



HARRODIAN

WEEK ONE: week commencing Monday 16 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (nonvegetarian)	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 peas) 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	Guacamole 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!

WEEK TWO: week commencing Monday 23rd March

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

WEEK THREE: week commencing Monday 2nd March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (nonvegetarian)	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	Apples	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					

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