



Melrose & Pre-Preparatory Department
Trinity 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	Spaghetti bolognese, parmesan cheese and garlic bread	Chicken and oriental vegetable stir fry with steamed rice and prawn crackers	Roast joint of the day seasonal vegetables potatoes and gravy	Toad in the hole with mashed potato, peas and onion gravy	Margarita pizza with chips and salad
Green Dish (V)	Cheddar cheese and tomato omlette, Lyonnaise potatoes and salad	Broccoli pasta with a cheesy cream sauce and salad	Thai style vegetable and glass noodle spring rolls with sweet chilli sauce and salad	Mexican veggie fajitas with cheese and sour cream	Stuffed pepper with Mediterranean vegetables and rice
Salad Dish	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter
	Greek yoghurt with a fresh fruit coulis	Bananas and custard	Greek yoghurt with a fresh fruit coulis	Summer fruit trifle	Greek yoghurt with a fresh 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	Tri-colour fusilli pasta with a tomato and flaked salmon sauce and a garlic and herb slice	Homemade chicken goujons with a hidden vegetable sauce with steamed rice	Roast turkey crown, stuffing, paysanne potatoes, vegetables and gravy	Shredded pork loin with egg noodles and Chinese vegetables with a soy sauce	Chicken fillet burger with salad and fries
Green Dish (V)	Spinach and mozzarella tortilla tart with sauté potatoes and salad	Tomato and basil pasta bake with salad	Mild Thai red vegetable curry with jasmine rice	Baked potato shell with a Guernsey cheddar and spring onion stuffing, served with a crunchy slaw	Mild Mexican veggie bean burrito with salsa and salad
Salad Dish	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter	Freshly cut mixed fruit platter
	Summer fruit compote with a crunchy granola topping	Greek yoghurt with a fresh fruit coulis	Pineapple upside down pudding	Greek yoghurt with a fresh fruit coulis	Apple tart and cream