



HARRODIAN

WEEK ONE: week commencing Tuesday 6th and Monday 26th January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday					
Main meal (non-vegetarian)	Spaghetti Bolognese	Pork Sausages	Chilli con Carne	Turkey Piccata	Salmon Teriyaki					
Main meal (vegetarian)	Vegetarian Bolognese	Vegetarian Sausages	Vegetarian Chilli	Falafels & tzatziki	Vegetable stir fry with lentils					
Vegetables/ Side dishes	Kale	Mashed potato and beans	Wholegrain Rice	Ratatouille & Couscous	Asian style rice (with spring onion and pease) and broccoli					
Breads, sauces and condiments	Grated parmesan/ Doughballs	Gravy	Soured cream / Guacamole	Harissa Sauce	Teriyaki sauce					
Feature Salad	Lentil, chickpea and green bean salad	Quinoa Salad with Tomato and Cucumber	Goat's Cheese and beetroot salad	Fig, rocket and prosciutto salad	Roast vegetables and feta salad					
Soups	Pea and Mint soup	Lentil Soup	Tomato Soup	Carrot and coriander soup	Soup of the Day					
Feature filling Baked potatoes	Egg Mayo and grated cheese	Baked Beans and Grated Cheese	Chilli /Guac/Grated cheese	Cottage Cheese/ Grated Cheese	Egg mayo / Grated cheese					
Feature filling Wraps	Guacaomole and Grated cheese	Cottage Cheese and Pineapple	Cream Cheese and Cucumber	Hummus	Cream cheese/ Ham slices					
Fresh fruit of the day	Apples	Grapes	Blueberries	Bananas	Clementines					
Dessert	Fruit Salad	Jelly	Chocolate Mousse	Cheesecake	Apple Crumble					
	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 and BBQ season is upon us!										



HARRODIAN

WEEK TWO: weeks commencing Monday 12th January and Monday 2nd February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Cornish pasties (beef)	Beef lasagne	Fish Pie	Honey glazed gammon	Spanish chicken in smoked paprika and tomato sauce
Main meal (vegetarian)	Cornish pasties (vegetarian)	Vegetarian lasagne	Pasta with tomato sauce	Vegetarian sausages	Vegetarian Quiche
Vegetables/ Side dishes	Broccoli	Sauteed Greens	Green beans	Roasted sweet potatoes, red peppers and courgette	Patatas bravas and green beans
Breads, sauces and condiments	Light onion gravy (optional side)	Garlic bread and parmesan	Tomato ketchup	Gravy*	Mango salsa
Feature Salad	Halloumi and avocado	Pesto and Pasta Salad	Tomato, Mozzarella & Avocado Salad	Goat's cheese and beetroot	Tabbouleh Salad
Soups	Sweet potato and butternut squash soup	Miso Soup with veg (chicken separately)	Leek and potato soup	Roasted red pepper and red lentil	Soup of the day
Feature filling Baked potatoes	Soured cream and chives	Baked beans/ grated cheese	Tuna Melt	Cottage cheese	Tuna mayo / grated cheese
Feature filling Wraps	Hummus/Tzatziki	Cottage cheese and pineapple	Egg Mayonnaise	Coronation chicken	Crumbled feta and red pepper
Fresh fruit of the day	Mango	Blueberries	Clementines	Sliced bananas	Pears
Dessert	Lemon tart & cream	Sponge cake with custard	Mini doughnuts	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 * Gravy is vegetarian and gluten-free					
* 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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HARRODIAN

WEEK THREE: week commencing Monday 19th January and Monday 9th February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday					
Main meal (non-vegetarian)	Chicken Curry	Sweet and Sour Pork with noodles	Fish fingers/Baked Cod	Beef meatballs in tomato sauce with pasta	Chicken Drumsticks in glaze					
Main meal (vegetarian)	Keralan Vegetable Curry or Aubergine Parmigiana	Chow Mein Noodles (vegetables only)	Frittata	Spinach and Ricotta Ravioli with tomato sauce	Falafel Burger and bun					
Vegetables/ Side dishes	Rice and Tenderstem broccoli	Grilled Corn on the Cob	Roasted mini new potatoes, carrots and peas	Roasted Cauliflower	Chips and peas					
Breads, sauces and condiments	Poppadums /Mango Chutney	Sweet Chilli Sauce	Tomato ketchup / tartare sauce	Grated parmesan and ciabatta	Sweet Chilli Mayonnaise					
Feature Salad	Watermelon, Mint and Feta Salad	Mixed Bean & Rice Salad	Tabbouleh with cucumber, tomato and mint	Roasted vegetable and 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 and chives	Whipped Feta / Grated Cheese	Cottage Cheese and sweetcorn	Egg Mayo / Baked Beans	Chicken / Sweetcorn mayonnaise					
Feature filling Wraps	Curried egg mayo	Whipped Feta & Red pepper	Hummus	Mozzarella Chunks / pesto	Tzatziki / Cream cheese					
Fresh fruit of the day	Melon	Plums	Kiwis	Pineapple	Pears					
Dessert	Victoria Sponge Cake	Flapjacks	Yoghurts	Chocolate rice crispie cakes/ rocky road	Marble cake with 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										
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