



*Holland Park Pre-Prep
& Nursery*

Sample Week Two Menu

Monday

Lunch

Pasta with tuna & secret vegetable sauce
and salad
Greek yoghurt with fresh fruit

Supper

Lamb stew with couscous
Fresh fruit

Tuesday

Lunch

Baked fish in homemade tomato sauce with
runner beans and roast potatoes
Fresh fruit

Supper

Cheese omelette with homemade bread and
salad
Fresh fruit

Wednesday

Lunch

Roast chicken, with courgettes and rice
Fresh fruit

Supper

Tagliatelle with tomato & vegetable sauce
Greek yoghurt with fresh fruit

Thursday

Lunch

Lamb & potato casserole with cabbage
Fresh fruit

Supper

Miss Vivian's secret vegetable soup with
homemade wholemeal bread
Fresh fruit

Friday

Lunch

Turkey in secret vegetable sauce with
couscous and runner beans
Fresh fruit

Supper

Kedgeree with salad
Greek yoghurt with homemade fruit
compote