



Melrose & Pre-Preparatory Department
Lent Term 2024



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, potato wedges, sweetcorn and gravy	Homemade fish goujons with mashed potato, peas and tartar sauce	Lunch brunch, chipolata sausage, bacon, hashbrown and baked beans
Green Dish (V)	Roasted red pepper and mozzarella frittata served with paprika wedges and salad	Creamy baked gnocchi with spinach and roasted squash served with garlic bread	Mrs Noi's vegetable pad thai	Vegetable chilli nachos topped with cheese and sour cream	Pea and pesto risotto with 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	Banana muffins or Natural yogurt with fruit coulis	Chocolate Angel Delight or Natural yogurt with fruit coulis	Seasonal fruit compote and custard or Natural yogurt with fruit coulis	Frozen fruit yogurt 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	Pasta Napoletana with pancetta, Parmesan cheese and garlic bread	Breaded chicken escalope with creamed potatoes, buttered carrots and a chicken jus	Roast joint of the day, stuffing, roast potatoes, seasonal vegetables and gravy	Beef lasagna with peas	Crispy chicken tortilla wrap with curly fries and salad
Green Dish (V)	Cheddar cheese and tomato omelette with new potatoes and mixed salad	Oriental vegetable noodles topped with a fried egg	Vegetarian shepherds pie with sweet potato mash	Sweet corn fritters with mint raita	Ratatouille topped puff pastry slice with a basil and tomato sauce
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	Fruity tray bake or Natural yogurt with fruit coulis	Fruit jelly or Natural yogurt with fruit coulis	Apple crumble and custard or Natural yogurt with fruit coulis	Homemade carrot cake or Natural yogurt with fruit coulis	Vanilla ice cream and wafer or Natural yogurt with fruit coulis