

Melrose & Pre Preparatory Department
Trinity Term 2017

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Creamy sausage and potato bake with vegetables	Beef lasagne served with mixed salad	Quiche Lorraine with new potatoes and vegetables	Sweet and sour pork served with noodles	Mild chicken curry with rice and naan bread
Green Dish (V)	Rich tomato sauce served with fusilli pasta and garlic bread	Sweet potato toasts with chickpeas	Pizza baked potatoes	Vegetable ragu on garlic ciabatta topped with Parmesan cheese	Tuna and sweetcorn slice with mixed salad
Salad Choices (V)	<p>A salad bar is available every day with ham, cheese, tuna or chicken on different days and to include:</p> <ul style="list-style-type: none"> Mixed leaf salad Grated carrots Cherry tomatoes Cucumber batons Pasta Potatoes 				
Dessert	<p>Raspberry Oat Slice</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Summer fruit smoothie with a shortbread finger</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Banoffee Pie</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Lemon Posset</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Carrot Cake</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Macaroni and bacon cheese served with vegetables	Beef stroganoff served with rice	Chicken with roast potatoes and carrots	Jumbo fish fingers with potato fries and peas	Bolognese served with pasta quills
Green Dish (V)	Medley of Vegetables with rice	Vegetarian moussaka	Creamy leek & mushroom spaghetti	Veggie chilli with tortilla crisps & shredded iceberg lettuce	Jacket potato with cheese and baked beans
Salad Choices (V)	<p>A salad bar is available every day with ham, cheese, tuna or chicken on different days and to include:</p> <ul style="list-style-type: none"> Mixed leaf salad Grated carrots Cherry tomatoes Cucumber batons Pasta Potatoes 				
Dessert	<p>Chocolate Chip muffins</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Fresh fruit salsa salad with natural yogurt</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Tangy lemon drizzle cake</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Fruit jellies</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>	<p>Orange traybake</p> <p>Natural yogurt With a fruit coulis</p> <p>Four types of fresh cut fruit</p>