



# HARRODIAN

**WEEK ONE:** week commencing Tuesday 6<sup>th</sup>, Monday 26<sup>th</sup> January, Monday 2<sup>nd</sup> March and Monday 23<sup>rd</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (nonvegetarian)</b>	Spaghetti Bolognese	Pork Sausages	Chilli con Carne	Turkey Piccata	Salmon Teriyaki
<b>Main meal (vegetarian)</b>	Vegetarian Bolognese	Vegetarian Sausages	Vegetarian Chilli	Falafels & tzatziki	Vegetable stir fry with lentils
<b>Vegetables/ Side dishes</b>	Kale	Mashed potato and beans	Wholegrain Rice	Ratatouille & Couscous	Asian style rice (with spring onion and peas) and broccoli
<b>Breads, sauces and condiments</b>	Grated parmesan/ Doughballs	Gravy	Soured cream / Guacamole	Harissa Sauce	Teriyaki sauce
<b>Feature Salad</b>	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
<b>Soups</b>	Pea and Mint soup	Lentil Soup	Tomato Soup	Carrot and coriander soup	Soup of the Day
<b>Feature filling Baked potatoes</b>	Egg Mayo and grated cheese	Baked Beans and Grated Cheese	Chilli /Guac/Grated cheese	Cottage Cheese/ Grated Cheese	Egg mayo / Grated cheese
<b>Feature filling Wraps</b>	Guacaomole and Grated cheese	Cottage Cheese and Pineapple	Cream Cheese and Cucumber	Hummus	Cream cheese/ Ham slices
<b>Fresh fruit of the day</b>	Apples	Grapes	Blueberries	Bananas	Clementines
<b>Dessert</b>	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!

**WEEK TWO: weeks commencing Monday 12<sup>th</sup> January, Monday 2<sup>nd</sup> February 2026, Monday 9<sup>th</sup> March**

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

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\*Chinese Culture Day Menu Friday 6th February: Lemon chicken/ Pork spare ribs, Vegetable spring rolls, egg-fried rice, pak choi, sweet chilli sauce, lychees and mango ice cream

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**WEEK THREE:** week commencing Monday 19<sup>th</sup> January, Monday 9<sup>th</sup> February, Monday 16<sup>th</sup> March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (nonvegetarian)</b>	Chicken Curry	Sweet and Sour Pork with noodles	Fish fingers/Baked Cod	Beef meatballs in tomato sauce with pasta	Chicken Drumsticks in glaze
<b>Main meal (vegetarian)</b>	Keralan Vegetable Curry or Aubergine Parmigiana	Chow Mein Noodles (vegetables only)	Frittata	Spinach and Ricotta Ravioli with tomato sauce	Falafel Burger and bun
<b>Vegetables/ Side dishes</b>	Rice and Tenderstem broccoli	Grilled Corn on the Cob	Roasted mini new potatoes, carrots and peas	Roasted Cauliflower	Chips and peas
<b>Breads, sauces and condiments</b>	Poppadums /Mango Chutney	Sweet Chilli Sauce	Tomato ketchup / tartare sauce	Grated parmesan and ciabatta	Sweet Chilli Mayonnaise
<b>Feature Salad</b>	Watermelon, Mint and Feta Salad	Mixed Bean & Rice Salad	Tabbouleh with cucumber, tomato and mint	Roasted vegetable and halloumi salad	Lentil & Pomegranate Salad
<b>Soups</b>	Roast Tomato Soup	Asian Style Noodle Soup	Pea Soup	Cauliflower soup	Soup of the Day
<b>Feature filling Baked potatoes</b>	Tuna Mayo/Soured Cream and chives	Whipped Feta / Grated Cheese	Cottage Cheese and sweetcorn	Egg Mayo / Baked Beans	Chicken / Sweetcorn mayonnaise
<b>Feature filling Wraps</b>	Curried egg mayo	Whipped Feta & Red pepper	Hummus	Mozzarella Chunks / pesto	Tzatziki / Cream cheese
<b>Fresh fruit of the day</b>	Melon	Plums	Kiwis	Pineapple	Pears
<b>Dessert</b>	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					

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