



*Holland Park Pre-Prep
& Nursery*

Sample Week Four Menu

Monday

Lunch

Fish in spinach & tomato sauce with
vegetable rice
Fresh fruit

Supper

Vegetable & potato casserole
Fresh fruit

Tuesday

Lunch

Lancashire Hotpot
Greek yoghurt with fresh fruit

Supper

Homemade vegetable pizza with salad
Fresh fruit

Wednesday

Lunch

Pasta Neapolitan with cheese and salad
Fresh fruit

Supper

Turkey fricassee with rice and broccoli
Greek yoghurt with fresh fruit

Thursday

Lunch

Macaroni cheese with broccoli
Fresh fruit

Supper

Cheese & red pepper quiche with corn-on-
the-cob and fruity coleslaw
Fresh fruit

Friday

Lunch

Roast chicken with roast potatoes, runner
beans and gravy
Greek yoghurt with homemade fruit
compote

Supper

Cheese omelette with homemade bread and
salad
Fresh fruit