



HARRODIAN

WEEK ONE: weeks commencing Monday 15th April, and Tuesday 7th May (Monday 6th May is a bank holiday)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Macaroni cheese with pancetta	Chicken shawarma wraps with tzatziki and slaw	Pork sausages*	Baked Salmon fillet	Turkey piccata
Main meal (vegetarian)	Macaroni cheese with added cauliflower	Falafel wraps with tzatziki and slaw	Vegetarian sausages	Pasta and tomato sauce	Halloumi, red pepper and courgette kebabs
Vegetables/ Side dishes	Carrots and peas	Grated carrot and red cabbage slaw	Mashed potatoes, baked beans, Yorkshire puddings	Roast sweet potatoes and red peppers / Green beans	Ratatouille and roast potatoes
Breads, sauces and condiments	Dough balls	Tzatziki and Pitta breads	Gravy	Hollandaise sauce	Sweet chilli sauce
Feature Salad	Quinoa salad with chickpeas, cucumber, tomato and parsley	Watermelon, mint and feta	Lentils and sun-dried tomatoes	Rice salad	Soya beans with rocket
Soups	Carrot and coriander	Roast tomato	Sweet potato and butternut squash	Minestrone	Soup of the day
Feature filling Baked potatoes	Grated cheese/baked beans	Egg mayo /cottage cheese	Chicken and sweetcorn mayo	Cottage cheese / grated cheese	Ratatouille /Grated cheese
Feature filling Wraps	Ploughman's: grated cheese, ham slices and pickle/chutney	Pitta breads with Hummus /Tzatziki	Mozzarella chunks / pesto*	Tuna melt – cheese and tuna	Plain chicken strips with bowl of mayo to mix
Fresh fruit of the day	Strawberries	Blueberries	Sliced grapes	Mango	Peaches /Nectarines
Dessert	Apple tart	Ice cream	Fruit salad	Eton Mess – strawberry, meringue and whipped cream	Profiteroles
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 / hummus

DISCLAIMER: 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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HARRODIAN

WEEK TWO: weeks commencing Monday 22nd April and Monday 13th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Spaghetti Bolognese (with turkey mince)	Chinese style spare ribs*	Flattened and grilled chicken breasts (with mango salsa on side)	Beef chilli con carne	Breaded Fish fillets / baked cod and chips
Main meal (vegetarian)	Vegetable Bolognese with added lentils	Vegetable spring rolls	Summer vegetable tart	Vegetarian chilli	Frittata and chips
Vegetables/ Side dishes	Kale / cavolo nero	Chow mein noodles with vegetable stir fry	Patatas bravas and asparagus	Wholegrain rice	Chips and peas
Breads, sauces and condiments	Parmesan cheese, sliced ciabatta	Hoisin/ plum sauce	Mango salsa	Guacamole, soured cream, tortillas	Ketchup/tomato sauce and tartare sauce
Feature Salad	Greek salad	Miso cabbage slaw	Quinoa, feta pomegranate	Caprese salad – tomato, avocado and mozzarella	Mixed bean
Soups	Gazpacho	Vegetable noodle broth (with /without chicken)	Pea and mint	Carrot and orange	Soup of the day
Feature filling Baked potatoes	Bolognese / Grated cheese	Whipped tofu / grated cheddar	Baked beans / grated cheese	Chilli / guacamole and grated cheese	Baked sweet potatoes with cream cheese
Feature filling Wraps	Chicken tikka (cold)	Shredded chicken in hoisin sauce	Crumbled feta and chopped red pepper	Ham slices / cream cheese	Avocado slices/ mozzarella chunks
Fresh fruit of the day	Watermelon/melon	Pineapple slices	Blackberries	Plums	Raspberries
Dessert	Mixed fruit cheesecake	Chocolate mousse	Rice pudding	Ice cream	Banana split
Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day					

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HARRODIAN

WEEK THREE: weeks commencing Monday 29th April and Monday 20th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal (non-vegetarian)	Chicken curry	Beef lasagne	Salmon all'Arrabbiata with gnocchi	Beef stir fry	Chicken goujons
Main meal (vegetarian)	Vegetable curry	Vegetarian Lasagne	Gnocchi with tomato sauce	Vegetable stir fry	Vegetarian quiche
Vegetables/ Side dishes	Wholegrain rice/ roast cauliflower	Aubergine parmigiana	Broccoli	Plain noodles	Sweet potato chips, peas and sweetcorn
Breads, sauces and condiments	Poppadums and mango chutney	Garlic bread and parmesan	Arrabbiata sauce	Hoisin/oyster sauce	Tomato salsa/ketchup
Feature Salad	Halloumi and avocado	Fig, rocket, and crispy prosciutto	Caesar salad	Goat's cheese and beetroot	Lentils and pomegranate
Soups	Vichyssoise cold soup	Spring vegetable	Cream of tomato	Roasted red pepper and red lentil	Soup of the day
Feature filling Baked potatoes	Soured cream and chives	Baked beans /grated cheese	Egg mayo / grated cheese	Cottage cheese	Tuna melt
Feature filling Wraps	Plain chicken strips (bowl of mayo for mixing)	Cottage cheese and pineapple	Cream cheese / ham slices	Coronation chicken	Hummus
Fresh fruit of the day	Mango	Blueberries	Raspberries	Sliced bananas	Chopped clementines
Dessert	Fruit yoghurt pots	Sponge Cake	Apple crumble	Ice cream	Lemon Tart
	Plain yoghurt and honey (to have with fresh fruit) available from yoghurt station as a dessert every day				
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