



**Melrose & Pre-Preparatory Department
Lent Term 2022**



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	All main and green dishes will be served with vegetables of the day or salad				
Main Dish	Jacket potato with cheese, beans, tuna and salad	Chicken and pesto penne pasta with garlic and herb slice and Parmesan cheese	Roast pork loin with roast potatoes, seasonal vegetables of the day and gravy	Jumbo fish fingers with mash potato, peas and parsley sauce	Breaded chicken burger with fries and salad
Green Dish (V)	Guernsey cheddar cheese and cherry tomato omelette with potato wedges and salad	Roasted root vegetable cottage pie topped with sweet potato and served with peas and gravy	Quorn roast joint with herb roast potatoes, vegetables of the day and Vegetarian gravy	Sweet and sour vegetables with basmati rice and prawn crackers	Filo tart filled with cauliflower cheese served with paprika potato wedges and rocket 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 choc chip muffin or Natural yogurt with fruit coulis	Sticky toffee pudding with toffee sauce or Natural yogurt with fruit coulis	Meringue nest with yoghurt and fresh fruit Coulis or Natural yogurt with fruit coulis	Homemade gingerbread man or Natural yogurt with fruit coulis	Guernsey ice cream with a flake 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	Crispy pancetta and tomato sauce served on spaghetti with garlic bread and Parmesan cheese	Mild Mexican Chicken fajitas with cheese, sour cream and potato wedges	Roast crown of chicken with stuffing, paysanne potatoes, roasted root vegetables and gravy	Mild chicken massaman curry with basmati rice	Pommier sausages with chunky chips and beans
Green Dish (V)	Potato and red onion frittata with wedges and spinach salad	Creamed leek and potato baked pancakes with salad	Vegetarian Pad Thai with prawn crackers	Vegetable wraps stuffed with sautéed vegetables served with wedges and rocket salad	Vegetable burger with tomato salsa, chips 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	Homemade chocolate chip cookie or Natural yogurt with fruit coulis	Vanilla sponge with custard or Natural yogurt with fruit coulis	Homemade blondie or Natural yogurt with fruit coulis	Pineapple upside down pud or Natural yogurt with fruit coulis	Raspberry sorbet with biscuit wafer or Natural yogurt with fruit coulis