



Melrose & Pre-Preparatory Department
Michaelmas 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 beans, cheese, tuna and salad	Tomato and chicken penne pasta with Parmesan cheese and garlic bread	Roast loin of pork and crackling with mini roasted potatoes, vegetables of the day, gravy and apple sauce	Mild chicken curry with pilau rice, naan bread and mango chutney	Pommier sausages with chips and baked beans
Green Dish (V)	Guernsey cheddar cheese and tomato omelette with paprika wedges and rocket salad	Leek and potato pie with a puff pastry lid	Chinese style vegetable and glass noodle spring rolls with salad and sweet chilli sauce	Homemade yorkshire puddings filled with roasted root vegetables and vegetarian gravy	Mild mexican quorn mince chilli con carne with rice and nachos
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	Banana muffin or Natural yogurt with fruit coulis	Banoffee Pie or Natural yogurt with fruit coulis	Iced bun or Natural yogurt with fruit coulis	Pineapple upside down pudding or Natural yogurt with fruit coulis	Lemon shortbread 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	Pasta bolognese with parmesan cheese and garlic bread	Breaded turkey escalope with mash potato, buttered carrots and gravy	Roast chicken crown with stuffing paysanne potatoes, vegetables and chicken gravy	Battered cod fillet with potato wedges, peas and tartar sauce	Crispy chicken bites with French fries and salad
Green Dish (V)	Vegetarian sausages with lightly spiced potato wedges and sweetcorn	Tomato and basil pasta bake with Parmesan cheese and garlic bread	Oriental vegetable pad Thai	Vegetable burrito with cheese, sour cream and salad	Mildly spicy Indian vegetable Samosa with rice and mango chutney
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	Chocolate tray bake or Natural yogurt with fruit coulis	Sticky toffee pudding with hot toffee sauce or Natural yogurt with fruit coulis	Angel cake or Natural yogurt with fruit coulis	Choc chip bar or Natural yogurt with fruit coulis	Jam sponge and custard or Natural yogurt with fruit coulis