



HARRODIAN

WEEK ONE: Wednesday 15th April, Tuesday 5th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Macaroni Cheese with pancetta	Kofta kebabs	Sausages	Salmon Teriyaki	Turkey Piccata
Main meal (vegetarian)	Macaroni cheese and grilled tomatoes	Vegetable Kebabs	Vegetarian Sausages	Pasta with tomato and lentil sauce	Sweet potato, spinach and feta tortilla
Vegetables/ Side dishes	Carrots and peas	Coleslaw	Mashed potatoes, baked beans and Yorkshire puddings	New potatoes and green beans	Ratatouille and roast potatoes
Breads, sauces and condiments	Dough balls	Harissa and mint yoghurt	Gravy	Garlic Bread	Harrisa sauce
Feature Salad	Quinoa Salad	Grated carrot and red cabbage slaw	Lentils and sun-dried tomatoes	Rice Salad	Soya beans with rocket
Soups	Carrot and coriander	Roast Tomato	Minestrone	Spring vegetable	Soup of the day
Feature filling Baked potatoes	Grated cheese/baked beans	Egg mayo / Cottage cheese	Tuna mayo /cheese	Chicken and sweetcorn mayo	Ratatouille / Cheese
Feature filling Wraps	Ploughmans: cheese, ham, pickle	Pitta breads with hummus	Tuna / Ham	Mozzarella and pesto	Plain chicken strips and mayonnaise
Fresh fruit of the day	Strawberries	Blueberries	Banana	Sliced grapes	Peaches/nectarines
Dessert	Apple tart	Ice Cream	Banoffee Pie	Fruit Salad	Profiteroles
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!



HARRODIAN

WEEK TWO: Monday 20th April, Monday 11th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Spaghetti Bolognese	Honey glazed gammon	Chicken and chorizo Jambalaya	Fish and Chips (Baked Cod)	Beef Chilli con Carne
Main meal (vegetarian)	Vegetable Bolognese with lentils	Parmigiana Aubergine	Vegetarian Jambalaya	Lentil and Beetroot Burgers	Vegetarian Chilli
Vegetables/ Side dishes	Steamed Courgettes	Dauphinoise Potato and Broccoli	Asparagus	Chips and peas	Wholegrain Rice
Breads, sauces and condiments	Parmesan cheese and ciabatta	Mustard	Sweet chilli sauce	Ketchup / tomato sauce	Guacamole / Sour Cream / Tortillas
Feature Salad	Greek Salad	Cabbage Slaw	Mixed Bean	Caprese Salad – tomato, avocado and mozzarella	Lentils and pomegranate
Soups	Gazpacho	Vegetable Soup	Tomato Soup	Carrot Soup	Soup of the Day
Feature filling Baked potatoes	Bolognese / Cheese	Sour Cream and Chives/Cheese	Baked Beans/ Grated Cheese	Baked Sweet Potatos with tuna mayo	Chilli/Guacamole
Feature filling Wraps	Chicken Tikka (cold)	Egg mayo	Feta / Red Pepper	Avocado and Mozzarella Chunks	Ham / Cream Cheese
Fresh fruit of the day	Melon / Watermelon	Pineapple Slices	Blueberries	Plums	Mango
Dessert	Jelly / Fruit	Chocolate Pots	Rice Pudding	Banana Split	Fruit Yoghurts
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: Monday 27th April and Monday 18th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Thai green Chicken Curry	Spinach and Ricotta Ravioli	Roast Pork	Fish Fingers	Honey Chicken
Main meal (vegetarian)	Lentil dahl	Ravioli and tomato sauce	Stuffed Peppers with Couscous and Feta	Smoky marinaded tofu stir fry	Quorn Neatloaf
Vegetables/ Side dishes	Wholegrain Rice and Roast Cauliflower	Sauteed Greens	Roast Potatoes and Flageolet beans	New Potatoes and Peas	Chips and Broccoli
Breads, sauces and condiments	Naan bread	Garlic bread	Mustard and apple sauc	Ketchup	Honey Saude
Feature Salad	Halloumi and Avocado	Spring Green Fattoush	Caesar Salad	Tuna, cannellini beans, spring ontions, tomatoes, olives,parlsey	Halloumi with bulgur wheat, chickpea and rocket salad
Soups	Miso Soup	Vichysoisse Cold soup	Pea and mint	Noodle soup	Soup of the day
Feature filling Baked potatoes	Coronation Chicken	Baked beans and grated cheese	Cream Cheese	Tuna melt	Sour cream and chives
Feature filling Wraps	Hummus and pitta bread	Cottage Cheese and pineapple	Chicken and sweetcorn	Mozzarella and pesto	Curried eggs, mayo
Fresh fruit of the day	Melon	Grapes	Oranges	Bananas	Pears
Dessert	Cheesecake	Spong Cake	Sorbet	Apple Crumble	Eton Mess
Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day					
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