



**WEEK ONE:** from Monday 2<sup>nd</sup> June and Monday 23<sup>rd</sup> June

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Macaroni cheese (Burgers – on Sports Day 23 <sup>rd</sup> )	Pork sausages* (Hot Dogs on Sports day 24 <sup>th</sup> )	Chicken shawarma wraps with tzatziki and slaw	Baked Salmon fillet	Turkey piccata
Main meal (vegetarian)	Macaroni cheese	Vegetarian sausages	Falafel wraps with tzatziki and slaw	Pasta and tomato sauce	Halloumi, red pepper and courgette kebabs
Vegetables/ Side dishes	Cold meats platter/ Grilled Tomatoes	Mashed potatoes, baked beans, Yorkshire puddings	Grated carrot and red cabbage slaw	New potatoes Asparagus/ tenderstem	Ratatouille and roast potatoes
Breads, sauces and condiments	Dough balls	Gravy	Tzatziki and Pitta breads	Hollandaise sauce	Harissa sauce
Feature Salad	Quinoa salad with chickpeas, cucumber, tomato and parsley	Lentils and sun-dried tomatoes	Watermelon, mint and feta	Rice and sweetcorn salad	Soya beans with rocket
Soups	Carrot and coriander	Sweet potato and butternut squash	Roast tomato	Minestrone	Soup of the day
Feature filling Baked potatoes	Grated cheese/baked beans	Chicken and sweetcorn mayo	Egg mayo /cottage cheese	Cottage cheese / grated cheese	Ratatouille /Grated cheese
Feature filling Wraps	Ploughman’s: grated cheese, ham slices and pickle/chutney	Mozzarella chunks / pesto*	Pitta breads with Hummus /Tzatziki	Tuna melt – cheese and tuna	Plain chicken strips with bowl of mayo to mix
Fresh fruit of the day	Strawberries	Sliced grapes	Blueberries	Mango	Peaches /Nectarines
Dessert	Apple Tart	Fruit salad	Chocolate Brownies	Eton Mess – strawberry, meringue and whipped cream	Profiteroles
	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 / hummus <b>DISCLAIMER:</b> Please note that slight changes may be made to this menu depending on the availability of certain food products and BBQ season is upon us!					



**WEEK TWO:** weeks commencing Monday 9<sup>th</sup> June and Monday 30<sup>th</sup> June

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	Spaghetti Bolognese (with turkey mince)	Sweet and sour pork	Chicken drumsticks in honey glaze sauce	Beef chilli con carne*	Breaded Fish fillets / baked cod
<b>Main meal (vegetarian)</b>	Vegetable Bolognese with added lentils	Vegetable spring rolls	Aubergine parmigiana	Vegetarian chilli	Frittata and chips
<b>Vegetables/ Side dishes</b>	Kale / cavolo nero	Chow mein noodles with vegetables	Sweet potato wedges and sweetcorn	Wholegrain rice	Chips and peas
<b>Breads, sauces and condiments</b>	Parmesan cheese, sliced ciabatta	Hoisin/plum sauce	Tomato salsa/ketchup	Guacamole, soured cream, tortillas	Ketchup/tomato sauce and tartare sauce
<b>Feature Salad</b>	Greek salad	Miso cabbage slaw	Lentils, pomegranate and chickpea	Caprese salad – tomato, avocado and mozzarella	Mixed bean
<b>Soups</b>	Gazpacho	Vegetable noodle broth (with /without chicken)	Pea and mint	Carrot and orange	Soup of the day
<b>Feature filling Baked potatoes</b>	Bolognese / Grated cheese	Whipped tofu / grated cheddar	Tuna melt	Chilli / guacamole and grated cheese	Baked sweet potatoes with cream cheese
<b>Feature filling Wraps</b>	Chicken tikka (cold)	Ploughmans: Ham / cheese /chutney	Hummus	Shredded chicken in hoisin sauce	Avocado slices/ mozzarella chunks
<b>Fresh fruit of the day</b>	Watermelon/melon	Pineapple slices	Chopped clementines	Plums	Raspberries
<b>Dessert</b>	Cheesecake	Chocolate mousse	Lemon Tart	Ice cream	Banana split
	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: week commencing Monday 16<sup>th</sup> June

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	Chicken curry	Beef lasagne	Salmon Teriyaki	Roast Lamb	Spanish chicken in smoked paprika and tomato sauce
<b>Main meal (vegetarian)</b>	Vegetable curry	Vegetarian Lasagne	Vegetable stir fry with lentils	Croque Madame (cheese only)	Summer vegetable tart
<b>Vegetables/ Side dishes</b>	Wholegrain rice/ roast cauliflower	Sautéed Greens	Asian style rice (with spring onion and peas) and Broccoli	Dauphinoise potatoes, spring onion and mint peas	Patatas bravas and green beans
<b>Breads, sauces and condiments</b>	Poppadums and mango chutney	Garlic bread and parmesan	Teriyaki sauce	Mint sauce / redcurrant jelly	Mango salsa
<b>Feature Salad</b>	Halloumi and avocado	Fig, rocket, and crispy prosciutto	Roast vegetables and feta salad	Goat's cheese and beetroot	Quinoa, feta pomegranate
<b>Soups</b>	Vichyssoise cold soup	Spring vegetable	Cream of tomato	Roasted red pepper and red lentil	Pea and mint
<b>Feature filling Baked potatoes</b>	Soured cream and chives	Baked beans /grated cheese	Egg mayo / grated cheese	Cottage cheese	Baked beans / grated cheese
<b>Feature filling Wraps</b>	Plain chicken strips (bowl of mayo for mixing)	Cottage cheese and pineapple	Cream cheese / ham slices	Coronation chicken	Crumbled feta and chopped red pepper
<b>Fresh fruit of the day</b>	Mango	Blueberries	Raspberries	Sliced bananas	Strawberries
<b>Dessert</b>	Fruit yoghurt pots	Sponge Cake	Apple crumble	Crème caramel	Rice pudding
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				

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FINAL WEEK OF TERM: Monday 7 <sup>th</sup> and Tuesday 8 <sup>th</sup> July		
	Monday	Tuesday
Main meal (non-vegetarian)	Salmon Teriyaki	Spaghetti Bolognese (with turkey mince)
Main meal (vegetarian)	Vegetable stir fry with lentils	Vegetable Bolognese with added lentils
Vegetables/ Side dishes	Asian style rice (with spring onion and peas) and Broccoli	Kale / cavolo nero
Breads, sauces and condiments	Teriyaki sauce	Parmesan cheese, sliced ciabatta
Feature Salad	Roast vegetables and feta salad	Greek salad
Soups	Cream of tomato	Gazpacho
Feature filling Baked potatoes	Egg mayo / grated cheese	Bolognese / Grated cheese
Feature filling Wraps	Cream cheese / ham slices	Chicken tikka (cold)
Fresh fruit of the day	Raspberries	Watermelon/melon
Dessert	Apple crumble	Cheesecake
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day	
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