



# HARRODIAN

## PRE-PREP MENU

<b>WEEK ONE: weeks commencing Wednesday 15<sup>th</sup> April, Tuesday 5<sup>th</sup> May</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main meal (non-vegetarian)</b>	Macaroni Cheese	Chicken Nuggets	Sausages	Salmon Teriyaki	Turkey Piccata
<b>Main meal (vegetarian)</b>	Macaroni Cheese	Pasta with Pesto	Vegetarian Sausages	Plain Tortilla	Ratatouille
<b>Vegetables/ Side dishes</b>	Grilled tomatoes	Peas	Mashed potato, Baked Beans and Yorkshire Pudding	New Potatoes & Green Beans	Roast Potatoes
<b>Salad</b>	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
<b>Feature filling Baked potatoes</b>	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans
<b>Fresh fruit of the day</b>	Strawberries	Blueberries	Bananas	Grapes	Peaches/ Nectarines
<b>Dessert for Friday</b>					Ice 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.					
* 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					
<b>DISCLAIMER:</b> Please note that slight changes may be made to this menu depending on the availability of certain food products					



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## PRE-PREP MENU

WEEK TWO: Monday 20 <sup>th</sup> April and Monday 11 <sup>th</sup> May					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	Spaghetti Bolognese	Honey Glazed Ham	Chicken and Rice	Fish and Chips	Beef Chilli con Carne
<b>Main meal (vegetarian)</b>	Vegetarian Bolognese with Lentils	Vegetarian Sausages	Vegetarian Quiche	Lentil Burger	Vegetarian Chilli
<b>Vegetables/ Side dishes</b>	Courgettes	New Potatoes and Broccoli	Sweetcorn	Peas	Rice
<b>Salad</b>	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
<b>Feature filling Baked potatoes</b>	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans
<b>Fresh fruit of the day</b>	Melon/ Watermelon	Pineapple Slices	Blueberries	Plums	Mango
<b>Dessert for Friday</b>					Gluten Free Brownies
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. Gravy is vegetarian and gluten-free.            * 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  <b>DISCLAIMER:</b> Please note that slight changes may be made to this menu depending on the availability of certain food products</p>					



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## PRE-PREP MENU

### WEEK THREE: Monday 27th April and Monday 18th May

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	Cheese & Tomato Pizza	Spinach and Ricotta Ravioli	Roast Pork	Meatballs in Tomato Sauce with Spaghetti/Fusilli	Chicken Drumsticks in Honey Glaze
<b>Main meal (vegetarian)</b>	Cheese & Tomato Pizza	Spinach and Ricotta Ravioli	Vegetarian Croque Monsieur	Vegetarian Lentil Burger	Vegetable Omelette
<b>Vegetables/ Side dishes</b>	Cauliflower	Sauteed Greens	Roast potatoes and Beans	New Potatoes and Peas	Chips and Broccoli
<b>Salad</b>	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
<b>Feature filling Baked potatoes</b>	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans
<b>Fresh fruit of the day</b>	Melon	Grapes	Oranges	Bananas	Pears
<b>Dessert for Friday</b>					Jelly
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. Gravy is vegetarian and gluten-free</p> <p>* 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</p> <p><b>DISCLAIMER:</b> Please note that slight changes may be made to this menu depending on the availability of certain food products</p>					