

Melrose & Pre Preparatory Department Lent Term 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Jacket potato with cheese, beans or tuna	Shepherd's pie with mixed vegetables	Roast loin of pork with glazed apple, roast potatoes and seasonal vegetables	Sweet and sour chicken with rice and prawn crackers	Chicken burger with curly fries and coleslaw
Green Dish (V)	Vegetable paella with garlic bread	Thai style vegetables stir-fry with rice noodles	Penne al'arrabiata with Parmesan cheese	Vegetarian Mexican lasagna With coleslaw	Mediterranean vegetable chilli and rice
	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 shortbread biscuits Natural yogurt with a fruit coulis Four types of fresh cut fruit	Pineapple upside down pudding Natural yogurt with a fruit coulis Four types of fresh cut fruit	Chocolate chip muffins Natural yogurt with a fruit coulis Four types of fresh cut fruit	Jam roly-poly and custard Natural yogurt with a fruit coulis Four types of fresh cut fruit	Strawberry Mousse 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	Beef lasagna with garlic bread	Baked cod with a lemon and herb crust, new potatoes and green beans	Roast chicken thigh with stuffing, seasonal vegetables and paysanne potatoes	Sausage and bacon spaghetti bake with seasonal salad	Curry of the day with rice and naan bread
Green Dish (V)	Roasted vegetable stuffed potato shells with a cheesy topping	Macaroni cheese with a tomato and onion salad	Chinese style vegetable stir-fry with egg fried rice	Tomato, pesto and cheese stuffed pancake	Leek and potato pie with seasonal vegetables
	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 chocolate chip cookie Natural yogurt with a fruit coulis Four types of fresh cut fruit	Apple and blackberry pie with custard Natural yogurt with a fruit coulis Four types of fresh cut fruit	Sticky toffee pudding with toffee sauce Natural yogurt with a fruit coulis Four types of fresh cut fruit	Fruit jelly Natural yogurt with a fruit coulis Four types of fresh cut fruit	Bread and butter pudding Natural yogurt with a fruit coulis Four types of fresh cut fruit