



| WEEK ONE: from Wednesday 23 rd April – 25 th April, and week commencing Monday 12 th May | | | | | |
|---|--|---|--|--|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main meal (non-vegetarian) | Macaroni cheese | Chicken shawarma wraps with tzatziki and slaw | Pork sausages* | Baked Salmon fillet | Turkey piccata |
| Main meal (vegetarian) | Macaroni cheese | Falafel wraps with tzatziki and slaw | Vegetarian sausages | Pasta and tomato sauce | Halloumi, red pepper and courgette kebabs |
| Vegetables/ Side dishes | Cold meats platter/ Grilled Tomatoes | Grated carrot and red cabbage slaw | Mashed potatoes, baked beans, Yorkshire puddings | New potatoes Asparagus/ tenderstem | Ratatouille and roast potatoes |
| Breads, sauces and condiments | Dough balls | Tzatziki and Pitta breads | Gravy | Hollandaise sauce | Harissa sauce |
| Feature Salad | Quinoa salad with chickpeas, cucumber, tomato and parsley | Watermelon, mint and feta | Lentils and sun-dried tomatoes | Rice and sweetcorn salad | Soya beans with rocket |
| Soups | Carrot and coriander | Roast tomato | Sweet potato and butternut squash | Minestrone | Soup of the day |
| Feature filling Baked potatoes | Grated cheese/baked beans | Egg mayo /cottage cheese | Chicken and sweetcorn mayo | Cottage cheese / grated cheese | Ratatouille /Grated cheese |
| Feature filling Wraps | Ploughman’s: grated cheese, ham slices and pickle/chutney | Pitta breads with Hummus /Tzatziki | Mozzarella chunks / pesto* | Tuna melt – cheese and tuna | Plain chicken strips with bowl of mayo to mix |
| Fresh fruit of the day | Strawberries | Blueberries | Sliced grapes | Mango | Peaches /Nectarines |
| Dessert | Apple Tart | Chocolate Brownies | Fruit salad | 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 DISCLAIMER: 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 28th April and Monday 19th May

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|--|--|--|--|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main meal (non-vegetarian) | Spaghetti Bolognese (with turkey mince) | Sweet and sour pork | Flattened and grilled chicken breasts (with mango salsa on side) | Beef chilli con carne* | Breaded Fish fillets / baked cod* |
| Main meal (vegetarian) | Vegetable Bolognese with added lentils | Vegetable spring rolls | Summer vegetable tart | Vegetarian chilli | Frittata and chips |
| Vegetables/ Side dishes | Kale / cavolo nero | Chow mein noodles with vegetables | Patatas bravas and green beans | Wholegrain rice | Chips and peas |
| Breads, sauces and condiments | Parmesan cheese, sliced ciabatta | Hoisin/plum sauce | Mango salsa | Guacamole, soured cream, tortillas | Ketchup/tomato sauce and tartare sauce |
| Feature Salad | Greek salad | Miso cabbage slaw | Quinoa, feta pomegranate | Caprese salad – tomato, avocado and mozzarella | Mixed bean |
| Soups | Gazpacho | Vegetable noodle broth (with /without chicken) | Pea and mint | Carrot and orange | Soup of the day |
| Feature filling Baked potatoes | Bolognese / Grated cheese | Whipped tofu / grated cheddar | Baked beans / grated cheese | Chilli / guacamole and grated cheese | Baked sweet potatoes with cream cheese |
| Feature filling Wraps | Chicken tikka (cold) | Ploughmans: Ham / cheese /chutney | Crumbled feta and chopped red pepper | Shredded chicken in hoisin sauce | Avocado slices/ mozzarella chunks |
| Fresh fruit of the day | Watermelon/melon | Pineapple slices | Strawberries | Plums | Raspberries |
| Dessert | Cheesecake | Chocolate mousse | Rice pudding | 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 Tuesday 6 th May (Monday 5 th May is a Bank Holiday and school is closed) | | | | | |
|--|--|--|--|---------------------------------------|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main meal (non-vegetarian) | BANK HOLIDAY | Chicken curry | Salmon Teriyaki | Roast Lamb | Chicken drumsticks in honey glaze sauce |
| Main meal (vegetarian) | | Vegetable curry | Vegetable stir fry with lentils | Croque Madame (cheese only) | Aubergine parmigiana |
| Vegetables/ Side dishes | | Wholegrain rice/ roast cauliflower | Asian style rice (with spring onion and peas) and Broccoli | Dauphinoise potatoes, flageolet beans | Chips, peas and sweetcorn |
| Breads, sauces and condiments | | Poppadums and mango chutney | Teriyaki sauce | Mint sauce / redcurrant jelly | Tomato salsa/ketchup |
| Feature Salad | | Halloumi and avocado | Roast vegetables and feta salad | Goat’s cheese and beetroot | Lentils, pomegranate and chickpea |
| Soups | | Vichysoisse cold soup | Cream of tomato | Roasted red pepper and red lentil | Soup of the day |
| Feature filling Baked potatoes | | Soured cream and chives | Egg mayo / grated cheese | Cottage cheese | Tuna melt |
| Feature filling Wraps | | Plain chicken strips (bowl of mayo for mixing) | Cream cheese / ham slices | Coronation chicken | Hummus |
| Fresh fruit of the day | | Mango | Raspberries | Sliced bananas | Chopped clementines |
| Dessert | | Fruit yoghurt pots | Apple crumble | Crème caramel | Lemon Tart |
| | Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day | | | | |
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| * 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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