



HARRODIAN

WEEK ONE: Monday 4th September, Monday 25th September

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Spaghetti Bolognese	Pork sausages*	Lamb kebabs	Turkey fajitas	Baked salmon fillet
Main meal (vegetarian)	Vegetarian spaghetti Bolognese with lentils	Vegetarian sausages	Halloumi, courgette and red pepper kebabs	Vegetable fajitas	Pasta with pesto
Vegetables/ Side dishes	Broccoli	Mashed potatoes, baked beans and grilled tomatoes	Ratatouille and couscous	Wholegrain rice and roasted cauliflower	Roasted sweet potatoes and red peppers, tenderstem
Breads, sauces and condiments	Dough balls	Gravy	Chilli /siracha sauce	Guacamole and soured cream	Hollandaise sauce
Feature Salad - With toppings like pumpkin/sunflower seeds, croutons and chilli flakes	Greek salad – tomatoes, cucumber, olives, red onion and feta	Lentil and pomegranate	Quinoa, feta and pomegranate salad	Grilled halloumi and roast vegetable salad	Chickpea, feta, mint and red pepper
Soups	Carrot and orange	Pea	Miso	Tomato and red pepper	Asian style noodle soup (with and without chicken)
Feature filling Baked potatoes	Spag/veg bol/grated cheese	Baked beans/grated cheese	Tuna mayo	Fajitas (veg and meat), grated cheddar	Turkey and sweetcorn mayo, baked beans
Feature filling Wraps	Tuna mayo	Cream cheese and cucumber slices	Hummus*	Guacamole/smashed avocado	Plain turkey strips, mayo and avocado
Fresh fruit of the day	Mango	Strawberries	Blackberries	Watermelon	Blueberries
Dessert	Banana split	Apple crumble	Rice pudding	Victoria sponge cake	Chocolate cake
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>*No tahini or sesame seeds used in hummus</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: Monday 11 th September and Monday 2 nd October					
	Monday: MEAT FREE	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Pasta with tomato and red pepper sauce	BBQ sauce pulled pork buns*	Beef chilli con carne	Tarragon chicken	Fish and chips
Main meal (vegetarian)	Pasta with pesto	Sweet potato falafel wraps with tzatziki	Vegetarian chilli con carne	Green risotto (spinach and pea)	Vegetable frittata
Vegetables/ Side dishes	Roasted squash and courgettes	Coleslaw and green beans	Wholegrain rice	Roast smashed potatoes and French green beans	Peas and carrots
Breads, sauces and condiments	Parmesan / ciabatta	Apple sauce for pork, tzatziki for falafel	Guacamole, sourd cream, tortilla chips	Mustard (for chicken), parmesan (risotto)	Tartare sauce
Feature Salad	Lentil and chickpea	Potato salad	Grilled halloumi and lentil	Niçoise	Goat's cheese and beetroot
Soups	Minestrone (no meat)	Leek and broccoli	Butternut squash and carrot	Miso	Pea and mint
Feature filling Baked potatoes	Sauteed mushrooms / crème fraiche and chives	Pesto/grated cheddar	Beef/veg chilli, grated cheese	Baked beans / grated cheddar	Tuna mayo
Feature filling Wraps	Tuna mayo	Mozzarella and tomato slices	BBQ pulled pork, cheese slices	Hummus* /tzatziki	Cream cheese/ cucumber slices
Fresh fruit of the day	Clementines	Raspberries	Pineapple slices	Peaches/nectarines	Pears
Dessert	Sugar-free jelly pots	Chocolate mousse	Apple cake	Banana bread and custard	Fruit Salad
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>*No tahini or sesame seeds used in hummus</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 THREE: Monday 18th September, Monday 9th October

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Macaroni cheese	Beef-strip stir fry	Chicken and chips	Lamb moussaka	Turkey piccata
Main meal (vegetarian)	Aubergine parmigiana	Vegetable stir fry	Omelette	Quorn mince moussaka	Tofu piccata
Vegetables/ Side dishes	Sauteed spinach	Noodles	Peas	Spinach	Rosemary roast /smashed potatoes and green beans
Breads, sauces and condiments	Sliced ciabatta	Hoisin sauce	Honey glaze sauce for chicken	Harissa mayo	Chilli sauce
Feature Salad	Quinoa, chickpea, cucumber, tomato and parsley	Asian-style salad: grated carrot, cos lettuce, beansprouts, coriander/ mint)	Watermelon, feta and mint	Coleslaw	Caesar salad
Soups	Asian-style noodle soup (with /without chicken)	Coconut and butternut squash	Minestrone	Leek and potato	French onion
Feature filling Baked potatoes	Baked Sweet potatoes with cream cheese	Cottage cheese	Egg mayo / baked beans	Coleslaw / grated cheddar	Whipped feta
Feature filling Wraps	Bagels with cream cheese and ham	Hummus*	Guacamole/smashed avocado and grated mozzarella	Beetroot, mint and crème fraiche dip	Whipped feta and red pepper slices
Fresh fruit of the day	Melon	Watermelon	Mango	Strawberries	Blueberries
Dessert	Fruit fool/mousse	Carrot cake	Apple	Fruit yoghurt pots	Treacle Tart with custard
Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day					
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*No tahini or sesame seeds used in hummus					
DISCLAIMER: Please note that slight changes may be made to this menu depending on the availability of certain food products					