# Evaluation of Sustainability of Catering in Cambridge Colleges through Proportion of Plant-Based Options

by Cambridge Climate Society and Plant-Based Cambridge

## Executive Summary

- This report assesses the progress of the Cambridge colleges in 2025 towards the first priority action of the CamEATS ZERO Sustainable Food Guidance 'Increasing the proportion of plant-based (vegan) meals offered with a view to these being at least half the meals offered.'
- Three weeks of menu data at all colleges was collected during 2025, and the proportion of plant-based meals quantified.
- The proportion of plant-based main meals across colleges varied between 19-48%, all falling below the CamEATS ZERO Guidance.
- When including the proportion of plant-based sides as a factor in a weighted metric, the proportion of plant-based food served across colleges varied between 25-59%, with four colleges surpassing 50%.

## Abstract

In February 2024, CamEATS ZERO launched its science-based Guidance for sustainable food policies for all 31 Cambridge Colleges, based on four priority actions to implement by October 2026. This work aims to assess the progress of Cambridge Colleges on meeting the first of these actions, 'Increasing the proportion of plant-based (vegan) meals offered with a view to these being at least half the meals offered.' From three weeks of menu data collection during 2025, this work analyses the proportion of plant-based options offered within each college. Notably, in the period studied, no college meets the 50% plant-based threshold set by CamEATS ZERO, with colleges varying between 19-48%. When additional plant-based (non-main meal) options, including sides, are considered in a weighted metric, the proportion of plant-based food in colleges served is inflated to between 25-59%, with four colleges surpassing 50%. These results highlight the need for significant menu redesign across colleges in the coming months in order to meet the Guidance of CamEATS ZERO.

## Introduction

The percentage of global greenhouse gas (GHG) emissions attributable to food production has been estimated as between 21% and 37%.[1] This is comparable to internal estimates made within the collegiate University of Cambridge: food-related emissions can account for around 25% of the measurable greenhouse gas emissions of colleges, making it a high-impact area to target in their climate strategies.[2]

There is a broad consensus across the expert bodies, including the Intergovernmental Panel on Climate Change, Climate Change Committee and EAT-Lancet Commission, that a societal transition towards a plant-based diet is needed to achieve our climate and ecological goals.[1,3,4] Animal agriculture accounts for a disproportionately high amount of global good production emissions, with around 57% attributed to the meat and dairy industry.[5] Further, the lowest-impact animal products are consistently found to have a higher impact than vegetable products, with transportation only accounting for around 10% of food production emissions.[6] Moreover, as well as its carbon intensity, animal agriculture is associated with higher water use, land use, and eutrophication than the production of plant-based foods.[7] A transition to a plant-based food system would also reduce our land use by 76%, allowing for increased carbon sequestration.[8] Additional benefits of transitioning to a plant-based food system include reduced risk of zoonotic diseases and antimicrobial resistance, as well as reduced incidence of non-communicable disease.[9]

Whilst there is a strong scientific consensus on the need to transition away from animal agriculture to plant-based food systems in response to the climate and biodiversity crises, this is not reflected in the current sustainable food policies of colleges across Cambridge. Cambridge colleges are independent from each other in their political structures and policy making, meaning that current sustainable food policy and strategies are inconsistent across colleges. Recognising the significant environmental impact of catering within colleges and the absence of coordinated action across the colleges, CamEATS ZERO launched in February 2024 and published science-based Guidance on four priority actions for sustainable food policies at Cambridge colleges: (i) Increasing the proportion of plant-based (vegan) meals offered with a view to these being at least half the meals offered, (ii) Reducing ruminant meats (beef, lamb, venison) offered with a view to phasing them out, (iii) Serving only sustainably sourced seafood and (iv) Reducing food waste by at least 50%.[10] CamEATS ZERO further addressed why other factors, such as local or organic food, often featured in current sustainable food policies from colleges, can be counterproductive.[10] It is worth noting that increasing the proportion of plant-based meals served has previously been shown to have an increase in the

uptake of plant-based meals within Cambridge Colleges, without any reduction in overall sales.[11] However, despite the proportion of plant-based meals forming the first priority action, the CamEATS ZERO steering group went on to only quantify the impact of the Guidance on the second of these actions, leaving progress on the primary goal unreported.[12]

Switching to plant-based catering policies has also recently been reported as an effective and defensible way for public institutions to lead societies towards delivering on climate duties, according to Climate Policy.[13] There is also a strong mandate from students for Universities to do so, with 23 student democracies across European Universities having voted for institutional change through a transition to 100% plant-based catering, including multiple votes at the University of Cambridge.[14-16] Despite this widespread student support, previous rankings of Oxbridge colleges on sustainability commitments and progress, notably the Climate League of Oxford and Cambridge, have not included college catering as part of their assessment criteria.[17] In contrast, sustainable food rankings have previously been produced in other public catering contexts, such a the Proveg School Plates Contract Caterer Ranking.[18]

This work aims to address this lack of scrutiny from both internal and external bodies on the current state of plant-based catering within collegiate Cambridge. It aims to determine the proportion of meals on college menus which are plant-based, and determine to what extent colleges are on track to set out the first priority action outlined by CamEATS ZERO, ‘Increasing the proportion of plant-based (vegan) meals offered with a view to these being at least half the meals offered.’

## Methodology

Together, Plant Based Cambridge and the Cambridge Climate Society collected 3 weeks of data: 1 week in Easter term of the academic year 2024-2025 and 2 weeks in Michaelmas term of the academic year 2025-2026. Data was obtained by evaluating the lunch and dinner menus of all colleges, using the menus that are available online, contacting members of college for copies if necessary, and in one case, taking photos of the physical menu (see examples in Appendix A).

The weighting to measure the proportion of plant-based options was constructed as follows (see examples in Appendix A):

- To compute the percentage score for a meal, the weights of all plant-based options were added up and divided by the sum of the weights of all options.
- Mains were given weight 1.
- Starters and soup were given weight 0.6.
- Sides were given weight 0.2.
- If there were more than 3 sides offered, the weight of each side was reduced so that the total weight of all sides did not exceed 0.6 (this was to prevent sides from having a disproportionate impact on the score for colleges that offered several sides at each meal).
- If there were no plant-based main options available, the percentage score was automatically 0 (this decision was made on the basis that a student wishing to order a plant-based meal would have had no options).
- Desserts and breakfasts were not included in the analysis. For consistency, lunch served on weekends was also not included, as many colleges instead offer brunch (with a breakfast menu) for these meals and full food offering would not be reflected by the menu.
- Percentage scores for each meal offered by the college during the survey period were averaged to produce the final score.
- Ambiguity in a college's menu was generally resolved in favour of an option being presumed to be plant-based unless there was a clear reason against this.

The weightings of 1, 0.6 and 0.2 for mains, starters and sides respectively were chosen by members of the CamEats Zero student engagement group based on a consensus that these weights were, in our subjective judgement, broadly reflective of the relative quantities that these options would comprise in a typical meal served by a college. In addition to the weighted scores, a score that only took mains into account was calculated for each college, which used the same methodology except that starters, soup and sides were ignored (or equivalently given weight 0).

## Results

Analysis of main meal menu data indicated that the proportion of plant-based main dishes across colleges ranged from 19-48%, as shown by blue bars in **Figure 1**. The mean proportion of plant-based mains was 34.6% (SD=7.5%). Based on main dishes alone, Jesus College ranked highest (48.3%) while Robinson College ranked lowest (18.7%).

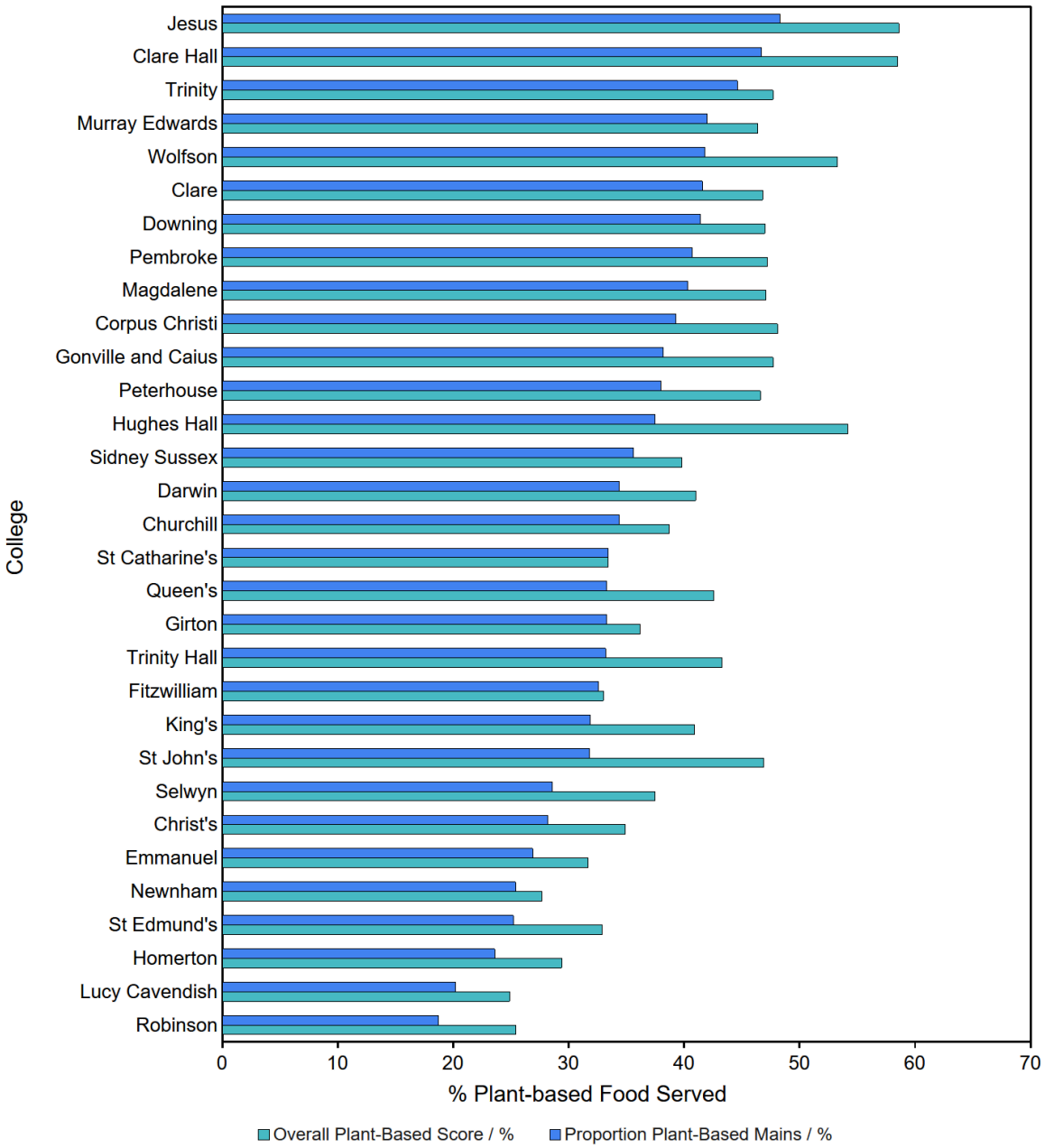


**Figure 1.** Ranking of Cambridge colleges by proportion of plant-based foods offered based on college menu data. Turquoise bars indicate a percentage score calculated via a weighted metric incorporating mains, soups, salads and side dishes. Blue bars indicate a percentage score calculated from mains options only. No colleges met the CamEATS ZERO guidelines of 50% main meals.

It is possible that the CamEATS ZERO Guidelines could have been misinterpreted in their commitments to 50% plant-based options as applying over a total of all food on offer, rather than consistently across the main meals. In recognition of this, when the proportions of plant-based sides, soups, and salads were incorporated into a weighted metric, the overall proportion of plant-based food served increased, ranging from 25-59% across colleges, shown by turquoise bars in **Figure 1**. The weighted mean rose to 41.6% (SD=9.1%). Four colleges exceeded 50%: Jesus, Clare Hall, Hughes Hall and Wolfson. Jesus College again ranked highest overall (58.6%), whereas Lucy Cavendish College ranked lowest (24.9%).

## Discussion

While some colleges have possibly implemented some changes, eg. Clare Hall running trials of a Meatless Monday in Michaelmas Term (Appendix B), the weighted average of all colleges' plant-based options at 41.6% is still lower than the goal of 50% plant-based meals by October 2026 in the CamEATS ZERO Guidelines. Furthermore, if the objective of 50% plant-based meals is correctly understood as the proportion of main meals available, then that figure sits even lower, at 34.6%.

Some colleges, such as Trinity and Darwin College, provide at least one or perhaps multiple plant-based meals, but they also have around three or four non-plant-based options. Catering teams could therefore be explicitly encouraged to consider that the objective is not only to increase the availability of plant-based options but to reduce animal-based products so that the proportion of high-impact food is reduced. There are 7 colleges that don't always offer a plant-based option: Emmanuel, Gonville and Caius, Lucy Cavendish, St Catharines, Robinson, St Edmunds and Homerton (although this has changed since in Homerton and there is now a plant-based option every evening, information from the Green Officer). Trinity College is the only college to offer more than one plant-based option consistently but there are others which do from time to time offer two.

In addition to availability, some qualitative observations about the quality of plant-based food available, including accessibility and nutritional value, can also be made from the menu data. Many plant-based options provided at colleges contain common allergens such as soy, increasing the difficulty for some students to switch to a more sustainable diet provided by college catering. Increasing diversity in protein sources, such as the incorporation of pea protein, into plant-based meals will further increase the adoption of plant-based meals in college. This would simultaneously increase not only accessibility but nutritional value. Worryingly, some current menu options appear to include no source of protein and/or lack additional nutritional value, such as pasta with marinara sauce served 10 times at Emmanuel College in the 2 week Michaelmas period studied (Appendix C). In developing new plant-based menu items, colleges should ensure they are adequately nutritional, as some students may rely on colleges for all their meals. Working with organisations such as Forward Food and Proveg to develop their menus may help colleges in achieving this.

An intersectional approach, both in terms of diversity of food and accessibility, to sustainable food provision should be taken into account in a plant-based food transition to avoid alienating students not accommodated for by the current provisions. Furthermore, another benefit of more plant-based meals is that these are suitable for those who follow a halal, vegetarian or dairy-free diet.

Whilst this report does not capture menu pricing, which should be further explored, plant-based meals have been found to be an economical option; a global study conducted by the University of Oxford (2021) found that, on average, plant-based diets are the most affordable.[19] This has also been verified by later studies in a University catering context.[20] More affordable ingredients might enable lower prices, which drives demand amongst students. Importantly, to ensure uptake, it must be ensured the plant-based meals are priced to be at least equal value for money as other menu items, if not better.

From this report, it is also possible to reflect on the effectiveness of CamEATS ZERO as an institution for guiding food sustainability. As the policies are only guidelines, college catering services are not bound to their suggestions and do not necessarily have to achieve their goals. A generalising guideline spread across many colleges leads to challenges in adaptation to the diversity in local college catering provision. The guideline 'half the meals' presented within the overall guideline becomes misleading and difficult to compare across colleges, which may provide different quantities of overall catering options. While a more vague guideline may have enabled a pluralist approach to implementation across colleges, its lack of specificity also allows for interpretation in the calculation of college caterers, allowing for differences in calculation methodology to achieve this guideline, as reflected in the differences in our calculated proportions based exclusively on main meals, compared to the weighted ranking. We would encourage future guidelines to be more specific, providing examples of how the general proportion provided under overarching guidelines can be adapted to the locality of each catering service.

**Limitations**

Due to resource constraints in data collection, this report only collects three representative weeks of food provision within colleges. This limited sample means that there is uncertainty involved with the scores calculated, stemming from variation in food provisions across weeks and how representative the menu samples are. For example, it is recognised that the data for Clare Hall was collected during a trial period of a number of plant-based initiatives which have now been halted.

Additionally, inconsistencies in ingredients and allergens reporting across various menus mean that some inference had to be made from the description of the meals. Greater transparency in the ingredients used will help in transparency, not only for sustainability evaluations, but also for accessibility and religious concerns. Standardisation of allergens and ingredients reporting across colleges will enable better comparisons across colleges, as well as collaboration and communication across catering teams regarding their food sustainability targets.

Similarly, whilst nutritional concerns have been identified in some plant-based menu items, it is not possible to accurately conduct a detailed assessment of the nutritional value of the college menu items without access to the recipes. It is therefore recommended this is something further investigated by colleges and addressed with chef training and menu redevelopment with nutritional expertise.

The methodology for menu weighting also does not directly correlate with the actual environmental impact of food provision, as sales data from catering teams are not available. Colleges whose plant-based options are more or less appealing to students and staff may have an actual environmental impact that differs from the calculated number. In addition, this methodology favours an increase in the proportion of plant-based options that does not necessarily increase proportionally with the uptake of plant-based options by students and staff. That said, due to the reasons mentioned above, diversity in plant-based options will still be helpful in improving food provision sustainability at colleges.

## Conclusions

Across the menus from Cambridge colleges over the weeks studied in 2025 in this work, no college met the minimum of 50% plant-based main meals suggested by the CamEATS ZERO Guidelines. Despite this, a significant variation in proportion of plant-based meals served was recorded between colleges with a range of 19-48%. In order to meet the minimum sustainability recommendations by October 2026, an increase in the proportion of plant-based main meals is therefore required across all colleges. The plant-based proportion of food for all colleges was inflated, at 25-59%, when using a weighted metric which allows for misinterpretation of the guidelines, including additional plant-based (non-main meal) options, including sides. As such, the weighted metric allowed four colleges to surpass 50%. The consistently inflated results using the weighted metric further highlights the need for colleges to extend their provision of plant-based main meals as a priority action. In increasing the plant-based offering on menus, this work also highlights the importance of improving the quality of the offering on nutritional value, diversity, accessibility and value for money. Further work should also study the quality and accessibility of plant-based meals on offer, and ensuring uptake from sales data also meets the 50% baseline. Even in the highest performing colleges, this report clearly highlights that there is significant work to be done to reach a fully sustainable menu.

## Author Contributions

Report writing:

Amélie Christian, Eva Dziadurski, Chloe Balhatchet, Anastasia Herries, H.-W. Hazel, Ciarán Rochford, Tommy Walker Mackay, William Smith

Research design:

CamEATS ZERO Student Engagement Group

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## Appendix A: Example of top- and bottom-ranker college menus and analysis

| | Monday | Tuesday | Thursday | Friday |
|---|---|---|---|---|
| Lunch | Soup<br>Carrot soup £1.40 Celery, Sulphites<br>Vegan Dish<br>Polish lechon with vegan sausage £2.95 Gluten<br>Main Course<br>Chicken stroganoff £2.40 Dairy, Gluten, Mustard, Sulphites<br>Jacket Potato with toppings £2.70<br>Side<br>Creamy mash potato £1.10 Soya, Sulphites<br>Roast carrots £0.90 Sulphites<br>Steamed broccoli £1.10<br>Side<br>Creamy mash potato £1.10 Soya, Sulphites<br>Roast carrots £0.90 Sulphites<br>Steamed broccoli £1.10<br>Dessert<br>Lemon and blueberry cupcakes £1.60 Dairy, Eggs, Gluten<br>V - Vegetarian Ⓥ - Vegan Ⓗ - Halal Ⓖ - Gluten-free ~~Sold out~~<br>High in fat, salt or sugar Reduced fat, salt or sugar Low in fat, salt or sugar | Soup<br>Mushroom soup £1.40 Celery<br>Vegan Dish<br>Sweet potato fritters fajita, with guacamole, tomato salsa and tortilla bread £2.95 Gluten<br>Main Course<br>Chicken fajita with tortilla bread, guacamole and sour cream £3.80 Celery, Dairy, Gluten, Soya, Sulphites<br>Jacket Potato with toppings £2.70<br>Side<br>Potato wedges with fajita seasoning £1.10 Celery, Sulphites<br>Roast courgette with garlic, lemon and paprika £1.10<br>Steamed green beans £1.10<br>Dessert<br>Yoghurt mousse with passionfruit and coconut £1.60 Dairy, Sulphites<br>V - Vegetarian Ⓥ - Vegan Ⓗ - Halal Ⓖ - Gluten-free ~~Sold out~~<br>High in fat, salt or sugar Reduced fat, salt or sugar Low in fat, salt or sugar | Soup<br>Lentil soup £1.40 Celery, Gluten<br>Vegan Dish<br>Roast butternuts squash with Moroccan puy lentil ragout £2.95 Celery, Sulphites<br>Main Course<br>Jacket Potato £2.70<br>Paneer Jalfrezi £3.15 Dairy, Mustard, Sulphites<br>Side<br>Brown onion rice £1.10 Gluten, Sulphites<br>Coleslaw carrot thoroux with mustard seeds, curry leaves and coconut flakes Mustard, Sulphites<br>Naan Bread £1.10 Gluten, Sulphites<br>Tandoori roast cauliflower £1.10 Mustard, Sulphites<br>Dessert<br>Banana & caramel cake £1.60 Dairy, Eggs, Gluten, Soya<br>V - Vegetarian Ⓥ - Vegan Ⓗ - Halal Ⓖ - Gluten-free ~~Sold out~~<br>High in fat, salt or sugar Reduced fat, salt or sugar Low in fat, salt or sugar | Soup<br>Leek and potato soup £1.40 Celery, Sulphites<br>Vegan Dish<br>Celeriac steak with vegan tartare sauce £2.95 Celery, Gluten<br>Main Course<br>Battered fish of the day served with homemade tartare sauce and lemon wedge £3.80 Eggs, Fish, Mustard, Sulphites<br>Jacket Potato £2.70<br>Side<br>Chunky chips £1.10<br>Garden peas £1.10 Sulphites<br>Mush peas £1.10<br>Dessert<br>Tiramisu £1.60 Dairy, Eggs, Gluten, Soya, Sulphites<br>V - Vegetarian Ⓥ - Vegan Ⓗ - Halal Ⓖ - Gluten-free ~~Sold out~~<br>High in fat, salt or sugar Reduced fat, salt or sugar Low in fat, salt or sugar |
| Dinner | Soup<br>Celeriac Soup £1.40 Celery, Sulphites<br>Vegan Dish<br>Ratatouille gnocchi £2.95 Celery, Gluten, Soya, Sulphites<br>Main Course<br>Jacket Potato with toppings £2.70<br>Lemon herb grilled chicken escalope with sundried tomato and artichoke orzo pasta £3.80 Dairy, Gluten, Sulphites<br>Side<br>Steamed broccoli £1.10<br>Sweet potato wedges £1.10 Sulphites<br>Dessert<br>Lemon and coconut cupcake £1.60 Dairy, Eggs, Gluten<br>V - Vegetarian Ⓥ - Vegan Ⓗ - Halal Ⓖ - Gluten-free ~~Sold out~~<br>High in fat, salt or sugar Reduced fat, salt or sugar Low in fat, salt or sugar | Soup<br>Mushroom Soup £1.40 Celery, Sulphites<br>Vegan Dish<br>Vegan mince Bolognaise with spaghetti £2.95 Celery, Gluten, Soya, Sulphites<br>Main Course<br>Jacket Potato with toppings £2.70<br>Pork meat balls with spaghetti £3.80 Celery, Dairy, Eggs, Gluten, Sulphites<br>Side<br>Garlic Bread £1.10 Dairy, Gluten, Sulphites<br>Steamed green beans £1.10<br>Dessert<br>Yoghurt mousse with passion fruit gel and coconut £1.60 Dairy, Sulphites | | Soup<br>Vegetable soup £1.40 Celery, Sulphites<br>Vegan Dish<br>Vegan southern fried Quorn burger with guacamole, tomato and lettuce £2.95 Gluten, Soya, Sulphites<br>Main Course<br>Jacket Potato £2.70<br>Southern fried chicken burger with guacamole, tomato and lettuce £3.80 Dairy, Gluten, Sulphites<br>Side<br>Corn on the cob £1.10 Sulphites<br>French fries<br>Side<br>Corn on the cob £1.10 Sulphites<br>French fries<br>Dessert<br>Tiramisu £1.60 Dairy, Eggs, Gluten, Soya, Sulphites<br>V - Vegetarian Ⓥ - Vegan Ⓗ - Halal Ⓖ - Gluten-free ~~Sold out~~<br>High in fat, salt or sugar Reduced fat, salt or sugar Low in fat, salt or sugar |

A1. Example of best performing menu (Jesus College) from Easter Term in 2025.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| **On Offer for Lunch**<br>**Main Courses**<br>Macaroni cheese<br>*£2.90 / £4.20*<br>Thai red chicken curry with coconut jasmine rice<br>*£3.25 / £4.25*<br>Roast loin of pork with mustard crackling and gravy<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Danish bread and butter pudding with custard<br>*Member: £1.05 / Non-member: £1.50*<br>**Snack Bar**<br>Minced beef and pasta au gratin<br>*Member: £2.05 / Non-member: £2.85*<br>**Soup Bar**<br>Mushroom and spring onion<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**On Offer for Dinner**<br>**Main Courses**<br>Tuscan vegetable and bean stew with pasta<br>*£2.90 / £4.20*<br>Beef bourguignonne with herb cous-cous<br>"CONTAINS ALCOHOL"<br>*£3.25 / £4.25*<br>Halal Chicken korma with Saffron rice<br>"CONTAINS NUTS"<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Salted caramel chocolate fudge cake with chocolate custard<br>*Member: £1.05 / Non-member: £1.50*<br>**Snack Bar**<br>BBQ stir fry pork<br>*Member: £2.05 / Non-member: £2.85*<br>**Soup Bar**<br>Carrot<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**Notes**<br>Choose individual portions of vegetables for £0.90 / £1.25, potatoes or chips for £0.90 / £1.25 or add them to a main course to make up a **Meal Deal** | **On Offer for Lunch**<br>**Main Courses**<br>Sweetcorn, pimento and spinach fajitas with guacamole<br>*£2.90 / £4.20*<br>Grilled halal butterfly chicken tikka on chota naan with pickled red onion and raita<br>*£3.25 / £4.25*<br>Minced beef and spinach lasagne with mature cheddar cheese<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Warm Bakewell tart with custard<br>"CONTAINS NUTS"<br>*Member: £1.05 / Non-member: £1.50*<br>**Snack Bar**<br>Chicken in a leek and mushroom sauce<br>*Member: £2.05 / Non-member: £2.85*<br>**Soup Bar**<br>Mediterranean vegetable<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**On Offer for Dinner**<br>**Main Courses**<br>Lentil, vegetable and kaura curry with rice<br>*£2.90 / £4.20*<br>Turkey and chestnut mushroom stroganoff with fettucine "CONTAINS ALCOHOL"<br>*£3.25 / £4.25*<br>Sticky Vietnamese beef with Asian vegetables, pak choi and egg noodles<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Steamed syrup sponge with custard<br>*Member: £1.05 / Non-member: £1.50*<br>**Snack Bar**<br>Beefburger with onions<br>*Member: £2.05 / Non-member: £2.85*<br>**Soup Bar**<br>Butternut squash and cumin<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**Notes**<br>Choose individual portions of vegetables for £0.90 / £1.25, potatoes or chips for £0.90 / £1.25 or add them to a main course to make up a **Meal Deal** | **On Offer for Lunch**<br>**Main Courses**<br>Greek vegetable moussaka with fried potatoes and vegan feta cheese<br>*£2.90 / £4.20*<br>Sweet and sour pork and Chinese vegetables with egg fried rice<br>*£3.25 / £4.25*<br>Chargrilled chicken plum tomato, jalapenos and Mexicana cheese<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Apple, pear and cinnamon crumble with custard<br>*Member: £1.05 / Non-member: £1.50*<br>**Snack Bar**<br>Beef and vegetable pasty<br>*Member: £2.05 / Non-member: £2.85*<br>**Soup Bar**<br>Parsnip<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**On Offer for Dinner**<br>**Main Courses**<br>Roasted celeriac, haricot bean and mushroom dopiaza with basmati rice<br>*£2.90 / £4.20*<br>BBQ and Cajun pork casserole with vegetables and black beans<br>*£3.25 / £4.25*<br>Halal fillet of chicken with a mushroom, leek and gruyere cheese sauce<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Paris sandwich with custard<br>*Member: £1.05 / Non-member: £1.50*<br>**Snack Bar**<br>Beef and vegetable puff pastry pie<br>"CONTAINS ALCOHOL"<br>*Member: £2.05 / Non-member: £2.85*<br>**Soup Bar**<br>Tomato and basil<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**Notes**<br>Choose individual portions of vegetables for £0.90 / £1.25, potatoes or chips for £0.90 / £1.25 or add them to a main course to make up a **Meal Deal** | **On Offer for Lunch**<br>**Main Courses**<br>Baked sweet potato, broccoli and red lentil stew with flatbread<br>*£2.90 / £4.20*<br>Cottage pie with a horseradish and herb mash<br>*£3.25 / £4.25*<br>Chicken fillet souvlaki style with cos lettuce, olives and beef tomatoes<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Chocolate mocha pudding with custard<br>*Member: £1.05 / Non-member: £1.50*<br>**Snack Bar**<br>Vegetable pakoras<br>*Member: £2.05 / Non-member: £2.85*<br>**Soup Bar**<br>Leek and potato<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**On Offer for Dinner**<br>**Main Courses**<br>Mexican vegetable and black bean chilli with rice<br>*£2.90 / £4.20*<br>Chicken, chorizo and bacon pizza with mozzarella cheese<br>*£3.25 / £4.25*<br>Lamb tikka jalfrezi with saffron rice and raita<br>*£3.25 / £4.25*<br>**Hot Dessert**<br>Steamed blueberry and peach pudding with custard<br>*Member: £1.05 / Non-member: £1.50*<br>**Pasta Bar**<br>Tortelloni formaggio with a tomato salsa<br>*Member: £3.05 / Non-member: £4.10*<br>**Soup Bar**<br>Celery, lentil and spinach<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**Notes**<br>Choose individual portions of vegetables for £0.90 / £1.25, potatoes or chips for £0.90 / £1.25 or add them to a main course to make up a **Meal Deal** | **On Offer for Lunch**<br>**Main Courses**<br>Roasted pepper, courgette and aubergine caponata with pasta<br>*£2.90 / £4.00*<br>Spaghetti bolognaise with parmesan<br>*£3.25 / £4.25*<br>Deep fried fillet of herb breaded haddock with lemon and tartare sauce<br>*£3.25 / £4.25*<br>**On Offer for Dinner**<br>**Main Courses**<br>Vegetable and haricot bean curry with rice and chota naan<br>*£2.90 / £4.00*<br>BBQ chicken fillet with onion rings and melted cheddar cheese<br>*£3.25 / £4.25*<br>Beef and root vegetable casserole<br>*£3.25 / £4.25*<br>**Notes**<br>Choose individual portions of vegetables for £0.90 / £1.25, potatoes or chips for £0.90 / £1.25 or add them to a main course to make up a **Meal Deal** | **On Offer for Lunch**<br>**Main Courses**<br>Brunch 12.00-1.30pm 6 items, croissant or toast and juice or hot beverage<br>*£4.85 / £6.50*<br>Cajun roasted butternut squash, lentil, red Leicester and spinach burrito with tomato sauce<br>*£2.90 / £4.00*<br>Roast loin of Suffolk pork with mustard crackling, apple sauce and gravy<br>*£3.25 / £4.25*<br>**On Offer for Dinner**<br>**Main Courses**<br>RBC food 6.00-7.00pm<br>Lentil and vegetable lasagne<br>Minced beef and spinach lasagne<br>Both served with green and tomato salad<br>*£4.85 / £5.35*<br>**Soup Bar**<br>Tomato and basil<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75*<br>**Notes**<br>Choose individual portions of vegetables for £0.90 / £1.25, potatoes or chips for £0.90 / £1.25 or add them to a main course to make up a **Meal Deal** | **On Offer for Lunch**<br>**Main Courses**<br>Brunch and lunch 12.00-1.30pm, 6 items, croissant or toast and juice or hot beverage<br>*£4.85 / £6.50*<br>Cajun roasted butternut squash, lentil, red Leicester and spinach burrito with tomato sauce<br>*£2.90 / £4.00*<br>Roast loin of Suffolk pork with mustard crackling, apple sauce and gravy<br>*£3.25 / £4.25*<br>**On Offer for Dinner**<br>**Main Courses**<br>RBC food 6.00-7.00pm<br>Katsu breaded halloumi with spring onion Jasmine rice<br>Katsu chicken with spring onion Jasmine rice<br>Both served with chips<br>*£4.85 / £5.35*<br>**Notes**<br>Choose individual portions of vegetables for £0.90 / £1.25, potatoes or chips for £0.90 / £1.25 or add them to a main course to make up a **Meal Deal**<br>**Soup Bar**<br>French onion<br>*Soup: £1.05 / Soup: £1.45 / Roll: £0.50 / Roll: £0.75* |

A2. Example of worst performing menu (Robinson College) from Easter Term in 2025

| Jesus | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Lunch | | | | | | | |
| Number of plant-based starters | 1 | 1 | | 1 | 1 | | |
| Number of vegetarian (non-PB) starters | 0 | 0 | | 0 | 0 | | |
| Number of starters (total) | 1 | 1 | | 1 | 1 | | |
| Number of plant-based sides | 3 | 3 | | 4 | 4 | | |
| Number of vegetarian (non-PB) sides | 0 | 0 | | 0 | 0 | | |
| Number of sides (total) | 3 | 3 | | 4 | 4 | | |
| Number of plant-based mains | 2 | 2 | | 2 | 2 | | |
| Number of vegetarian (non-PB) mains | 0 | 0 | | 1 | 0 | | |
| Number of mains (total) | 3 | 3 | | 3 | 3 | | |
| Dinner | | | | | | | |
| Number of plant-based starters | 1 | 1 | | | 1 | | |
| Number of vegetarian (non-PB) starters | 0 | 0 | | | 0 | | |
| Number of starters (total) | 1 | 1 | | | 1 | | |
| Number of plant-based sides | 2 | 1 | | | 4 | | 2 |
| Number of vegetarian (non-PB) sides | 0 | 1 | | | 0 | | 0 |
| Number of sides (total) | 2 | 2 | | | 4 | | 2 |
| Number of plant-based mains | 2 | 2 | | | 2 | | 2 |
| Number of vegetarian (non-PB) mains | 0 | 0 | | | 0 | | 0 |
| Number of mains (total) | 3 | 3 | | | 3 | | 4 |
| | | | | | | | |
| If any of the following read FALSE, you have made a mistake | TRUE | TRUE | TRUE | TRUE | TRUE | TRUE | TRUE |
| The final score will read as 0 until data has been added and all the mistakes are corrected | | | | | | | |
| Final score: | 72.6% | | | | | | |
| | | | | | | | |

A3. Example of one week's worth of data analysis for best performing menu (Jesus College) from Easter Term in 2025.

| Robinson | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Lunch | | | | | | | |
| Number of plant-based starters | 1 | 1 | 1 | 2 | | | |
| Number of vegetarian (non-PB) starters | 0 | 0 | 0 | 0 | | | |
| Number of starters (total) | 2 | 2 | 2 | 2 | | | |
| Number of plant-based sides | 0 | 3 | 3 | 3 | 3 | | |
| Number of vegetarian (non-PB) sides | 0 | 0 | 0 | 0 | 0 | | |
| Number of sides (total) | 3 | 3 | 3 | 3 | 3 | | |
| Number of plant-based mains | 0 | 1 | 1 | 1 | 1 | | |
| Number of vegetarian (non-PB) mains | 1 | 0 | 0 | 0 | 0 | | |
| Number of mains (total) | 3 | 3 | 3 | 3 | 3 | | |
| Dinner | | | | | | | |
| Number of plant-based starters | 1 | 1 | 1 | 1 | | 1 | 1 |
| Number of vegetarian (non-PB) starters | 0 | 0 | 0 | 0 | | 0 | 0 |
| Number of starters (total) | 2 | 2 | 2 | 2 | | 1 | 1 |
| Number of plant-based sides | 3 | 3 | 3 | 3 | 3 | 0 | 0 |
| Number of vegetarian (non-PB) sides | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Number of sides (total) | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Number of plant-based mains | 1 | 1 | 1 | 1 | 1 | 0 | 0 |
| Number of vegetarian (non-PB) mains | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| Number of mains (total) | 3 | 3 | 3 | 3 | 3 | 1 | 1 |
| | | | | | | | |
| If any of the following read FALSE, you have made a mistake | TRUE | TRUE | TRUE | TRUE | TRUE | TRUE | TRUE |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| The final score will read as 0 until data has been added and all the mistakes are corrected | | | | | | | |
| Final score: | 35.2% | | | | | | |
| | | | | | | | |

A4. Example of one week’s worth of data analysis for the worst performing menu (Robinson College) from Easter Term in 2025.

## Appendix B: Clare Hall college menu changes between Easter Term and Michaelmas Term

| Menus | Week 1<br>(Easter Term 2025) | Week 2<br>(Michaelmas Term 2026) | Week 3<br>(Michaelmas Term 2026) |
|---|---|---|---|
| Lunch | | | |
| Dinner | | | |

A3: Clare Hall college menus over the period studied, demonstrating addition of ‘Meat-free Mondays’ in Michaelmas Term 2026 (Mondays are highlighted).

## Appendix C: Emmanuel college menu

CUCINA

Steamed Pasta VG

Whole Grain Pasta VG

Marinara Sauce VG IG FF

Alfredo Sauce V IG

Chorizo IG

A4: Emmanuel college menus regularly feature pasta with marinara sauce as a plant-based option.