

## Sample Meat-Free Monday Menu

*Green Templeton College serves an entirely vegetarian and vegan lunch menu at College every Monday.*

Supergreen soup - *vegan*

Satay sweet potato curry with coconut and spinach - *vegan*  
Steamed rice

Mushroom filo tart with rocket salad

Mozzarella and tomato towers

Watercress, tomato and cream cheese roulade

Gorgonzola and purple sprouting quiche

Soya and vegetable dumplings with sweet chilli dipping sauce - *vegan*

Falafel with vegan yoghurt dip - *vegan*

Avocado with feta, toasted seeds and tomato salsa

Cheese and tomato quiche

Vegetable terrine - *vegan*

Mushroom salad

Paneer and sweet potato salad

Pasta salad

Cucumber, tomato and mixed leaves

Beetroot and goat cheese salad

Carrot and coconut salad

Potato salad

**If you have a food, allergy or special dietary need please inform a member of the Green Templeton College catering team.**

*Green Templeton College offers a delicious range of vegetarian and vegan dishes at College lunches and dinners.*

## **Sample Vegetarian Dishes**

### **Starters:**

Asparagus mousse with textures of parmesan  
Assiette of parsnips with butternut squash puree

### **Mains:**

Sesame halloumi parcel with sweet potato tahini mash, pepperonata and salsa verde  
Cauliflower steak with manchego cheese, chimichurri sauce and triple cooked chips

## **Sample Vegan Dishes**

### **Starters:**

Crispy palm hearts with guacamole, tomato salsa and chilli oil  
Sweet potato beignet with a gazpacho shot

### **Mains:**

Smoky walnut stuffed mushroom with spicy lentils, parsnip crisps, roast tomato sauce and heritage carrots  
Sweet potato with kale and white beans, guacamole and chilli dressing

### **Desserts:**

Chocolate mousse, made with avocado, cocounut cream and maple syrup  
Raspberry pavlova

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