



HARRODIAN

WEEK ONE: commencing Monday 20 February and Monday 13 March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Spaghetti Bolognese	Pork sausages*	Thai chicken curry	Turkey piccata	Fish and chips
Main meal (vegetarian)	Vegetarian Spaghetti Bolognese with lentils	Vegetarian Quorn sausages	Vegetable curry	Grilled tofu steak	Vegetable omelette and chips
Vegetables/ Side dishes	Broccoli	Mashed potato, baked beans and Yorkshire puddings	Rice and poppadoms	Roast sweet potato, red peppers and mangetout	Peas
Breads, sauces and condiments	Garlic bread	Gravy	Mango chutney	Olive ciabatta	Tartare sauce
Feature Salad	Greek salad - feta, cucumber, olives, tomatoes	Lentils and pomegranate	Fig, rocket and crispy prosciutto	Mixed leaf, tomato, red onions and cucumber	Goats cheese and beetroot
Soups	Carrot and orange	Minestrone	Pea	French Onion	Sweet potato and butternut squash
Feature filling Baked potatoes	Grated cheese / soured cream	Tuna melt	Baked beans / Grated cheese	Egg mayonnaise / Baked beans	Cottage cheese and chives
Feature filling Wraps	Peri peri chicken	Cream cheese / cucumber slices	Tuna mayonnaise	Mozzarella chunks / nut-free pesto	Coronation chicken
Fresh fruit of the day	Blackberries	Pineapple slices	Sliced grapes	Mango	Blueberries
Dessert	Marble cake	Fruit yoghurt pots	Banana split	Rice pudding	Strawberry cheesecake
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				
<p>*Other meat alternatives like grilled chicken are available to those who don't eat pork</p> <p>* Please note that a number of these options are gluten-free, vegan and all food served is nut-free i.e. pesto</p> <p>DISCLAIMER: Please note that slight changes may be made to this menu depending on the availability of certain food products</p>					



HARRODIAN

WEEK TWO: commencing Monday 27th February and Monday 20th March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Pasta carbonara	Beef chilli con carne	Roast pork*	Baked Salmon fillet	Chicken and chips
Main meal (vegetarian)	Pasta with tomato and basil sauce	Vegetarian chilli	Grilled aubergine parmigiana	Pasta with pesto*sauce	Frittata and chips
Vegetables/ Side dishes	Kale	Wholegrain Rice	Mashed potato and green beans	New potatoes and steamed green vegetables	Peas
Breads, sauces and condiments	Parmesan cheese, mayonnaise (for wraps)	Tortillas, soured cream and guacamole	Apple sauce and gravy	Hollandaise sauce, chilli mayonnaise	Honey glaze sauce (for chicken)
Feature Salad	Caesar salad	Grilled halloumi	Tomato, avocado and mozzarella salad	Chickepea, feta, mint and red pepper	Pasta salad with pesto*
Soups	Leek and potato	Roast tomato soup	Lentil soup	Asian-style noodle soup (with/without chicken)	Minestrone
Feature filling Baked potatoes	Goats cheese/ red pepper	Beef chilli / vegetarian chilli	Baked beans / grated cheese	Tuna mayonnaise / grated cheese	Egg mayonnaise/ Baked Beans
Feature filling Wraps	Plain chicken strips	Ham / cheese	Tuna melt	Coronation chicken	Cream cheese / cucumber slices
Fresh fruit of the day	Blueberries	Strawberries	Mango	Pineapple slices	Sliced grapes
Dessert	Chocolate Mousse	Victoria Sponge	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 6th March and Monday 27th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Meatballs in tomato sauce	Grilled chicken	Lamb kofta or chicken kebabs	Beefburger /chicken burger	Fish fingers
Main meal (vegetarian)	Quornballs in tomato sauce	Green vegetable stir fry	Ratatouille	Grilled halloumi and mushroom burgers	Quorn nuggets
Vegetables/ Side dishes	Wholegrain rice and green vegetables	Plain noodles	Couscous	Chips, edamame beans	New potatoes, broccoli
Breads, sauces and condiments	Garlic bread	Soy, honey and ginger sauce	Tzatziki and pitta breads	Burger buns	Tomato sauce
Feature Salad	Grilled halloumi and avocado	Mixed leaf, tomato, red onion and cucumber	Tabouleh and quinoa salad with cucumber and tomato	Lentil and pomegranate	Fig, rocket and crispy prosciutto
Soups	Carrot and pumpkin	Miso soup	Broccoli and stilton	Pea	French onion with cheesy croutons
Feature filling Baked potatoes	Shredded BBQ chicken and sweetcorn	Baked beans / Grated cheese	Ratatouille / soured cream	Tuna melt	Cottage cheese and chives
Feature filling Wraps	Tuna mayonnaise	Egg mayonnaise / Bacon	Hummus / tzatziki	Ham / cheese	Plain chicken strips
Fresh fruit of the day	Mango	Blackberries	Strawberries	Pineapple slices	Raspberries
Dessert	Victoria Sponge	Sticky toffee pudding	Lemon tart	Fruit yoghurt pots	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					
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