



Melrose & Pre-Preparatory Department
Trinity 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	Jacket potato with tuna mayonnaise, baked beans, grated cheese, and mixed salad	Mild chicken curry with rice, naan bread and mango chutney	Honey roast ham, mini roasties, buttered carrots and gravy	Shredded pork loin and stir fried vegetables with egg noodles and prawn crackers	Chicken breast bites, slaw and french fries
Green Dish (V)	Roasted red pepper and mozzarella frittata served with sauté potatoes and rocket salad	Macaroni cheese, mixed salad and garlic bread	Mild vegetable burrito topped with cheese, served with salad and sour cream	Roasted butternut squash and feta cheese tart served with tomato salad	Spinach, chickpea and potato curry with rice and poppadom
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	Strawberry and white chocolate tray bake or Natural yogurt with fruit coulis	Homemade shortbread biscuit or Natural yogurt with fruit coulis	Strawberry jelly or Natural yogurt with fruit coulis	Warm apple puff with custard or Natural yogurt with fruit coulis	Waffles with chocolate sauce and chantilly cream 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	Chicken and tomato pasta twists with garlic bread and parmesan cheese	Beef lasagne with garlic and herb slice and mixed salad	Roast chicken breast, stuffing, paysanne potatoes, seasonal vegetables and chicken gravy	Homemade fish goujons with mashed potato, peas and tartar sauce	Crispy chicken tortilla wrap with curly fries and salad
Green Dish (V)	Cheddar cheese and tomato omelette with new potatoes and mixed salad	Loaded veggie nachos with cheese and sour cream	Mrs Noi's vegetarian pad thai noodles	Quorn roast joint with creamed potatoes, vegetables and veggie gravy	Ratatouille lattice puff
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	Eaton mess or Natural yogurt with fruit coulis	Homemade chocolate brownie or Natural yogurt with fruit coulis	Victoria sponge pudding or Natural yogurt with fruit coulis	Corn flake cake or Natural yogurt with fruit coulis	Strawberry ice cream with a flake or Natural yogurt with fruit coulis