

HARRODIAN

PRE-PREP MENU

WEEK ONE : week commencing Monday 3 rd November, Monday 24 November					
	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	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					
* 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					



PRE-PREP MENU

WEEK TWO: weeks commencing Monday 10 November, Monday 1 st December					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Beef Burgers & Coleslaw	Pork Sausages	Turkey Piccata	Chilli con Carne	Fish Pie
Main meal (vegetarian)	Macaroni Cheese	Vegetarian Sausages	Ratatouille	Vegetarian Chilli	Pasta with tomato sauce
Vegetables/ Side dishes	Grilled tomatoes	Mashed potato and Beans	Cous-Cous	Rice	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	Clementines	Grapes	Bananas	Strawberries	Mango
Dessert	Fruit Salad	Jelly	Cheesecake	Chocolate	Mini doughnuts
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				
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HARRODIAN

PRE-PREP MENU

WEEK THREE: week commencing Monday 17 th November , Monday 8 th December					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Chicken 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				
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