

Week One - Lunch Menu - W/B 22nd NOV

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	MEAT FREE  Jacket Potatoes served with Mild Quorn and Bean Chilli Non Carne or Baked Beans & Cheese	Roast Pork Loin and Gravy	Mild Chicken Korma Curry	Cheese Topped Beef Lasagne 	Crispy Breaded Haddock with Tartar Sauce
Lunch Option 2		MEAT FREE Bubble and Squeak Topped with a Fried Egg	MEAT FREE  Sweet Potato and Chick Pea Curry	MEAT FREE Quorn & Bean Hot Pot	MEAT FREE Mozzarella Melts with Tomato and Basil Sauce
Sides	Roasted Peppers Cabbage Steamed Rice	Roast Potatoes Roasted Carrots Grilled Courgettes	Lime and Coconut Rice Steamed Broccoli Roasted Squash	Garlic Bread Steamed Sugar Snap Peas Italian Chopped Salad	Chunky Oven Chips Garden Peas Grilled Tomato
Alternative	Pasta served with Carbonara Sauce	MEAT FREE Pasta served with Cherry Tomatoes & Pesto	Oven Baked Jacket Potato Served with Tuna Mayo	MEAT FREE Oven Baked Jacket Potato Served with Baked Beans	MEAT FREE Vegan Sausage Rolls
	Daily Selection of Wholemeal Bread, Simple Salad option and Cheese Daily Selection of Fresh Fruit Pots, Fresh Fruit and Natural Yoghurts				
Dessert	Natural Yoghurt Pots or Fresh Fruit Pots	Chocolate and Beetroot Brownie	Natural Yoghurt Pots or Fresh Fruit Pots	Sticky Toffee Pudding with Sticky Toffee Sauce	Natural Yoghurt Pots or Fresh Fruit Pots
Afternoon Snack	Oat and Cinnamon Cookies	Crudites & Homemade Hummus	Margherita Pizza	Fresh Watermelon Slice	Citrus Drizzle Cake

Week Two - Lunch menu - W/B 29th Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Oven Baked Herby Pork Sausages with Gravy	MEAT FREE  Tomato, Basil & Lentil Pasta	Beef & Sweet Potato Rogan Josh	Roast Thyme & Garlic Chicken Thighs with Gravy	MEAT FREE Margherita Pizza
Lunch Option 2	MEAT FREE Roasted Quorn Sausage with Braised Onions & Gravy	MEAT FREE Sweetcorn & Chive Fritters	MEAT FREE  Broccoli, Mushroom & Lentil Wellington	MEAT FREE  Sweet Potato, Tomato and Pearl Barley Bake	Salmon & Dill Cakes
Sides	Creamy Mash Potato Baked Beans Sautéed Winter Greens	Garlic Bread Steamed Broccoli Garden House Salad Sautéed Potatoes	Pilau Rice Carrots Green Beans Crushed Parsley Potatoes	Roast New Potatoes Peas Cauliflower	French Fries Sweetcorn Coleslaw
Alternative	MEAT FREE Gnocchi with Roasted Vegetables	Oven Baked Jacket Potato with Chicken & Mushroom Sauce	MEAT FREE Oven Baked Jacket Potato with Baked Beans	MEAT FREE Pasta with Roast Sun Dried Tomatoes & Pesto	MEAT FREE Mushroom & Squash Risotto
	Daily Selection of Wholemeal Bread, Simple Salad option and Cheese Daily Selection of Fresh Fruit Pots, Fresh Fruit and Natural Yoghurts				
Dessert	Natural Yoghurt Pots or Fresh Fruit Pots	Apple & Cinnamon Crumble with Custard	Natural Yoghurt Pots or Fresh Fruit Pots	Lemon Drizzle Cake	Natural Yoghurt Pots or Fresh Fruit Pots
Afternoon Snack	Cheese & Biscuits	Fresh Pineapple Slice	Coconut Flapjack	Homemade Rosemary Focaccia	Chocolate Brownie

Week Three – Lunch Menu – W/B 6th Dec

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Sticky BBQ Chicken Thigh	Christmas Lunch	Pork Ragu Bolognaise	Cottage Pie with Lentil Carrot & Potato Mash Top 	Fish Fingers with Tomato Ketchup or Tartar Sauce
Lunch Option 2	MEAT FREE  Five Bean, Veg & Lentil Chilli	Christmas Lunch	MEAT FREE Pepper, Bean & Cheese Quesadilla	MEAT FREE Aubergine, Mushroom, Squash & Tomato Pasta	MEAT FREE Mushroom, Halloumi and Red Pepper Stack
Sides	Broccoli Roasted Peppers Rice Herby New Potatoes	Christmas Lunch	Garlic Bread Roasted Courgettes Sweetcorn Potato Wedges	Roasted Roots Green Beans Gravy	French Fries Peas Rocket Salad
Alternative	MEAT FREE Oven Baked Jacket Potato with Baked Beans	Christmas Lunch	MEAT FREE Gnocchi with Rocket and Pesto	Oven Baked Jacket Potato with Tuna Mayo	MEAT FREE  Vegetable & Lentil Biryani
Daily Selection of Wholemeal Bread, Simple Salad option and Cheese Daily Selection of Fresh Fruit Pots, Fresh Fruit and Natural Yoghurts					
Dessert	Natural Yoghurt Pots or Fresh Fruit Pots	Christmas Lunch	Natural Yoghurt Pots or Fresh Fruit Pots	Carrot Cake with Cream Cheese Frosting	Natural Yoghurt Pots or Fresh Fruit Pots
Afternoon Snack	Vegetable Samosas	Fresh Honeydew Melon Slice	Chocolate Chip Cookies	Crudites & Homemade Hummus	Pink Iced Sponge