



Melrose & Pre-Preparatory Department
Lent Term 2025



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 with garlic bread and parmesan cheese	Mild chicken tikka masala with basmati rice, naan bread and mango chutney	Roast loin of pork, roast potatoes, seasonal vegetables and gravy	Toad in the hole with creamed potato, peas and gravy	Chicken burger with curly fries and salad
Green Dish (V)	Cheese and tomato omelette with sauté potatoes and salad	Tomato and basil pasta bake with cheese, garlic and herb slice	Curried hassle back butternut squash with garlic rice	Mexican bean burrito with cheese and sour cream	Veggie cottage pie
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
	Bananas and custard	Homemade fruity Greek yoghurt	Apple pie with Chantilly cream	Greek yoghurt and homemade fruit coulis	American pancakes with homemade blueberry sauce



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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 vegetable pie with mashed potato and chicken gravy	Homemade turkey meatballs with penne pasta, parmesan, cheese and garlic bread	Roast chicken, stuffing, roast potatoes, seasonal vegetables and gravy	Homemade fish goujons with a tomato sauce and steamed rice	Margarita pizza with fries and salad
Green Dish (V)	Spinach and cheese galette with new potatoes and green salad	Roasted cauliflower and broccoli tortilla tarts with salad from the bar	Thai style spring rolls with sweet chilli sauce	Yorkshire puddings with roasted root vegetables and veggie gravy	Pea and pesto pasta with mozzarella and garlic bread
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
	Homemade fruity flapjack	Homemade fruit yoghurt	Pear sponge and custard	Greek yoghurt homemade fruit coulis	Homemade fruity glazed tray bake