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad
Dessert	Polenta Lemon Cake with Vanilla and Coconut Whipped Cream (Vegan)	Caramelised White Chocolate and Miso Brownies with Yoghurt Cream (V)	Caramel Meringue Swirl Cake (V)	Cherry, Coconut and Pistachio Cake with Honey Cream (V)	Lemon Cheesecake with Berry Compote (V)

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# Dinner 3 – weeks beginning 27 Jan, 17 Feb, 10 Mar (no college dinner on GND nights)

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lemon, Chickpea and Orzo ( <i>Vegan</i> )	Roasted Cauliflower and Chickpea ( <i>Vegan</i> )	Creamy Tuscan Mushroom ( <i>Vegan</i> )	Pearl Barley and Roasted Vegetable ( <i>Vegan</i> )	Ginger, Sweet Potato and Coconut ( <i>Vegan</i> )
Option 1	Root Vegetable Bhaji Burger, Chunky Chips, Spiced Carrot, Cucumber and Radish Salad ( <i>Vegan</i> )	Sweet Potato, Lime and Butterbean Enchiladas, Potato Wedges, Guacamole ( <i>Vegan</i> )	Creamy Tahini and Aubergine Pasta, Garlic Ciabatta Salad ( <i>Vegan</i> )	Dry Fried Beans with Minced Tofu, Chilli and Ginger Cabbage Rice ( <i>Vegan</i> )	Black Eyed Bean Curry Rice, Naan, Vegetable Samosas, Mango Chutney, Coriander Yoghurt ( <i>Vegan</i> )
Option 2	Spiced Mushroom and Halloumi Burger ( <i>V</i> )	Chicken, Mixed Bean and Pepper Enchiladas	Lamb, Red Wine and Vegetable Rigatoni	Kung Pao Prawns	Corn and Paneer Koftas with Butter Chicken
Salad Box 1	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus ( <i>Vegan</i> )	Moroccan Carrot, Orange and Coriander Salad with Sweet Potato and Butterbean Falafel and Hummus ( <i>Vegan</i> )	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing ( <i>Vegan</i> )	Pan-fried Tofu Slices on Rice Noodle Salad with Nori Dressing ( <i>Vegan</i> )	
Salad Box 2	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Coconut Yoghurt Dressing ( <i>Vegan</i> )	Bulgur with Tomatoes, Aubergines, Spinach and Preserved Lemon Coconut Yoghurt Dressing ( <i>Vegan</i> )		Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing ( <i>Vegan</i> )	Baked Coconut Cauliflower with Fruity Coronation Rice Salad and Mint and Tamarind Dressing ( <i>Vegan</i> )
Salad Box 3		Roasted Tuna with Potato Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Tuna with Potato Red Onion and Feta Salad with Lemon, Oregano and Olive Oil Dressing	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad	Roasted Spiced Chicken with Paprika, Lentil, Sriracha and Miso Mayonnaise Salad
Dessert	Salted Caramel and Chocolate Mousse ( <i>Vegan</i> )	Blood Orange and Almond Cake with Lemon and Blackberry Cream ( <i>V</i> )	Cherry and Greek Yoghurt Fool ( <i>V</i> )	Blueberry and Lemon Cheesecake ( <i>V</i> )	Banoffee Glasses ( <i>V</i> )

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