



Melrose & Pre-School Department
Lent Term 2026



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	Mild chilli con carne with steamed rice, sour cream and tortilla chips	Stir fried chicken, Chinese vegetables with egg noodles and prawn crackers	Roast turkey crown with pigs in blanket, roast potatoes, vegetables and gravy	Homemade lasagna with garlic and herb slice	Crispy battered chicken bites with fries and salad
Green Dish (V)	Tomato, mozzarella and basil pasta bake with garlic bread	Loaded potato wedges cheese, salsa and sour cream	Vegetarian pad Thai noodles with prawn crackers	Mexican 5 bean burritos with salad	Veggie sausages with mash, peas and gravy
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 oat choc chip cookies	Fruit coulis with Greek yogurt and granola	Strawberry mousse with chocolate flakes	Pear tray bake with custard	Vanilla ice cream with a flake



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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	Spaghetti carbonara with parmesan cheese and garlic bread	Pulled chicken nachos with tomato salsa, sour cream and cheese	Honey glazed ham with grilled pineapple, mini roast potatoes, sweetcorn and gravy	Homemade breaded fish goujons with creamed potatoes, peas and tartar sauce	Crispy chicken wrap with salad and curly fries
Green Dish (V)	Red Leicester and spring onion frittata with potato wedges and salad	Broccoli and cream cheese spaghetti cake with garlic and herb slice	Mild Thai Massaman curry with sweet potato and jasmine rice	Ratatouille pastry slice with herby potatoes and salad	Cheese and tomato galette with salad and fries
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
	Fruity iced tray bake	Fruit coulis, Greek yogurt topped with granola	Rice Krispy cake	Apple crumble and custard	Strawberry sponge roll with ripple ice cream