



**Melrose & Pre-Preparatory Department**  
**Michaelmas Term 2020**



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
All main and green dishes will be served with vegetables of the day or salad					
<b>Main Dish</b>	Salmon and vegetable pasta with garlic bread	Jacket potato with tuna mayonnaise or cheese and beans	Breaded chicken breast with fluffy mash, mixed vegetables and gravy	Chinese pork and vegetable stir fry with rice and prawn crackers	Beef burger in a bun with chips and salad
<b>Green Dish (V)</b>	Vegetable cottage pie	Baked vegetable chilli wraps with a cheesy top and salad	Vegetarian sausages with mash potato and vegetables	Broccoli and cauliflower cheese with a herb baked crust	Baked brie parcels with mixed vegetable rice
<b>Salad Dish</b>	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
<b>Dessert Choice + Freshly cut fruit available daily</b>	Summer berry tray bake or Natural yogurt with fruit coulis	Homemade flap jack or Natural yogurt with fruit coulis	Angel delight or Natural yogurt with fruit coulis	Frosted carrot cake or Natural yogurt with fruit coulis	Fruit jelly or Natural yogurt with fruit coulis



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	All main and green dishes will be served with vegetables of the day or salad				
<b>Main Dish</b>	Chicken and vegetable macaroni with seasonal salad	Breaded fish goujons, smashed new potatoes, garden peas and home-made tartar sauce	Roast of the day with roast potatoes, vegetables and gravy	Curry of the day with rice and naan bread	Posh dogs with fries, caramelised onions, salad and coleslaw
<b>Green Dish (V)</b>	Sweet potato, spring onion and mixed pepper frittata with mixed salad	Loaded vegetable spring rolls with new potatoes and salad	Rainbow vegetable egg noodle with prawn crackers	Savoury cheese broccoli and sweet potato pancakes with mixed salad	Mediterranean puff pastry tart with a pesto drizzle and seasonal salad
<b>Salad Dish</b>	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
<b>Dessert Choice + Freshly cut fruit available daily</b>	Lemon sponge and custard or Natural yogurt with fruit coulis	Rice pudding and jam or Natural yogurt with fruit coulis	Mint Aero cheesecake or Natural yogurt with fruit coulis	Chocolate and banana cake or Natural yogurt with fruit coulis	Arctic roll or Natural yogurt with fruit coulis