

Melrose & Pre Preparatory Department Michaelmas Term 2018

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cumberland sausage spiral, onion gravy and mashed potato	Chicken teriyaki noodles with prawn crackers	Roast joint of the day with gravy, roast potatoes and seasonal vegetables	Beef and red bean chili, yellow rice and tortilla crisps	Fish & chips with mushy peas and tartare sauce
Green Dish (V)	Cheese, onion and leek loaded potato skins with salad	Mixed vegetable lasagna bake	Sag aloo korma with potato and chick pea, rice and poppadum	Roasted courgette stuffed with a mixed pepper couscous	Vegetable egg fried rice with tofu and prawn crackers
	All main and green dishes will be served with vegetables of the day or salad				
Salad Choices (V)	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert	Homemade flapjack Natural yogurt with a fruit coulis Four types of fresh cut fruit	Chocolate mousse Natural yogurt with a fruit coulis Four types of fresh cut fruit	Raspberry & white chocolate muffins Natural yogurt with a fruit coulis Four types of fresh cut fruit	Carrot cake with orange icing Natural yogurt with a fruit coulis Four types of fresh cut fruit	Lemon cheesecake Natural yogurt with a fruit coulis Four types of fresh cut fruit

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken & leek fricassee topped with a pastry lid and croquette potatoes	Fish & spinach pie topped with cheesy mashed potato	Honey glazed ham with caramelized pineapple and roast potato	Spaghetti Bolognese, garlic bread & green salad	Lamb tikka masala curry, rice & poppadums
Green Dish (V)	Ratatouille pasta shells with garlic bread	Three bean chili with rice and nachos	Brie filo parcel with apple, dill and grape salad	Sweet chili ginger vegetable and beansprout noodles	Crispy baked spinach and cream cheese pancakes
	All main and green dishes will be served with vegetables of the day or salad				
Salad Choices (V)	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert	Apple crumble with custard Natural yogurt with a fruit coulis Four types of fresh cut fruit	Strawberry trifle Natural yogurt with a fruit coulis Four types of fresh cut fruit	Profiteroles with chocolate sauce Natural yogurt with a fruit coulis Four types of fresh cut fruit	Banoffee pie Natural yogurt with a fruit coulis Four types of fresh cut fruit	Chocolate brownie with cream Natural yogurt with a fruit coulis Four types of fresh cut fruit