



# HARRODIAN

**WEEK ONE:** week commencing Tuesday 6<sup>th</sup> and Monday 26<sup>th</sup> January 2026

|   | Monday   | Tuesday                               | Wednesday                        | Thursday                         | Friday  |  |  |  |  |  |
|---|--|---------------------------------------|----------------------------------|----------------------------------|---|--|--|--|--|--|
| <b>Main meal (non-vegetarian)</b>   | Spaghetti Bolognese  | Pork Sausages                         | Chilli con Carne                 | Turkey Piccata                   | Salmon Teriyaki   |  |  |  |  |  |
| <b>Main meal (vegetarian)</b>   | Vegetarian Bolognese   | Vegetarian Sausages                   | Vegetarian Chilli                | Falafels & tzatziki              | Vegetable stir fry with lentils                             |  |  |  |  |  |
| <b>Vegetables/ Side dishes</b>  | Kale   | Mashed potato and beans               | Wholegrain Rice                  | Ratatouille & Couscous           | Asian style rice (with spring onion and pease) and broccoli |  |  |  |  |  |
| <b>Breads, sauces and condiments</b>  | Grated parmesan/ Doughballs  | Gravy                                 | Soured cream / Guacamole         | Harissa Sauce                    | Teriyaki sauce  |  |  |  |  |  |
| <b>Feature Salad</b>  | Lentil, chickpea and green bean salad  | Quinoa Salad with Tomato and Cucumber | Goat's Cheese and beetroot salad | Fig, rocket and prosciutto salad | Roast vegetables and feta salad                             |  |  |  |  |  |
| <b>Soups</b>  | Pea and Mint soup  | Lentil Soup                           | Tomato Soup                      | Carrot and coriander soup        | Soup of the Day   |  |  |  |  |  |
| <b>Feature filling Baked potatoes</b>   | Egg Mayo and grated cheese   | Baked Beans and Grated Cheese         | Chilli /Guac/Grated cheese       | Cottage Cheese/ Grated Cheese    | Egg mayo / Grated cheese                                    |  |  |  |  |  |
| <b>Feature filling Wraps</b>  | Guacaomole and Grated cheese   | Cottage Cheese and Pineapple          | Cream Cheese and Cucumber        | Hummus                           | Cream cheese/ Ham slices                                    |  |  |  |  |  |
| <b>Fresh fruit of the day</b>   | Apples   | Grapes                                | Blueberries                      | Bananas                          | Clementines   |  |  |  |  |  |
| <b>Dessert</b>  | Fruit Salad  | Jelly                                 | Chocolate Mousse                 | Cheesecake                       | Apple Crumble   |  |  |  |  |  |
|   | 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                     |  |                                       |                                  |                                  |   |  |  |  |  |  |
| <b>DISCLAIMER:</b> 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: weeks commencing Monday 12<sup>th</sup> January and Monday 2<sup>nd</sup> February 2026**

|   | Monday   | Tuesday                                 | Wednesday                          | Thursday  | Friday                                 |
|---|--|---|------------------------------------|---|--|
| <b>Main meal (non-vegetarian)</b>   | Spanish chicken in smoked paprika and tomato sauce | Beef lasagne                            | Fish Pie                           | Honey glazed gammon                               | Cornish pasties (beef)                 |
| <b>Main meal (vegetarian)</b>   | Vegetarian Quiche                                  | Vegetarian lasagne                      | Pasta with tomato sauce            | Vegetarian sausages                               | Cornish pasties (vegetarian)           |
| <b>Vegetables/ Side dishes</b>  | Patatas bravas and green beans                     | Sauteed Greens                          | Green beans                        | Roasted sweet potatoes, red peppers and courgette | Broccoli                               |
| <b>Breads, sauces and condiments</b>  | Mango salsa  | Garlic bread and parmesan               | Tomato ketchup                     | Gravy*  | Light onion gravy (optional side)      |
| <b>Feature Salad</b>  | Tabbouleh Salad                                    | Pesto and Pasta Salad                   | Tomato, Mozzarella & Avocado Salad | Goat's cheese and beetroot                        | Halloumi and avocado                   |
| <b>Soups</b>  | Soup of the day                                    | Miso Soup with veg (chicken separately) | Leek and potato soup               | Roasted red pepper and red lentil                 | Sweet potato and butternut squash soup |
| <b>Feature filling Baked potatoes</b>   | Tuna mayo / grated cheese                          | Baked beans/ grated cheese              | Tuna Melt                          | Cottage cheese                                    | Soured cream and chives                |
| <b>Feature filling Wraps</b>  | Crumbled feta and red pepper                       | Cottage cheese and pineapple            | Egg Mayonnaise                     | Coronation chicken                                | Hummus/Tzatziki                        |
| <b>Fresh fruit of the day</b>   | Pears  | Blueberries                             | Clementines                        | Sliced bananas                                    | Mango                                  |
| <b>Dessert</b>  | Rice pudding                                       | Sponge cake with custard                | Mini doughnuts                     | Crème caramel                                     | Lemon tart & 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 and BBQ season is upon us! |  |   |                                    |   |  |



# HARRODIAN

WEEK THREE: week commencing Monday 19<sup>th</sup> January and Monday 9<sup>th</sup> February 2026

|   | Monday   | Tuesday                             | Wednesday                                   | Thursday                                      | Friday                         |  |  |  |  |  |
|---|--|-------------------------------------|---|---|--------------------------------|--|--|--|--|--|
| <b>Main meal (non-vegetarian)</b>   | Chicken Curry  | Sweet and Sour Pork with noodles    | Fish fingers/Baked Cod                      | Beef meatballs in tomato sauce with pasta     | Chicken Drumsticks in glaze    |  |  |  |  |  |
| <b>Main meal (vegetarian)</b>   | Keralan Vegetable Curry or Aubergine Parmigiana  | Chow Mein Noodles (vegetables only) | Frittata                                    | Spinach and Ricotta Ravioli with tomato sauce | Falafel Burger and bun         |  |  |  |  |  |
| <b>Vegetables/ Side dishes</b>  | Rice and Tenderstem broccoli   | Grilled Corn on the Cob             | Roasted mini new potatoes, carrots and peas | Roasted Cauliflower                           | Chips and peas                 |  |  |  |  |  |
| <b>Breads, sauces and condiments</b>  | Poppadums /Mango Chutney   | Sweet Chilli Sauce                  | Tomato ketchup / tartare sauce              | Grated parmesan and ciabatta                  | Sweet Chilli Mayonnaise        |  |  |  |  |  |
| <b>Feature Salad</b>  | Watermelon, Mint and Feta Salad  | Mixed Bean & Rice Salad             | Tabbouleh with cucumber, tomato and mint    | Roasted vegetable and halloumi salad          | Lentil & Pomegranate Salad     |  |  |  |  |  |
| <b>Soups</b>  | Roast Tomato Soup  | Asian Style Noodle Soup             | Pea Soup                                    | Cauliflower soup                              | Soup of the Day                |  |  |  |  |  |
| <b>Feature filling Baked potatoes</b>   | Tuna Mayo/Soured Cream and chives  | Whipped Feta / Grated Cheese        | Cottage Cheese and sweetcorn                | Egg Mayo / Baked Beans                        | Chicken / Sweetcorn mayonnaise |  |  |  |  |  |
| <b>Feature filling Wraps</b>  | Curried egg mayo   | Whipped Feta & Red pepper           | Hummus                                      | Mozzarella Chunks / pesto                     | Tzatziki / Cream cheese        |  |  |  |  |  |
| <b>Fresh fruit of the day</b>   | Melon  | Plums                               | Kiwis                                       | Pineapple                                     | Pears                          |  |  |  |  |  |
| <b>Dessert</b>  | Victoria Sponge Cake   | Flapjacks                           | Yoghurts                                    | Chocolate rice crispie cakes/ rocky road      | Marble cake with 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                     |  |                                     |   |   |                                |  |  |  |  |  |
| <b>DISCLAIMER:</b> 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! |  |                                     |   |   |                                |  |  |  |  |  |

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|--|
| Spanish chicken in smoked paprika and tomato sauce |
| Vegetarian Quiche                                  |
| Patatas bravas and green beans                     |
| Mango salsa  |
| Tabbouleh Salad                                    |
| Soup of the day                                    |
| Tuna mayo / grated cheese                          |
| Crumbled feta and red pepper                       |
| Pears  |
| Rice pudding                                       |