



HARRODIAN

PRE-PREP MENU

WEEK THREE: week commencing Monday 22 nd September, Monday 13 th October					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Vegetarian Nuggets	Spaghetti Bolognaise	Salmon Teriyaki	Pork Fillet & Chips	Chicken & New Potatoes
Main meal (vegetarian)	Pasta and Pesto	Vegetarian Lasagne	Vegetable stir fry with lentils	Vegetable Pasties	Vegetarian Quiche
Vegetables/ Side dishes	Broccoli	Sautéed Greens	Asian style rice (with spring onion and peas) and Broccoli	Dauphinoise potatoes, spring onion and mint peas	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	Mango	Blueberries	Raspberries	Sliced bananas	Strawberries
Dessert	Treacle Tart & Custard	Sponge Cake with sauce/custard	Apple crumble	Crème caramel	Rice pudding
	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					



HARRODIAN

PRE-PREP MENU

WEEK TWO: week commencing Monday 15 th September, Monday 6 th October					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Cheese & Tomato Pizza	Sweet & Sour Pork with noodles	Fish Fingers Breaded Fillets and New Potatoes	Turkey 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	Victoria sponge cake	Flapjacks	Lemon Tart	Chocolate rice crispie cakes/ rocky road	Marble cake w/h custard
	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					