



Melrose & Pre-Preparatory Department
Trinity 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	Spaghetti Bolognese with Parmesan Cheese and Garlic Bread	Salmon Dorne with Meuniere Sauce, Roasted Mediterranean Vegetables and New Potatoes	Pommier Sausage with Mashed Potato, Gravy and Vegetables of the day	Mild Chicken Korma with Rice and Poppadom's	Chicken Burger with Chunky Chips and Salad
Green Dish (V)	Spanish Omelette with Seasonal Salad and Garlic Bread	Jacket Potato with Beans, grated Cheddar Cheese and salad from the salad bar	Mozzarella, Basil and Vegetable Filo Tart with Pesto Dressing and Seasonal Salad	Quorn Sausages with Creamed Potato and Vegetables of the Day	Falafels with Vegetable Fried Rice and Mint Raita
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	Orange Drizzle Cake or Natural yogurt with fruit coulis	Milk Chocolate Cornflake Cake or Natural yogurt with fruit coulis	Oat Cookies or Natural yogurt with fruit coulis	Blondie with Summer Fruit Coulis or Natural yogurt with fruit coulis	Vanilla Ice-Cream with Wafer 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	Penne Pasta Carbonara with Parmesan Cheese and Garlic Bread	Beef Cottage Pie Served with Buttered Carrots	Mild Cajun Chicken Breast with Vegetable Fried Rice and a Chicken Sauce	Honey Roasted Ham with Pineapple, Skin on Wedges, Sweetcorn and Gravy	Battered Cod with Chips, Peas and Tartare Sauce
Green Dish (V)	Mild Vegetarian Mexican Fajitas with Sour Cream and Side Salad	Courgette and Baby Spinach Pasta Bake with a Cheese and Crumb Crust	Rainbow Vegetable Pad Thai Noodles with Prawn Crackers	Tomato and Basil Risotto Served with Salad and Crusty Bread	Mildly Spiced Bean Burger with Tomato Salsa, Wedges and 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	Raspberry and White Chocolate Muffin or Natural yogurt with fruit coulis	Butter Shortbread Biscuit or Natural yogurt with fruit coulis	Sticky Toffee Pudding with Hot Toffee Sauce or Natural yogurt with fruit coulis	Caramelised Apple Puff Pastry Tart with Vanilla Sauce or Natural yogurt with fruit coulis	American style Pancakes with Bananas and a Chocolate Drizzle or Natural yogurt with fruit coulis