



Melrose & Pre-Preparatory Department
Trinity Term 2025



The Ladies' College
Guernsey

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, cheese, beans and salad	Mild Mexican chicken nachos with cheese, sour cream and salad	Roast turkey crown, pigs in blanket, roast potatoes, seasonal vegetables and gravy	Beef lasagne with garlic and herb slice and salad from the bar	Crispy battered chicken bites with chips and salad
Green Dish (V)	Chinese vegetable noodles topped with a fried egg	Napolentana pasta bake with rocket and Parmesan salad	Thai red vegetable curry with jasmine rice	Loaded jacket potato wedges with cheese, sour cream and salsa	Nachos topped with veggie Quorn chilli
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 salad with cream	Homemade fruit coulis with Greek yogurt	Fruit sponge and custard	Homemade summer fruit yogurt with crunchy granola topping	Vanilla ice cream with a wafer



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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	Fusilli pasta topped with a crispy bacon and tomato sauce, Parmesan cheese and garlic bread	Breaded chicken escalope with creamed potato, vegetables and gravy	Honey glazed ham, mini roasties, sweetcorn and gravy	Mild beef chilli, steamed rice and nachos topped with sour cream	Crispy chicken wraps with salad and fries
Green Dish (V)	Roasted red pepper and cheddar cheese omelette with sauté potatoes and salad	Mozzarella, tomato, pesto puff pastry tart with rocket salad	Veggie pad Thai noodles with prawn crackers	Macaroni cheese	Veggie burger with tomato salsa, salad and chips
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 banana loaf	Fruit coulis and Greek yogurt	Apple crumble and custard	Homemade fruit yogurt with granola topping	Homemade rice crispy cakes