



*Holland Park Pre-Prep
& Nursery*

Sample Week Three Menu

Monday

Lunch

Baked salmon with a white dill sauce, roast
potatoes and cabbage
Fresh fruit

Supper

Homemade vegetable pizza with salad
Greek yoghurt with homemade fruit
compote

Tuesday

Lunch

Moroccan-style lamb with couscous and
broccoli
Greek yoghurt with fresh fruit

Supper

Kedgerie with seasonal vegetables
Fresh fruit

Wednesday

Lunch

Macaroni cheese with broccoli and carrots
Fresh fruit

Supper

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

Thursday

Lunch

Chicken curry with rice and peas
Greek yoghurt with fresh fruit

Supper

Homemade lasagne with salad sticks
Fresh fruit

Friday

Lunch

Pasta with tomato & vegetable sauce and
salad
Fresh fruit

Supper

Chicken & vegetable stir-fry with noodles
Greek yoghurt with homemade fruit
compote