

BREAKFAST


Week	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Cheerios , Weetabix , Rice Crispies, Bran flakes Porridge Pot				
Hot Counter	Bacon Scrambled Egg Baked Beans	Hash Browns Fried Eggs Baked Beans	Pork Sausage Poached Egg Baked Beans	Hash Browns Fried Eggs Baked Beans	Pork Sausage Scrambled Egg Baked Beans
Pastries Item	Croissant	Pain au Chocolate	Croissant	Pain au Chocolate	Croissant
Smoothie	Mixed Berries	Strawberry and Banana	Mixed Berries	Strawberry and Banana	Mixed Berries
Toasted Items (all served with a selection of jams & spreads)	50/50 Toast	Toasted Crumpets	Toasted English Muffin	Bagel	Toasted Items

FOUNDED IN 1997


HOLROYD HOWE

FEEDING INDEPENDENT MINDS


LUNCH

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup 	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
Classic	Beef Meatballs in Tomato Sauce	Thai green chicken curry	Roast Turkey Breast	Cottage pie	<u>Pizza day</u> Pepperoni Pizza Or Cheese and Tomato
Nourish	Mushroom carbonara	Crispy sweet chilli tofu	Roasted stuffed peppers	Cheese and tomato quiche	
On the side	Pasta Linguini Garlic Bread Sweetcorn Roasted Courgette	Steamed rice Roasted butternut Green beans	Roasted potatoes Roasted carrots Steamed cabbage	New potatoes Broccoli Steamed Corn	Seasoned Wedges Baked Beans Peas
Jacket & pasta	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Rich chunky Tomato sauce Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Ratatouille Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Low Sugar shortbread	Yoghurt, jelly & fruit	Meringue with cream and berries	Yoghurt, jelly & fruit	Ice Cream tub

LUNCH

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
Classic	Pork sausage	Crispy sticky chicken	Orange glazed gammon	Chicken fajitas	Batter fish
Nourish	Stuffed mushrooms	Vegetable in black bean	Lentil and vegetable cottage pie	Baked halloumi	Pea & feta cake
On the side	Mashed potato Carrots Peas Gravy	Noodles Sweetcorn Stir fried veg	Roast potatoes Parsnips Steamed cabbage	Rice Tortilla chips Green beans Sour cream, salsa, guacamole	Skinny fries Peas Baked Beans
Jacket & pasta	50 /50 pasta Red pepper & tomato sauce Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Cheese sauce	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 pasta Tomato & basil sauce Grated cheese
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Boast it Chocolate Brownie	Yoghurt, jelly & fruit	Banoffee pie	Yoghurt, jelly & fruit	Iced Sponge

LUNCH

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
Classic	Beef lasagne	Chicken korma	Garlic & thyme roast chicken	Pulled pork boa bun	Hot Dog Day
Nourish	3 Cheese Cannelloni	Curried cauliflower bake	Vegetable moussaka	Sweet and sour tofu	
On the side	Garlic bread Diced herby potatoes Sweetcorn	Steamed rice Peas Roasted squash Poppadom and dips	Roasted potatoes Green beans Roasted carrots	Steamed noodles Sticky roasted veg Peas	Chips Beans Broccoli
Jacket & pasta	Jacket potato Baked beans Grated cheese Tuna mayo	50 /50 Pasta Tomato Sauce Grated Cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 pasta Pesto Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	White Chocolate & Raspberry Cookie	Yoghurt, jelly & fruit	Strawberry cheesecake	Yoghurt, jelly & fruit	Oaty Flapjack

TEA REX	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 1	Tomato & Chicken Pasta Bake Garlic Bread Sweetcorn	Fish cake Peas Mixed Leaf salad	Beef Chilli Con Carne Rice Sweetcorn	Mini Chicken Burgers Or Crispy Veggie Burger Baked Wedges Green Beans	Mixed Sandwich Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter

	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 2	Chicken Quesadilla Wedges Mixed beans	Chicken Katsu Curry Or Breaded Butternut Steamed Rice Corn	Creamy Sausage Pasta Mixed Vegetables Garlic Bread	Fish Finger Fries Peas	Mixed Sandwich Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter

	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 3	Pork Sausage Rolls Or Vegan Sausage roll Beans Mash Potato	Chicken Tikka Rice Cauliflower	Sweet and Sour Chicken Steamed Noodles Sweetcorn	Cheese & Tomato Pizza Diced Potato's Chopped Salad	Mixed Sandwich Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter