

Melrose & Pre-Preparatory Department

Michaelmas Term 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pancetta and cheese macaroni with a crispy crumb topping and vegetables of the day	Slow cooked beef and root vegetable hotpot with buttered carrots	Roast turkey, stuffing, roast potatoes, carrots and parsnip puree	Chunky chicken schnitzel with mashed potato, peas and gravy	Beef burger in a bun with chunky chips and relish with salad
Green Dish (V)	Rainbow vegetable pad Thai with prawn crackers	Halloumi cheese and vegetable kebabs with a thyme and lemon base in a pitta bread with seasonal salad	Open Spanish omelette with salad	Roasted Root vegetables in a Yorkshire pudding with a vegetable Jus	Vegetable moussaka with the cheesy topping and garlic bread
	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	White chocolate and raspberry tray bake Natural yogurt with a fruit coulis Four types of fresh cut fruit	Banana mousse with fresh banana and a chocolate crunch Natural yogurt with a fruit coulis Four types of fresh cut fruit	Apple strudel with a Chantilly cream Natural yogurt with a fruit coulis Four types of fresh cut fruit	Homemade flapjack Natural yogurt with a fruit coulis Four types of fresh cut fruit	Chocolate brownie 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	Classic meatballs in tomato sauce served with pasta and garlic bread	Fish finger wraps with mayonnaise, peas and potato wedges	Chicken and vegetable stew with a crusty roll	Curry of the day with rice, poppadum and mango chutney	Lunch brunch Pommier sausage, bacon, hash brown, grilled beefsteak tomato and baked beans
Green Dish (V)	Mild Thai red vegetable curry with rice	Broccoli and cauliflower pasta bake with a crispy cheese topping and salad	Spinach and feta quiche with new potatoes and salad	Vegetable fajitas with cheese, sour cream and salad	Vegetable goulash, crusty bread roll and butter
	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	Warm banana cake Natural yogurt with a fruit coulis Four types of fresh cut fruit	Upside-down pear and ginger pudding Natural yogurt with a fruit coulis Four types of fresh cut fruit	Fresh fruit salad and cream Natural yogurt with a fruit coulis Four types of fresh cut fruit	Apple and blackberry crumble with custard Natural yogurt with a fruit coulis Four types of fresh cut fruit	Eton mess Natural yogurt with a fruit coulis Four types of fresh cut fruit