



Melrose & Pre-Preparatory Department
Lent Term 2021



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	All main and green dishes will be served with vegetables of the day or salad				
Main Dish	Beef Lasagne with Seasonal Vegetables	Cheese and Ham Pizza with Potato Wedges and Salad	Roast of the Day with Roast Potatoes, Seasonal Vegetables and Gravy	Battered Cod Fillet with New Potatoes and Peas	Chicken Burger with Curly Fries and Baked Beans
Green Dish (V)	Roasted Cherry Tomato, Basil and Mozzarella Tart	Falafel Burger with a Mint and Yoghurt Dip served with Potato Wedges and Salad	Roasted Butternut Squash and Pesto Risotto	Thai Green Vegetable Curry with Rice	Vegetarian Sausage Plait with Fries and Baked Beans
Salad Dish	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert Choice + Freshly cut fruit available daily	Victoria Sponge or Natural yogurt with fruit coulis	Bread and Butter Pudding or Natural yogurt with fruit coulis	Banoffee Pie or Natural yogurt with fruit coulis	Chocolate Brownie or Natural yogurt with fruit coulis	Fruit Jelly with Fresh Fruit 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				
Main Dish	Mild Beef Chilli with Rice and Nachos	Pommier Sausages with Mash Potato, Seasonal Vegetables and Gravy	Roast of the Day with Roast Potatoes, Vegetables and Gravy	Homemade Chicken Goujons with Rice and Hidden Vegetable Sauce	Bacon, Chipolata Sausage, Hash Brown, Baked Beans and Grilled Tomato
Green Dish (V)	Cheese and Tomato Omelette with New Potatoes and Salad	Quorn Mince Burrito with Vegetable Rice and Sour Cream	Vegetable Pad-Thai with Prawn Crackers	Indian Vegetable Samosas with Baby Spinach and Chickpea Saag Aloo	Mediterranean Vegetable Wellington with Salad
Salad Dish	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert Choice + Freshly cut fruit available daily	Double Chocolate Chip Muffin or Natural yogurt with fruit coulis	Sticky Toffee Pudding with Toffee Sauce or Natural yogurt with fruit coulis	Pear Crumble and Custard or Natural yogurt with fruit coulis	Rice Crispy Cake or Natural yogurt with fruit coulis	Ice-Cream with Wafer Biscuits or Natural yogurt with fruit coulis