

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Roasted Carrot and Miso <i>(Vegan)</i>	Lentil, Spinach and Watercress <i>(Vegan)</i>	Preserved Lemon, Chickpea and Spinach Soup <i>(Vegan)</i>	Summer Bean and Bulgur Wheat <i>(Vegan)</i>	Spiced Swede and Sweet Potato Soup <i>(Vegan)</i>
<b>Option 1</b>	Tomato, Olive and Caper Pasta Bake with Roasted Squash, Aubergine and Courgette Broccoli and Peas <i>(Vegan)</i>	Sweet Potato, Fine Bean and Coconut Curry Rice Naan Bread <i>(Vegan)</i>	Carrot and Squash Fritters with Babaganoush Roast New, Carrots and Broccoli <i>(Vegan)</i>	Mushroom and Lentil Wellington with Mushroom, Shallot and Redcurrant Sauce Roast New Potatoes Tenderstem and Fine Beans <i>(Vegan)</i>	Beetroot and Butterbean Cakes with Vegan Caesar <i>(Vegan)</i>
<b>Option 2</b>	Roasted Pepper and Sweet Potato Dauphinoise with Tomato and Basil Sauce Broccoli and Peas <i>(V)</i>	Hachis Parmentier (French Red wine and Steak Cottage Pie) Green Vegetables	Spanish Style Roast Pork with Sherry Vinegar, Peppers, Tomatoes and Potatoes Almond and Roquette Picada Tenderstem and Fine Beans	Chicken Katsu Curry Rice Steamed Green Vegetables	Homemade Fishcakes with Caesar Salad
<b>Salad Box 1</b>	Kimchi, Gochujang, Mushroom and Tofu Bibimbap Bowl <i>(Vegan)</i>	Kimchi, Gochujang, Mushroom and Tofu Bibimbap Bowl <i>(Vegan)</i>	Giant Cous Cous, Falafel and Hummus Salad Box <i>(Vegan)</i>	Giant Cous Cous, Falafel and Hummus Salad Box <i>(Vegan)</i>	
<b>Salad Box 2</b>	Farro, grilled Peach, Feta and Pecan Salad <i>(V)</i>	Farro, grilled Peach, Feta and Pecan Salad <i>(V)</i>		Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce <i>(Vegan)</i>	Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce <i>(Vegan)</i>
<b>Salad Box 3</b>		Crayfish and Mango Noodle Salad	Crayfish and Mango Noodle Salad	Roasted Chicken, Grain and Roasted Vegetable with Lemon Dressing	Roasted Chicken, Grain and Roasted Vegetable with Lemon Dressing
<b>Dessert</b>	Carrot Cake with Cream Cheese Frosting and Salted Caramel Sauce <i>(Vegan)</i>	Baked Chocolate Tart with Orange Cream <i>(V)</i>	Brown Butter and Raspberry Gateau Magique <i>(V)</i>	Lemon and Poppyseed Loaf with Berry Compote <i>(V)</i>	Burnt Basque Chocolate Cheesecake <i>(V)</i>

# Dinner 1 – No dinners on GND nights

W/C 28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Roasted Carrot and Miso</b> <i>(Vegan)</i>	<b>Lentil, Spinach and Watercress</b> <i>(Vegan)</i>	<b>Lentil Bolognese</b> <i>(Vegan)</i>	<b>Summer Bean and Bulgur Wheat</b> <i>(Vegan)</i>	<b>Rice Noodle and Peanut Pho</b> <i>(Vegan)</i>
<b>Option 1</b>	<b>Kimchi and Bean Veggie Smash Burger</b> <b>Spicy Potato Wedges</b> <b>Guacamole</b> <b>Carrot and Cabbage</b> <b>Coleslaw</b> <i>(Vegan)</i>	<b>Lentil, Courgette and Roasted Aubergine Pasta</b> <b>Roasted Tenderstem with Chillies and Hazelnuts</b> <i>(Vegan)</i>	<b>Roasted Vegetable and Grilled ‘Cheese’ Kebabs</b> <b>Gremolata</b> <b>Coleslaw</b> <b>Baked Potatoes</b> <i>(Vegan)</i> <b>Roasted Vegetable and Halloumi Kebabs</b> <i>(V)</i>	<b>Tofu in Black Bean, Spring Onion and Green Pepper Sauce with Jasmine Rice and Sugar Snap Peas</b> <i>(Vegan)</i>	<b>Tandoori Cauliflower Curry</b> <b>Basmati Rice</b> <b>Celeriac and Spinach Pakora</b> <b>Mango Chutney</b> <b>Poppadom</b> <b>Coconut and Mint Yoghurt</b> <i>(Vegan)</i>
<b>Option 2</b>	<b>Halloumi and Sweet Potato Burgers</b> <i>(V)</i>	<b>Nduja Meatballs with Spaghetti and Peas</b>	<b>Southern Fried Chicken</b> <b>Coleslaw</b> <b>Baked Potatoes</b>	<b>Slow-cooked Five Spice Pork with Peppers, Choy Sum and Cashews</b>	<b>Keema Lamb Curry</b>
<b>Salad Box 1</b>	<b>Kimchi, Gochujang, Mushroom and Tofu Bibimbap Bowl</b> <i>(Vegan)</i>	<b>Kimchi, Gochujang, Mushroom and Tofu Bibimbap Bowl</b> <i>(Vegan)</i>	<b>Giant Cous Cous, Falafel and Hummus Salad Box</b> <i>(Vegan)</i>	<b>Giant Cous Cous, Falafel and Hummus Salad Box</b> <i>(Vegan)</i>	
<b>Salad Box 2</b>	<b>Farro, grilled Peach, Feta and Pecan Salad</b> <i>(V)</i>	<b>Farro, grilled Peach, Feta and Pecan Salad</b> <i>(V)</i>		<b>Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce</b> <i>(Vegan)</i>	<b>Thai Cashew, Vegetable and Noodle Salad Box with Cashew Saatay Sauce</b> <i>(Vegan)</i>
<b>Salad Box 3</b>		<b>Crayfish and Mango Noodle Salad</b>	<b>Crayfish and Mango Noodle Salad</b>	<b>Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing</b>	<b>Curried Chicken, Grain and Roasted Vegetable with Lemon Dressing</b>
<b>Dessert</b>	<b>Chocolate and Peanut Brownies</b> <i>(Vegan)</i>	<b>Caramel Profiteroles</b> <i>(V)</i>	<b>Lemon and Almond Cake with Mascarpone Cream</b> <i>(V)</i>	<b>Swedish-style Oat and Apple Pie with Cinnamon Cream</b> <i>(V)</i>	<b>Mango, Cardamom and Coconut Cake</b> <i>(V)</i>

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# Lunch 2

W/C 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> June, 7<sup>th</sup> July

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Summer Vegetable Minestrone <i>(Vegan)</i>	Wild Garlic Potato <i>(Vegan)</i>	Spiced Tomato and Mixed Bean <i>(Vegan)</i>	Cannellini Bean and Arborio Rice Soup <i>(Vegan)</i>	Mulligatawny <i>(Vegan)</i>
Option 1	Vegan Lincolnshire Sausage and Mixed Bean Casserole Mixed Green Vegetables <i>(Vegan)</i>	Saffron and coconut Gratin Green Vegetables <i>(Vegan)</i>	Sweet Potato, Spinach and Tomato Filo Pie Roasted New Potatoes Pickled Cabbage Salad <i>(Vegan)</i>	North African Style Aubergine, Chickpea and Tomato Stew with Red Chermoula and Pickled Vegetable Salad <i>(Vegan)</i>	Creamy Saffron Orzo with Roast Squash and Chilli Green Vegetables <i>(Vegan)</i>
Option 2	Cauliflower, Mushroom and Leek Macaroni Cheese Mixed Green Vegetables <i>(V)</i>	Lamb, Spinach and Chickpea Curry Rice Naan Bread	Harissa and Honey Chicken with Tzatziki Roasted New Potatoes Pickled Cabbage Salad	Barbecue Beef Stew with Cheese Scone Top Green Vegetables	Thai Salmon and Prawn Fishcakes with Noodle Salad with Honeyed Sriracha Dressing
Salad Box 1	Carrot and Cucumber Nori Poke Box <i>(Vegan)</i>	Carrot and Cucumber Nori Poke Box <i>(Vegan)</i>	Potato and Lentil Salad with Pistachio Chimichurri <i>(Vegan)</i>	Potato and Lentil Salad with Pistachio Chimichurri <i>(Vegan)</i>	
Salad Box 2	Courgette, Goats Cheese and Chimichurri Salad <i>(V)</i>	Courgette, Goats Cheese and Chimichurri Salad <i>(V)</i>		Harissa Marinated Baked Tofu on Pea and Quinoa Salad <i>(Vegan)</i>	Harissa Marinated Baked Tofu on Pea and Quinoa Salad <i>(Vegan)</i>
Salad Box 3		Roasted Salmon with Soba Noodles and Edamame	Roasted Salmon with Soba Noodles and Edamame	Chicken Caesar Salad	Chicken Caesar Salad
Dessert	Chocolate and Blueberry Cheesecake <i>(Vegan)</i>	Brown Sugar Meringues with Strawberries and Cream <i>(V)</i>	Caramel Three Milk Cake <i>(V)</i>	Chocolate Crunch Bars with Raspberry Cream <i>(V)</i>	Lemon Posset with Ginger Nut Biscuits and Blueberries <i>(V)</i>

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Summer Vegetable Minestrone ( <i>Vegan</i> )	Roasted Carrot, Cumin and Coconut ( <i>Vegan</i> )	Spiced Tomato and Mixed Bean ( <i>Vegan</i> )	Cannellini Bean and Arborio Rice Soup ( <i>Vegan</i> )	Mulligatawny ( <i>Vegan</i> )
<b>Option 1</b>	Hot Mango Tofu Burgers French Fries Beetroot and Cabbage Coleslaw Chipotle Ketchup ( <i>Vegan</i> )	Creamy plant based Sausage and Spinach Pasta Garlic Ciabatta Dressed Salad ( <i>Vegan</i> )	Spanish Rice, Black Bean Burrito Grill Corn Chipolatas Salsa Guacamole ( <i>Vegan</i> )	Courgette and Chickpea Fritters Vegan Tartare Chips Peas with Mint ( <i>Vegan</i> )	Potato, Coconut and Pea Keema Curry Basmati Rice Naan Bread Mango Chutney Homemade Pakora Coconut and Mint Yoghurt ( <i>Vegan</i> )
<b>Option 2</b>	Spicy Bean and Mozzarella Burgers ( <i>V</i> )	Chicken, Porcini Mushroom and Parmesan Risotto Garlic Ciabatta Dressed Salad	Mexican Pulled Pork Burrito Grill Corn Chipolatas Salsa Guacamole	Fish and Chips Homemade Tartare Peas with Mint Lemon Wedges	Chicken Korma with Kachumber Salad Basmati Rice Naan Bread Mango Chutney Homemade Pakora Coconut and Mint Yoghurt
<b>Salad Box 1</b>	Carrot and Cucumber Nori Poke Box ( <i>Vegan</i> )	Carrot and Cucumber Nori Poke Box ( <i>Vegan</i> )	Potato and Lentil Salad with Pistachio Chimichurri ( <i>Vegan</i> )	Potato and Lentil Salad with Pistachio Chimichurri ( <i>Vegan</i> )	
<b>Salad Box 2</b>	Courgette, Goats Cheese and Chimichurri Salad ( <i>V</i> )	Courgette, Goats Cheese and Chimichurri Salad ( <i>V</i> )		Harissa Marinated Baked Tofu on Pea and Quinoa Salad ( <i>Vegan</i> )	Harissa Marinated Baked Tofu on Pea and Quinoa Salad ( <i>Vegan</i> )
<b>Salad Box 3</b>		Roasted Salmon with Soba Noodles and Edamame	Roasted Salmon with Soba Noodles and Edamame	Chicken Caesar Salad	Chicken Caesar Salad
<b>Dessert</b>	Banana Tatin Cake with Whipped Cream ( <i>Vegan</i> )	White Chocolate and Salted Caramel Mousse ( <i>V</i> )	Sticky Chocolate Cake with Caramel Cream ( <i>V</i> )	Ginger and Blueberry Crème Brule ( <i>V</i> )	Strawberries and Cream Kulfi ( <i>V</i> )

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# Lunch 3

W/C 12<sup>th</sup> May, 2<sup>nd</sup> June, 23<sup>rd</sup> June, 14<sup>th</sup> July (no lunch on 16 May)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<b>Chipotle and Black Bean</b> <i>(Vegan)</i>	<b>Sweetcorn Chowder</b> <i>(Vegan)</i>	<b>Thai Sweet Potato and Baby Vegetable</b> <i>(Vegan)</i>	<b>Asparagus and Potato</b> <i>(Vegan)</i>	<b>Creamy Curried Cauliflower</b> <i>(Vegan)</i>
<b>Option 1</b>	<b>Jackfruit, Black bean and Red Pepper Chilli with Herb Rice, Avocado Yoghurt and Corn and Red Onion Salsa</b> <i>(Vegan)</i>	<b>Pumpkin, Chickpea and Fruit Tagine Herb and Tomato Cous Cous Coconut Yoghurt</b> <i>(Vegan)</i>	<b>Curried Root Vegetable Pie with Curried Squash Sauce New Potato, Cucumber, Dill and Mint Salad</b> <i>(Vegan)</i>	<b>Stuffed Ramiro Peppers with Saffron and Tomato Rice topped with Almond Zhoug Roast Broccoli and Cauliflower</b> <i>(Vegan)</i>	<b>Roasted Sweet Potato and Tofu Meatballs in Korma Sauce Brown Rice Fine Bean and Pea Salad</b> <i>(Vegan)</i>
<b>Option 2</b>	<b>Butternut Squash and Oregano Cheesecake Roasted Cherry Tomato and Harissa Sauce New Potatoes Cabbage with Seeds and Shallots</b> <i>(V)</i>	<b>Sriracha Honey Chicken with Rice and Green Vegetables</b>	<b>Pepper Crusted Beef with Roquette and Horseradish Sauce Roast New, Carrots and Broccoli</b>	<b>Chicken Cacciatore Roast New Potatoes Roast Broccoli and Cauliflower</b>	<b>Tray Baked Salmon with Vegetables and Herb Oil Orzo Pasta with Olive Oil and Lemon Fine Bean and Pea Salad</b>
<b>Salad Box 1</b>	<b>Mexican BBQ Salad Box</b> <i>(Vegan)</i>	<b>Mexican BBQ Salad Box</b> <i>(Vegan)</i>	<b>Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing</b> <i>(Vegan)</i>	<b>Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing</b> <i>(Vegan)</i>	
<b>Salad Box 2</b>	<b>Avocado, Tomato, Mozzarella and Basil Pasta Salad</b> <i>(V)</i>	<b>Avocado, Tomato, Mozzarella and Basil Pasta Salad</b> <i>(V)</i>		<b>Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans</b> <i>(Vegan)</i>	<b>Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans</b> <i>(Vegan)</i>
<b>Salad Box 3</b>		<b>Sweet Potato Fish Cakes with Rice Salad and Thai Dressing</b>	<b>Sweet Potato Fish Cakes with Rice Salad and Thai Dressing</b>	<b>Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice</b>	<b>Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice</b>
<b>Dessert</b>	<b>Chocolate and Coconut Parfait Cheesecake</b> <i>(Vegan)</i>	<b>Sticky Plum and Custard Cake</b> <i>(V)</i>	<b>Coffee Crème Brulee</b> <i>(V)</i>	<b>Chocolate Loaf Cake with Berry Yoghurt Cream</b> <i>(V)</i>	<b>Chai Meringues with Lemon and Raspberry Cream</b> <i>(V)</i>

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# Dinner 3

– No dinners on GND nights

W/C 12<sup>th</sup> May, 2<sup>nd</sup> June, 23<sup>rd</sup> June

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chipotle and Black Bean <i>(Vegan)</i>	Sweetcorn Chowder <i>(Vegan)</i>	Thai Sweet Potato and Baby Vegetable <i>(Vegan)</i>	Asparagus and Potato <i>(Vegan)</i>	Creamy Curried Cauliflower <i>(Vegan)</i>
Option 1	Katsu Mushroom Burger Sweet Potato Fries Mouli, Pickled Ginger and Cucumber Salad <i>(Vegan)</i>	Tomato, Caper and Olive Pasta Dressed Green Salad <i>(Vegan)</i>	Pan-Fried Smoked Tofu in Cashew Satay Sauce Thai Noodle and Vegetable Salad <i>(Vegan)</i>	Spiced Tempeh with Yellow Beancurd, Pepper and Beansprouts Jasmine Rice Steamed Green Vegetables <i>(Vegan)</i>	Mushroom and Roasted Squash Biryani Mango Chutney Pea Bhaji Coconut and Mint Yoghurt Cucumber Salad Poppadum <i>(Vegan)</i>
Option 2	Aubergine, Mozzarella and Beef Tomato Parmigiana Burger Sweet Potato Fries Mouli, Pickled Ginger and Cucumber Salad <i>(V)</i>	Porchetta Pasta Ragu Dressed Green Salad	Coconut and Green Curry Roasted Chicken Thai Noodle and Vegetable Salad	Sticky Honey and Garlic Sauce with Fish and Prawns Jasmine Rice Steamed Green Vegetables	Chicken Biryani Mango Chutney Pea Bhaji Coconut and Mint Yoghurt Cucumber Salad Poppadum
Salad Box 1	Mexican BBQ Salad Box <i>(Vegan)</i>	Mexican BBQ Salad Box <i>(Vegan)</i>	Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing <i>(Vegan)</i>	Spiced Kidney Bean, Herb and Lemon Salad with Beetroot Falafel and Coconut Dressing <i>(Vegan)</i>	
Salad Box 2	Avocado, Tomato, Mozzarella and Basil Pasta Salad <i>(V)</i>	Avocado, Tomato, Mozzarella and Basil Pasta Salad <i>(V)</i>		Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans <i>(Vegan)</i>	Summer Vegetable Orzo Salad with Avocado and Spicy Mixed Beans <i>(Vegan)</i>
Salad Box 3		Sweet Potato Fish Cakes with Rice Salad and Thai Dressing	Sweet Potato Fish Cakes with Rice Salad and Thai Dressing	Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice	Hot and Fruity Caribbean Coleslaw with Jerk Chicken and Rice
Dessert	Chocolate and Tahini Cream Tart <i>(Vegan)</i>	Chocolate and Ricotta Torta with Mascarpone Cream <i>(V)</i>	Apple and Ginger Sour Cream Cake <i>(V)</i>	Mango and Strawberry Eton Mess <i>(V)</i>	Blackberry and Coconut Meringue Slice <i>(V)</i>

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