



# HARRODIAN

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	Macaroni cheese with pancetta	Chicken shawarma wraps with tzatziki and slaw	Pork sausages*	Baked Salmon fillet	Turkey piccata
<b>Main meal (vegetarian)</b>	Macaroni cheese with added cauliflower	Falafel wraps with tzatziki and slaw	Vegetarian sausages	Pasta and tomato sauce	Halloumi, red pepper and courgette kebabs
<b>Vegetables/ Side dishes</b>	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
<b>Breads, sauces and condiments</b>	Dough balls	Tzatziki and Pitta breads	Gravy	Hollandaise sauce	Sweet chilli sauce
<b>Feature Salad</b>	Quinoa salad with chickpeas, cucumber, tomato and parsley	Watermelon, mint and feta	Lentils and sun-dried tomatoes	Rice salad	Soya beans with rocket
<b>Soups</b>	Carrot and coriander	Roast tomato	Sweet potato and butternut squash	Minestrone	Soup of the day
<b>Feature filling Baked potatoes</b>	Grated cheese/baked beans	Egg mayo /cottage cheese	Chicken and sweetcorn mayo	Cottage cheese / grated cheese	Ratatouille /Grated cheese
<b>Feature filling Wraps</b>	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
<b>Fresh fruit of the day</b>	Strawberries	Blueberries	Sliced grapes	Mango	Peaches /Nectarines
<b>Dessert</b>	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!



# HARRODIAN

## WEEK TWO: weeks commencing Monday 22nd April and Monday 13<sup>th</sup> May

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal (non-vegetarian)</b>	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*
<b>Main meal (vegetarian)</b>	Vegetable Bolognese with added lentils	Vegetable spring rolls	Summer vegetable tart	Vegetarian chilli	Frittata and chips
<b>Vegetables/ Side dishes</b>	Kale / cavolo nero	Chow mein noodles with vegetable stir fry	Patatas bravas and asparagus	Wholegrain rice	Chips and peas
<b>Breads, sauces and condiments</b>	Parmesan cheese, sliced ciabatta	Hoisin/ plum sauce	Mango salsa	Guacamole, soured cream, tortillas	Ketchup/tomato sauce and tartare sauce
<b>Feature Salad</b>	Greek salad	Miso cabbage slaw	Quinoa, feta pomegranate	Caprese salad – tomato, avocado and mozzarella	Mixed bean
<b>Soups</b>	Gazpacho	Vegetable noodle broth (with /without chicken)	Pea and mint	Carrot and orange	Soup of the day
<b>Feature filling Baked potatoes</b>	Bolognese / Grated cheese	Whipped tofu / grated cheddar	Baked beans / grated cheese	Chilli / guacamole and grated cheese	Baked sweet potatoes with cream cheese
<b>Feature filling Wraps</b>	Chicken tikka (cold)	Shredded chicken in hoisin sauce	Crumbled feta and chopped red pepper	Ham slices / cream cheese	Avocado slices/ mozzarella chunks
<b>Fresh fruit of the day</b>	Watermelon/melon	Pineapple slices	Blackberries	Plums	Raspberries
<b>Dessert</b>	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					

\*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 and BBQ season is upon us!

\*Thursday 24<sup>th</sup> and Friday 25<sup>th</sup> April: menu will change to baked salmon (as per previous week) on Thursday and burgers on Friday to accommodate school photograph on the field



# HARRODIAN

**WEEK THREE:** weeks commencing Monday 29<sup>th</sup> April and Monday 20<sup>th</sup> May

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