# College Health Week 2017.

# Monday 27th March to Friday 31st March 2017.

**MONDAY**  Choice of 2 Fresh Soups Daily

Roast Sirloin of Beef Yorkshire pudding

Poached Supreme of Salmon with Pesto

Thai Lemongrass & Basil Chicken with Noodles

Penne with Broccoli in a Light Low Fat Cheese Sauce

Mixed Vegetables

Parsley Boiled Potatoes

Poached mixed berries with Muesli Crumble and low fat custard

**TUESDAY** Choice of 2 Fresh Soups Daily

Supreme of Chicken with couscous& pine nut crust

Grilled Beef burger with side salad and low fat dressing

Pork with fresh coriander and oriental vegetables served with steamed rice

Vegetable tagine with chickpeas and raisins.

Broccoli

Savoury Potato

Apple & almond sponge with low fat custard

**WEDNESDAY** Choice of 2 Fresh Soups Daily

Lean Pork chops, on a bed of pak choi with medley of stir fried vegetable and noodles

Roast Turkey crown served with turkey jus and fresh cranberries

Spiced Lamb meatballs with Rice

Roasted Mediterranean vegetables served on a rustic baguette with pesto

French Beans with grated carrot

Parsley Potatoes

Rhubarb crumble with oatmeal & low fat custard

**THURSDAY** Choice of 2 Fresh Soups Daily

Baked Leg of lamb marinated in yogurt & tumeric, served with pickled red onions salad

Grilled Toulouse sausages served with Puy lentils

Chicken fennel & tomato ragout with noodles

Eggs Florentine

Baton Carrots

Champ Potato

Banana and sultana sponge with low fat custard

**FRIDAY** Choice of 2 Fresh Soups Daily

Poached Smoked Haddock with Tomato & Egg Sauce

Buttery Restaurant

Medley of Fish including Trinity Paella

Vegetable and bean Chilli with steamed rice.

Minted Peas

New baby potatoes with fresh coriander

Raspberry and peach crumble with low fat custard

# College Health Week 2017

In conjunction with the College Health services, Trinity College Catering department will provide the following.

Menus for the week in the Buttery and Dining Halls will provide healthy eating combinations.

Recipes to include food rich in vitamins C, E, A, and B.

Omega essential fatty acids,

Healthy eating posters will be displayed in all areas.

# Our Chefs will focus on healthy cooking and production methods.

Roast meats will be cooked on racks to eliminate excess fats.

Vegetable oil to be used in cooking.

Vegetables will be steamed and butter will not be added at the final stage

All meals will be seasoned with reduced salt.

Poached and steamed dishes will form part of the main menu.

Low fat milk and mayonnaise will be used in all recipes...

Salad and sandwich bars will include healthy options.

Salads to be lightly dressed and more non mayonnaise salads to be available.

Low fat dressings to be available.

Salad and Sandwich bars to include healthy options.

Muesli / Oat bran and reduced sugar to be used on crumbles.

Choice of Wholemeal and Brown Breads to be available as alternatives to white bread.

# Tipping the balance

Healthy eating is about what you eat, not about what you don’t. There are just 8 simple guidelines you need to follow if you want to achieve a healthy, balanced diet.

These are:

*Enjoy* your food

Eat a wide *variety* of foods

Eat the right *amount* to be a healthy weight

Eat plenty of foods rich in *starch* or *fibre*

Eat plenty of *fruits* and *vegetables*

Don’t eat too many foods that contain a lot of *fat*

Don’t have *sugary* foods and drinks too often

If you drink *alcohol* drink sensibly.