



HARROW SCHOOL

SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pain au Chocolat Boiled Egg Baked Beans Pan-Fried Mushrooms Grilled Tomatoes Porridge	Grilled Bacon Fried Egg Baked Beans Pan-Fried Mushrooms Grilled Tomatoes Porridge	Mini Waffles Scrambled Egg Baked Beans Pan-Fried mushrooms Grilled Tomatoes Porridge	Grilled Sausages Poached Egg Baked Beans Pan-Fried Mushrooms Grilled Tomatoes Porridge	Croissants Kippers Boiled Egg Baked Beans Pan-Fried Mushrooms Grilled Tomatoes Porridge	Grilled Bacon Fried Egg Baked beans Grilled Mushrooms Tomatoes Porridge	Sweet waffles with Blueberries and Maple Syrup Boiled Egg Porridge
	White and brown toast with spreads Cereal Natural yoghurt, fresh and dried fruit						
LUNCH	Potato and sweetcorn chowder	Tomato and oregano soup with croutons	Highland vegetable soup	Sweet potato and rosemary soup	Minestrone soup	Carrot and coriander soup	Brown onion soup with glazed cheese crouton
	Chicken Kiev	Chicken tikka masala curry with naan bread and mango chutney	Seared bacon steak with braised leeks and mushrooms	Lemon-zested turkey escalopes with a tomato and basil sauce	Cod with pan-fried sweet peppers, plum tomatoes and chorizo	Lamb Hotpot	Roast chicken with sage and onion stuffing
	Chilli con carne and rice with cheese, tortilla chips and sour cream	Baked leg of lamb steak with roasted provencale vegetables	Rarebit-glazed fish of the day with baby spinach	Slow-roasted lamb shoulder with tzatziki and pita bread	Stir-fried teriyaki beef with vegetable stir-fried noodles	Chicken and mushroom stroganoff	Roast beef with Yorkshire pudding
	Aubergine-wrapped halloumi on warm tomato relish	Vegetable mousaka	Vegetarian sausage cassoulet	Asparagus, sunblush tomato and mozzarella risotto	Glazed goats cheese and red onion slice	Courgette, aubergine and red onion quiche	Polenta-coated mushroom with poached egg and spinach
	New potatoes with parsley butter	Basmati rice	Mashed potato	Braised rice	Jacket wedges	Fragrant rice	Roast potatoes
	Fresh carrots	Creamed spinach with nutmeg	Green beans	Sauteed courgettes	Garden peas	Broccoli florets	Honey-glazed carrots
	Ratatouille	Roasted sweet potato	Roasted tomatoes	Cauliflower cheese	Spiced aubergine	Roasted beetroot	Cabbage
	Salad bar; home-roasted turkey, beef, gammon, chicken; smoked mackerel, sardines, tuna; jacket potatoes and cheese.						
	Chocolate sponge and chocolate sauce	Banana split	Winter fruit crumble with custard	Homemade apple pie with ice cream	Black forest gateaux with cream	Muller Crunch Corners	Bread and butter pudding with cream
	Fresh and prepared fruit						
SUPPER	Potato and sweetcorn chowder	Tomato and oregano soup with croutons	Highland vegetable soup	Sweet potato and rosemary soup	Minestrone soup	Carrot and coriander soup	Brown onion soup with glazed cheese crouton
	Farfalle with asparagus, smoked bacon and cheese sauce	BBQ pork steak with Caribbean rice	Chilli beef burrito glazed with mozzarella	Piri-Piri chicken breast with herb- diced potatoes and sweetcorn	Croque monsieur and homemade chips	Chicken nuggets and chips	Fish fingers with wedges, peas and tartare sauce
	Spinach and ricotta tortelloni with a tomato and basil sauce	Vegetarian chilli con carne with jacket wedges, sour cream and salsa	Cheddar cheese, potato and onion pattie with salsa	Vegetarian southern-fried burger with herb- diced potatoes and sweetcorn	Croque madame	Vegetable bean burger with chips	Vegetarian spring roll with egg fried rice and stir-fry pak choi
	Green beans and baked beans	Baked mini corn-on- the-cob and baked beans	Petit pois and baked beans	Sweetcorn and baked beans	Grilled mediterranean vegetables and baked beans	Baked beans	Peas, stir-fry pak choi and baked beans
Salad bar; home-roasted turkey, beef, gammon, chicken; smoked mackerel, sardines, tuna; jacket potatoes and cheese. Fresh fruit and yoghurt							