



Melrose & Pre-Preparatory Department
Lent Term 2023



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, Parmesan cheese salad and garlic bread	Cumberland sausage, mash potato with gravy and vegetables of the day	Roast turkey breast, pigs in blanket, roast potatoes, gravy and seasonal vegetables	Stir fried chicken and vegetables with rice and prawn crackers	Ham and cheese pizza with chips and salad
Green Dish (V)	Spanish omelette with potato wedges and salad	Baked potato shell stuffed with cheese and tomato served with salad	Mild Thai green vegetable curry with rice	Roasted Mediterranean vegetables with a puff pastry lid and a pesto dressing	Pea and pesto penne pasta with Parmesan cheese and cherry tomato 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	Iced ginger cake or Natural yogurt with fruit coulis	Rice crispy cake or Natural yogurt with fruit coulis	Apple crumble and custard or Natural yogurt with fruit coulis	Oat chocolate chip cookies or Natural yogurt with fruit coulis	American style pancakes 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 Basmati rice and nachos	Chicken schnitzel with creamed potato, seasonal veg and gravy	Roast loin of pork with Yorkshire pudding, crackling, roast potatoes vegetables and gravy	Tomato and pancetta pasta shells with garlic bread Parmesan cheese and salad	Chicken breast burger with French fries and salad
Green Dish (V)	Tomato and basil pasta bake with a cheese crust, garlic bread and salad	Sweet-and-sour vegetables with Basmati rice	Mrs Noi's Thai style spring rolls with sweet chilli sauce	Roasted cauliflower cheese tart with potato wedges	Leek and potato pancake 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	Flapjack or Natural yogurt with fruit coulis	Double choc chip muffin or Natural yogurt with fruit coulis	Vanilla sponge and custard or Natural yogurt with fruit coulis	Oreo cheese cake or Natural yogurt with fruit coulis	Vanilla ice cream biscuit wafer or Natural yogurt with fruit coulis