



HARRODIAN

WEEK ONE : week commencing Monday 3 rd November, Monday 24 th November					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Chicken Curry	Sweet & Sour Pork with noodles	Fish Fingers Breaded Fillets and New Potatoes	Turkey Meatballs in Tomato Sauce with Spaghetti/Fusilli	Chicken Drumsticks in Honey Glaze
Main meal (vegetarian)	Keralan Vegetable Curry or Aubergine Parmigiana	Chow Mein Noodles (vegetables only)	Frittata	Spinach & Ricotta Ravioli with Tomato Sauce	Falafel burger and bun
Vegetables/ Side dishes	Rice & Tenderstem Broccoli	Grilled Corn on the Cob	Carrots & Peas	Roasted Cauliflower	Chips and peas
Breads, sauces and condiments	Poppadums / Mango Chutney	Sweet Chilli Sauce	Tomato Ketchup Tartar sauce	Grated parmesan and ciabatta bread	Mayonnaise
Feature Salad	Watermelon, Mint & Feta Salad	Mixed Bean & Rice Salad	Tabbouleh with Cucumber, Tomato & Mint	Roasted Vegetable & Halloumi Salad	Lentil & Pomegranate Salad
Soups	Roast Tomato soup	Asian Style Noodle Soup	Pea Soup	Cauliflower Soup	Soup of the day
Feature filling Baked potatoes	Tuna Mayo/Soured Cream	Whipped Feta/Grated Cheese	Cottage Cheese & Chives	Egg Mayo/Baked Beans	Chicken/Sweetcorn & Mayonnaise
Feature filling Wraps	Egg Mayo with a hint of Curry	Whipped Feta & Red Pepper	Hummus	Mozzarella chunks/pesto	Chicken Shawarma/Tzatziki
Fresh fruit of the day	Melon	Plums	Blackberries	Pineapple	Peaches/nectarines
Dessert	Victoria sponge cake	Flapjacks	Lemon Tart	Chocolate rice crispie cakes/ rocky road	Marble cake w/h custard
	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					
* Please note that a number of these options are gluten-free, vegan and all food served is nut-free and sesame-free i.e. pesto and hummus					
DISCLAIMER: Please note that slight changes may be made to this menu depending on the availability of certain food products					



WEEK TWO: weeks commencing Monday 10 th November, Monday 1 st December					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Beef Burgers & Coleslaw	Pork Sausages	Turkey Piccata	Chilli con Carne	Fish Pie
Main meal (vegetarian)	Macaroni Cheese	Vegetarian Sausages	Falafels	Vegetarian Chilli	Pasta with tomato sauce
Vegetables/ Side dishes	Grilled tomatoes	Mashed potato and Beans	Cous-Cous	Rice	Green Beans
Breads, sauces and condiments	Ciabatta	Gravy	Harissa Sauce	Sour Cream/Guacamole	Tomato Ketchup
Feature Salad	Lentil, chickpea & green bean salad	Quinoa Salad with Tomato and Cucumber	Fig, Rocket & Prosciutto salad	Goat’s Cheese & Beetroot Salad	Tomato, Mozzarella & Avocado Salad
Soups	Pea & Mint Soup	Lentil Soup	Carrot and coriander soup	Tomato Soup	Soup of the day
Feature filling Baked potatoes	Egg Mayo & Grated Cheese	Baked Beans & Grated Cheese	Cottage Cheese / Grated Cheese	Lentil Dahl/ Grated Cheese	Tuna Melt
Feature filling Wraps	Guacamole & Grated Cheese	Cottage Cheese & Pineapple	Hummus	Cream Cheese & Cucumber	Egg mayonnaise
Fresh fruit of the day	Clementines	Grapes	Bananas	Strawberries	Mango
Dessert	Fruit Salad	Jelly	Cheesecake	Chocolate	Mini doughnuts
	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					
* Please note that a number of these options are gluten-free, vegan and all food served is nut-free and sesame-free i.e. pesto and hummus					
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WEEK THREE: week commencing Monday 17 th November, Monday 8 th December					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Vegetarian Quiche and Cold Cuts	Beef lasagne	Salmon Teriyaki	Roast Lamb	Spanish chicken in smoked paprika and tomato sauce
Main meal (vegetarian)	Orzo with Roasted Pepper & Goat's Cheese	Vegetarian Lasagne	Vegetable stir fry with lentils	Stuffed Courgettes/Quorn Mince	Vegetarian Quiche
Vegetables/ Side dishes	Broccoli	Sautéed Greens	Asian style rice (with spring onion and peas) and Broccoli	Dauphinoise potatoes, spring onion and mint peas	Patatas bravas and green beans
Breads, sauces and condiments	Tomato Ketchup	Garlic bread and parmesan	Teriyaki sauce	Mint sauce / redcurrant jelly	Mango salsa
Feature Salad	Halloumi and avocado	Pesto and Pasta Salad	Roast vegetables and feta salad	Goat's cheese and beetroot	Tabbouleh salad
Soups	Sweet potato and butternut squash soup	Miso soup with vegetables (chicken separately)	Cream of Tomato	Roasted red pepper and red lentil	Soup of the day
Feature filling Baked potatoes	Soured cream and chives	Baked beans /grated cheese	Egg mayo / grated cheese	Cottage cheese	Tuna mayo / grated cheese
Feature filling Wraps	Hummus/ Tzatziki	Cottage cheese and pineapple	Cream cheese / ham slices	Coronation chicken	Crumbled feta and chopped red pepper
Fresh fruit of the day	Mango	Blueberries	Raspberries	Sliced bananas	Strawberries
Dessert	Treacle Tart & Custard	Sponge Cake with sauce/custard	Apple crumble	Crème caramel	Rice pudding
	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					
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