



Melrose & Pre-Preparatory Department
Michaelmas 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	Pasta bolognese with parmesan cheese and garlic bread	Pommier sausages with mash potato, buttered carrots and gravy	Roast breast of chicken, stuffing, paysanne potatoes, seasonal vegetables and chicken jus	Pepperoni pizza with potato wedges and salad	Battered cod fillet with chips, peas and tartar sauce
Green Dish (V)	Roasted Mediterranean vegetables on garlic croutons with sauté potatoes	Tomato pasta bake with a crispy cheese topping served with seasonal salad and garlic bread	Mrs Noi's Thai vegetable and glass noodle spring rolls with sweet chilli sauce	Homemade vegetable burger with tomato relish and wedges	Roasted cherry tomato basil and mozzarella tart with salad and fries
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	Fresh bananas with vanilla custard or Natural yogurt with fruit coulis	Homemade flapjack or Natural yogurt with fruit coulis	Rice pudding with fruit or Natural yogurt with fruit coulis	Ice cream and fruit coulis or Natural yogurt with fruit coulis	Homemade choc-chip cookie 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 with rice, nachos and sour cream	Breaded turkey escalope, mash potato, buttered carrots and gravy	Roast loin of pork with crackling roast potatoes, vegetables and gravy	Spaghetti and meatballs in a tomato sauce with garlic bread and Parmesan cheese	Chicken burger with fries and crunchy slaw
Green Dish (V)	Creamy potato and leek bake with green beans	Thai style stir fried vegetables with egg fried rice	Mild Mexican Quorn mince burrito topped with cheese and sour cream	Homemade Yorkshire puddings topped with roasted root vegetables and veggie gravy	Cheddar cheese pasta bake with a crusty bread topping and green 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	Frozen yogurt or Natural yogurt with fruit coulis	Raspberry or Mandarin jelly or Natural yogurt with fruit coulis	Summer fruit crumble and cream or Natural yogurt with fruit coulis	Fruit and custard or Natural yogurt with fruit coulis	American pancakes with chocolate sauce or Natural yogurt with fruit coulis