



# HARRODIAN

## PRE-PREP MENU

<b>WEEK ONE</b> : weeks commencing Tuesday 6 <sup>th</sup> January, Monday 26 <sup>th</sup> January, Monday 2 <sup>nd</sup> March and Monday 23 <sup>rd</sup> March					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main meal (non-vegetarian)</b>	Spaghetti Bolognese	Pork Sausages	Chilli con Carne	Turkey Piccata	Salmon Teriyaki
<b>Main meal (vegetarian)</b>	Macaroni Cheese	Vegetarian Sausages	Vegetarian Chilli	Ratatouille	Pasta with tomato sauce
<b>Vegetables/ Side dishes</b>	Grilled tomatoes	Mashed potato and Beans	Rice	Cous-Cous	Green Beans
<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>	Apples	Grapes	Blueberries	Bananas	Clementines
<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				
*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					



# HARRODIAN

## PRE-PREP MENU

<b>WEEK TWO:</b> week commencing Monday 12 <sup>th</sup> January, Monday 2 <sup>nd</sup> February, Monday 9 <sup>th</sup> March					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main meal (non-vegetarian)</b>	Chicken Nuggets	Lasagne	Fish Pie	Honey Glazed Ham	Chicken & New Potatoes
<b>Main meal (vegetarian)</b>	Pasta and Pesto	Vegetarian Lasagne	Pasta	Vegetarian Sausages	Vegetarian Quiche
<b>Vegetables/ Side dishes</b>	Broccoli	Sautéed Greens	Asian style rice (with spring onion and peas) and Broccoli	Roasted Sweet Potatoes	Patatas bravas and green beans
<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>	Pears	Blueberries	Clementines	Sliced bananas	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>					



# HARRODIAN

## PRE-PREP MENU

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 (non-vegetarian)</b>	Cheese & Tomato Pizza	Sweet & Sour Pork with noodles	Fish Fingers Breaded Fillets and New Potatoes	Meatballs in Tomato Sauce with Spaghetti/Fusilli	Chicken Drumsticks in Honey Glaze
<b>Main meal (vegetarian)</b>	Croque Monsieur Or Aubergine Parmigiana	Chow Mein Noodles (vegetables only)	Frittata	Spinach & Ricotta Ravioli with Tomato Sauce	Falafel burger and bun
<b>Vegetables/ Side dishes</b>	Rice & Tenderstem Broccoli	Grilled Corn on the Cob	Carrots & Peas	Roasted Cauliflower	Chips and peas
<b>Breads, sauces and condiments</b>	Poppadums / Mango Chutney	Sweet Chilli Sauce	Tomato Ketchup Tartar sauce	Grated parmesan and ciabatta bread	Mayonnaise
<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	Plums	Blackberries	Pineapple	Peaches/nectarines
<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</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>					