



**WEEK ONE:** commencing Monday 8<sup>th</sup> January, Monday 29<sup>th</sup> January, Monday 26<sup>th</sup> February and CULTURE DAY WEEK Monday 18<sup>th</sup> March – see last page

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	Chicken curry	Pork sausages*	Turkey piccata in breadcrumbs	Pasta carbonara	Fish and chips
<b>Main meal (vegetarian)</b>	Vegetarian curry	Vegetarian sausages	Crispy breaded/plain tofu steaks	Macaroni cheese	Vegetable omelette and chips
<b>Vegetables/ Side dishes</b>	Whole grain rice, roast cauliflower	Mashed potatoes, grilled tomatoes and baked beans, Yorkshire puddings	Roast potatoes and ratatouille	Aubergine parmigiana/ Kale	Peas
<b>Breads, sauces and condiments</b>	Poppadum and mango chutney	Gravy	Sweet chilli sauce	Patatas Bravas	Tartare sauce / Tomato ketchup
<b>Feature Salad</b>	Greek salad	Quinoa, feta and pomegranate	Tomato, mozzarella and avocado salad	Lentils chickpea and green bean	Roasted vegetables with halloumi
<b>Soups</b>	Roast tomato	French Onion	Butternut squash and sweet potato	Pea	Soup of the day
<b>Feature filling Baked potatoes</b>	Tuna melt	Egg mayonnaise / Baked beans	Ratatouille / Grated cheese	Baked beans / Grated cheese	Cottage cheese and chives
<b>Feature filling Wraps</b>	Tzatziki	Mozzarella chunks / nut-free pesto	Hummus*	Bagels with cream cheese	Coronation chicken
<b>Fresh fruit of the day</b>	Watermelon	Mango	Bananas	Sliced grapes	Blueberries
<b>Dessert</b>	Fruit yoghurt pots	Rice pudding	Fruit salad	Banana split	Carrot cake
	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 15<sup>th</sup> January, Monday 5<sup>th</sup> February, Monday 4<sup>th</sup> March, and Monday 25<sup>th</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	Beef chilli con carne	Salmon, pea and cream penne	BBQ sauce pulled pork buns*	Fish fingers / Baked cod	Honey glazed chicken drumsticks and chips
<b>Main meal (vegetarian)</b>	Vegetarian chilli	Pesto and penne	Falafel wraps with tzatziki	Vegetarian tart/quiche	Vegetable frittata and chips
<b>Vegetables/ Side dishes</b>	Wholegrain Rice	Spinach	Coleslaw and green beans	New potatoes, carrots and peas	Chips and sweetcorn/corn on the cob
<b>Breads, sauces and condiments</b>	Tortillas, soured cream and guacamole	Parmesan and olive ciabatta	Apple sauce for pork, tzatziki for falafel	Tartare sauce, mayonnaise	Honey glaze sauce
<b>Feature Salad</b>	Fig, rocket and prosciutto salad	Grilled halloumi, lentil and pomegranate salad	Potato salad	Chickpea, feta, mint and red pepper	Tomato, mozzarella and avocado
<b>Soups</b>	Butternut squash and sweet potato	Miso soup	Asian-style noodle soup (with/without chicken)	Roast tomato	Soup of the day
<b>Feature filling Baked potatoes</b>	Beef chilli / vegetarian chilli	Sautéed mushrooms/Grated cheese	Baked beans / grated cheese	Tuna mayonnaise / grated cheese	Egg mayonnaise/ Baked Beans
<b>Feature filling Wraps</b>	Guacamole /grated mozzarella	Hummus*	Tuna melt	Ploughman's: ham, cheese and chutney	Whipped feta
<b>Fresh fruit of the day</b>	Strawberries	Raspberries	Mango	Clementines	Sliced grapes
<b>Dessert</b>	Victoria Sponge	Treacle Tart	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 22<sup>nd</sup> January, Monday 19<sup>th</sup> February, Monday 11<sup>th</sup> March

WEEK THREE: commencing Monday 22 <sup>nd</sup> January, Monday 19 <sup>th</sup> February, Monday 11 <sup>th</sup> March					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Spaghetti Bolognese	Turkey fajitas with wholemeal wraps	Moroccan lamb meatballs	Chicken and chorizo paella	Baked salmon fillet
Main meal (vegetarian)	Lentil Bolognese	Vegetable fajitas with wholemeal wraps	Halloumi, courgette and pepper kebabs	Vegetarian paella	Tagliatelle with pesto
Vegetables/ Side dishes	Broccoli / Aubergine Parmigiana	Mexican-style beans/green beans	Couscous with pomegranate and roasted vegetables	Tender stem broccoli	Roast sweet potatoes, red peppers and courgettes
Breads, sauces and condiments	Doughballs	Wholemeal wraps, guacamole, soured cream, salsa	Tzatziki	Chilli sauce	Hollandaise sauce and lemon slices
Feature Salad	Grilled halloumi and avocado	Rice and sweetcorn salad	Tabouleh and quinoa salad with cucumber and tomato	Niçoise (with tuna separately)	Caesar salad
Soups	Carrot and orange	Minestrone	Broccoli and stilton	Pea	Soup of the day
Feature filling Baked potatoes	Bolognese/grated cheddar	Fajitas / grated cheddar	Sauteed mushrooms/ crème fraiche	Tuna melt	Shredded chicken and sweetcorn mayo / grated cheese
Feature filling Wraps	Tuna mayonnaise	Guacamole / hummus*	Pitta breads with tzatziki	Grated mozzarella /pesto	Plain chicken strips and mayo
Fresh fruit of the day	Mango	Blueberries	Strawberries	Pineapple slices	Raspberries
Dessert	Chocolate cake	Banana bread & custard	Lemon tart	Fruit yoghurt pots	Cheesecake
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				
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<b>MENU – FOODS FROM AROUND THE WORLD TO MARK EXPRESS YOU CULTURE DAY:</b> week commencing Monday 18 <sup>th</sup> March					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>CULTURE:</b>	<b>INDIAN</b>	<b>BRITISH</b>	<b>ITALIAN</b>	<b>PORTUGUESE</b>	<b>CHINESE</b>
<b>Main meal (non-vegetarian)</b>	Chicken curry	Pork sausages*	Spaghetti Bolognese	Bacalhau con natas baked cod in the oven layered with onions, diced fried potatoes and double cream	Sweet and sour spare ribs *
<b>Main meal (vegetarian)</b>	Vegetarian curry	Vegetarian sausages	Pasta with pesto	Pasta with tomato sauce	Vegetable spring rolls
<b>Vegetables/ Side dishes</b>	Whole grain rice, roast cauliflower	Mashed potatoes, grilled tomatoes and baked beans, Yorkshire puddings	Aubergine parmigiana / Cavolo Nero	Green beans Portuguese style	Chow mein noodles (vegetable stir fry with noodles)
<b>Breads, sauces and condiments</b>	Poppadum and mango chutney	Gravy	Parmesan	Broa de Milho/ Portuguese Corn bread	Plum/hoisin sauce
<b>Feature Salad</b>	Kachumber salad: chopped cucumber, tomato, onion with coriander, chilli and lime/lemon juice	English garden salad: potato, spring onion, green beans, cucumber, sundried tomatoes, cubed cheese, fresh mint in honey and mustard mayonnaise dressing	Tricolore Salad: tomato, mozzarella and avocado salad	Portuguese salad: mixed lettuce, tomato, cucumber, red onions and olives	Asian cabbage salad with miso dressing
<b>Soups</b>	Curry spiced coconut and butternut squash soup	Roast tomato soup	Minestrone	Caldo verde with/without chorizo	Miso soup

Feature filling Baked potatoes	Sweet potatoes with vegetarian curry / cream cheese	Grated cheddar/ Baked beans	Bolognese / grated mozzarella	Portuguese chorizo and/or melted cheese	Whipped tofu / Grated cheddar
Feature filling Wraps	Egg mayo with a hint of curry!	Ploughman’s: ham slices, cheese, chutney	Grated mozzarella/ pesto	Peri peri chicken	Shredded chicken in hoisin sauce
Fresh fruit of the day	Mango	Strawberries	Bananas	Sliced grapes	Pineapple
Dessert	Rice pudding with mango coulis	Apple Crumble	Fruit salad	Pastel de Nata – custard tarts	Asian spiced pears with thick cream
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				
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