



HARRODIAN

PRE-PREP MENU

WEEK ONE: Monday 16 March					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Spaghetti Bolognese	Pork Sausages	Chilli con Carne	Turkey Piccata	Salmon Teriyaki
Main meal (vegetarian)	Macaroni Cheese	Vegetarian Sausages	Vegetarian Chilli	Ratatouille	Pasta with tomato sauce
Vegetables/ Side dishes	Grilled tomatoes	Mashed potato and Beans	Rice	Cous-Cous	Green Beans
Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Feature filling Baked potatoes	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans
Fresh fruit of the day	Apples	Grapes	Blueberries	Bananas	Clementines
Dessert for Friday					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					
DISCLAIMER: 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 23 March					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Chicken Nuggets	Lasagne	Fish Pie	Honey Glazed Ham	Chicken & New Potatoes
Main meal (vegetarian)	Pasta and Pesto	Vegetarian Lasagne	Pasta	Vegetarian Sausages	Vegetarian Quiche
Vegetables/ Side dishes	Broccoli	Sautéed Greens	Asian style rice (with spring onion and peas) and Broccoli	Roasted Sweet Potatoes	Patatas bravas and green beans
Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Feature filling Baked potatoes	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans
Fresh fruit of the day	Pears	Blueberries	Clementines	Sliced bananas	Mango
Dessert for Friday					Gluten Free Brownies
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				
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PRE-PREP MENU

WEEK THREE: Monday 9 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	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
Main meal (vegetarian)	Croque Monsieur Or Aubergine Parmigiana	Chow Mein Noodles (vegetables only)	Frittata	Spinach & Ricotta Ravioli with Tomato Sauce	Falafel burger and bun
Vegetables/ Side dishes	Rice & Tenderstem Broccoli	Grilled Corn on the Cob	Carrots & Peas	Roasted Cauliflower	Chips and peas
Breads, sauces and condiments	Poppadums / Mango Chutney	Sweet Chilli Sauce	Tomato Ketchup Tartar sauce	Grated parmesan and ciabatta bread	Mayonnaise
Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Feature filling Baked potatoes	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans	Cheese & Beans
Fresh fruit of the day	Melon	Plums	Blackberries	Pineapple	Peaches/nectarines
Dessert for Friday					Gluten Free Brownies
Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day					
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