



HARRODIAN

	FIRST DAY OF TERM only: Tuesday 7 th January
	Tuesday 7th January (only)
Main meal (non-vegetarian)	Roast Chicken
Main meal (vegetarian)	Ratatouille
Vegetables/ Side dishes	Ratatouille, couscous and green peas
Breads, sauces and condiments	Chilli sauce
Feature Salad	Caesar Salad
Soups	Tomato and red pepper
Feature filling Baked potatoes	Grated cheese / tuna mayo
Feature filling Wraps	Tuna mayo
Fresh fruit of the day	Blueberries
	Plain yoghurt available
Dessert	Rice pudding



HARRODIAN

WEEK ONE: commencing Wednesday 8th January and Monday 27th January

- Please note that on Tuesday 7th January we have a different menu for the day – please see first page

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Chicken curry	Pork sausages*	Beef stroganoff	Macaroni cheese	Fish and chips
Main meal (vegetarian)	Vegetarian curry	Vegetarian sausages	Vegetable casserole	Macaroni cheese	Vegetable omelette and chips
Vegetables/ Side dishes	Whole grain rice, roast cauliflower	Mashed potatoes, grilled tomatoes and baked beans, Yorkshire puddings	Wholegrain rice and green beans	Ham/cold meats, grilled tomatoes, aubergine parmigiana	Peas
Breads, sauces and condiments	Poppadum and mango chutney	Gravy	Mustard	Doughballs	Tartare sauce
Feature Salad	Greek salad	Quinoa, feta and pomegranate	Tomato, mozzarella and avocado salad	Lentils, chickpea and green bean	Roasted vegetables with halloumi
Soups	Roast tomato	Butternut squash and sweet potato	French Onion with croutons	Pea	Soup of the day
Feature filling Baked potatoes	Vegetarian curry / Cream cheese	Chicken and sweetcorn mayo / Baked beans	Coleslaw / Grated Cheese	Baked beans / Grated cheese	Cottage cheese and chives
Feature filling Wraps	Tzatziki	Mozzarella chunks / nut-free pesto	Hummus*	Egg mayo	Tuna mayo
Fresh fruit of the day	Watermelon / melon	Mango	Bananas	Sliced grapes	Blueberries
Dessert	Fruit yoghurt pots	Rice pudding	Fruit salad	Banana split	Jelly
Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day					

Other meat alternatives like grilled chicken are available to those who don't eat pork / Hummus made without tahini or sesame

* Please note that a number of these options are gluten-free, vegan and all food served is nut-free i.e. pesto

DISCLAIMER: Please note that slight changes may be made to this menu depending on the availability of certain food products



HARRODIAN

WEEK TWO: commencing Monday 13th January, Monday 3rd February

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Beef chilli con carne	Gnocchi with tomato sauce	BBQ sauce pulled pork buns*	Fish pie	Honey glazed chicken drumsticks and chips
Main meal (vegetarian)	Vegetarian chilli	Pesto and penne	Falafel wraps with tzatziki	Croque Monsieur (cheese only)	Vegetable frittata and chips
Vegetables/ Side dishes	Wholegrain Rice	Spinach	Coleslaw Green beans	Carrots and Peas	Chips and sweetcorn/corn on the cob
Breads, sauces and condiments	Tortillas, soured cream and guacamole	Ciabatta, parmesan cheese	Apple sauce for pork, tzatziki for falafel	Tartare sauce, mayonnaise	Honey glaze sauce and tomato ketchup
Feature Salad	Fig, rocket and prosciutto salad	Grilled halloumi, lentil and pomegranate salad	Potato salad	Chickpea, feta, mint and red pepper	Tomato, mozzarella and avocado
Soups	Butternut squash and sweet potato	Pea and mint	Asian-style noodle soup (with/without chicken)	French onion soup with croutons	Soup of the day
Feature filling Baked potatoes	Beef chilli / vegetarian chilli	Sautéed mushrooms/Grated cheese	Pulled pork / Coleslaw	Tuna mayonnaise / grated cheese	Egg mayonnaise/ Baked Beans
Feature filling Wraps	Guacamole /grated mozzarella	Hummus*	Tuna melt	Ploughman's: ham, cheese and chutney	Feta and red pepper
Fresh fruit of the day	Strawberries	Raspberries	Mango	Clementines	Sliced grapes
Dessert	Sponge cake	Bread and butter pudding	Apple Crumble	Fruit yoghurt pots	Crème caramel
Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day					

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HARRODIAN

WEEK THREE: commencing Monday 20th January, Monday 10th February

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Spaghetti Bolognese	Turkey piccata	Chinese-style spare ribs	Chicken and chorizo paella	Baked salmon fillet
Main meal (vegetarian)	Lentil Bolognese	Halloumi, courgette and pepper kebabs	Sweet and sour tofu and vegetables	Vegetarian paella	Tagliatelle with pesto
Vegetables/ Side dishes	Cavolo nero / kale	Ratatouille and couscous	Egg-fried rice with Chinese cabbage and /or pak choi	Broccoli	Roast sweet potatoes, red peppers and courgettes.
Breads, sauces and condiments	Doughballs	Sweet chilli sauce	Hoisin sauce	Sweet chilli sauce	Hollandaise sauce and lemon slices
Feature Salad	Grilled halloumi and avocado	Caesar salad	Lentil and chickpea	Niçoise (with tuna separately)	Watermelon, feta and mint
Soups	Leek and potato	Carrot and orange	Miso	Tomato & red pepper	Soup of the day
Feature filling Baked potatoes	Bolognese/grated cheddar	Ratatouille / grated cheddar	Sweet and sour vegetables/ grated cheddar	Tuna melt	Chicken and sweetcorn mayo / grated cheese
Feature filling Wraps	Tuna mayonnaise	Cream cheese and cucumber	Pitta breads with tzatziki	Guacamole / hummus*	Grated mozzarella /pesto
Fresh fruit of the day	Mango	Blueberries	Strawberries	Pineapple slices	Raspberries
Dessert	Cheesecake	Tiramisu	Lemon tart	Fruit yoghurt pots	Chocolate brownies
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				
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