



*Holland Park Pre-Prep  
& Nursery*

## ***Sample Week One Menu***

### ***Monday***

#### ***Lunch***

Spaghetti bolognese with salad  
Fresh fruit

#### ***Supper***

Chicken & vegetable stir-fry with noodles  
Fresh fruit

### ***Tuesday***

#### ***Lunch***

Turkey casserole with couscous and salad  
Greek yoghurt with fresh fruit

#### ***Supper***

Penne with fresh tomato & vegetable sauce  
and salad  
Fresh fruit

### ***Wednesday***

#### ***Lunch***

Lemon and herb roasted chicken, with roast  
potatoes, broccoli and gravy  
Fresh fruit

#### ***Supper***

Homemade lasagne with salad  
Fresh fruit

### ***Thursday***

#### ***Lunch***

Kedgeree with seasonal vegetables  
Greek yoghurt with homemade fruit  
compote

#### ***Supper***

Cheese & tomato quiche with homemade  
coleslaw  
Fresh fruit

### ***Friday***

#### ***Lunch***

Lamb casserole with green beans  
Fresh fruit

#### ***Supper***

Miss Vivian's secret vegetable soup with  
homemade crusty bread  
Greek yoghurt with fresh fruit