

W/C 01/11/2021 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Sausage Roll Cheese and Onion Roll	Mozzarella Sticks with Salsa	Carrots and Houmous	Margarita Pizza Slice	Fruity Friday
Soup	Tomato & Basil Served with Fresh Bread and Croutons	Sweetcorn Chowder Served with Fresh Bread and Croutons	Carrot Served with Fresh Bread and Croutons	Cream of Parsnip Served with Fresh Bread and Croutons	Chunky Vegetable Soup Served with Fresh Bread and Croutons
Lunch Option 1	Beef Chillli Con Carne or 	Roast Pork Loin with Apple and Sage Sauce and Gravy	Mild Chicken Korma Curry with Mini Garlic and Coriander Naan Bread with Mango Chutney and Tomato & Red Onion Salad	Cheese topped Beef Lasagne	"SUSTAINABLE FRIDAY" Crispy Battered Haddock with Tartar Sauce
Lunch Option 2	Vegetable and Bean Chilli Served with Steamed Turmeric Rice, Tortillas, Guacamole and Sour Cream	Bubble and Squeak Topped with a Fried Egg	MEAT FREE  Sweet Potato and Chick Pea Curry with Mini Coriander Naan Bread with Mango Chutney and Tomato & Red Onion Salad	MEAT FREE  Vegetable Lasagne	MEAT FREE  Mozzarella Melts with Tomato and Basil Sauce
Sides	Corn on the Cob Green Beans	Garlic and Herb Roast Potatoes Peas Roasted Butternut Squash	Coriander Rice Spiced Roasted Cauliflower Sugar Snap Peas	Cheesy Homemade Garlic Bread Steamed Green Beans Italian Chopped Salad	Chips Mushy Peas Grilled Tomato
Alternative	Oven Baked Jacket Potato with Beans	MEAT FREE  Pasta Served with Tomato and Basil Sauce	Oven Baked Jacket Potato Served with a Choice of Toppings	Pasta with Roasted Vegetables and Pesto	MEAT FREE  Squash, Lentil & Herb Sausage Roll with Apple Chutney
Daily Fresh Breads, Selection of Protein Items and Freshly prepared Salads available from the Salad Bar. Daly Selection of Potted Desserts, Cut Fruit, Fresh Jellies and Natural Yoghurts.					
Dessert	Chocolate Brownie with Cream	Cinnamon and Poppy Seed Banana Cake	Apple and Pear Sponge and Custard	Rice Pudding with Jam	Sticky Toffee Pudding with Sticky Toffee Sauce
Afternoon Snack	Blueberry Muffin	Buttery Shortbread	Sweet and Salty Popcorn	Heath Mount "Seeded Granola Bar	Fruit Muffin

W/C 08/11/2021 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Short Bread	Croissant	Blueberry Muffins	Bagel & Philadelphia	Fruity Friday
Soup	Sweet Potato Soup Served with Fresh Bread and Croutons	Mushroom and Tarragon soup Served with Fresh Bread and Croutons	Leek and Potato Soup Served with Fresh Bread and Croutons	Pea & Mint Soup Served with Fresh Bread and Croutons	Carrot and Coriander Soup Served with Fresh Bread and Croutons
Lunch Option 1	Oven Baked Herby Pork Sausages with Tomato Chutney & Gravy	Chicken, Chorizo and Tomato Pasta	Lamb Tikka Masala served with Steamed Rice	Roast Lemon and Thyme Chicken Thighs with Gravy	Beef Burger with Selection of Toppings
Lunch Option 2	MEAT FREE  Roasted Quorn Sausages with Braised Onions and Gravy	MEAT FREE  Pasta with Roasted Tomato, Basil and Parmesan Cheese	MEAT FREE  Vegetable Korma with Steamed Rice	MEAT FREE  Sweet Potato, Tomato and Lentil Bake with a Herby Crust	MEAT FREE  Veggie Burger with Selection of Toppings
Sides	Creamy Mash Potato Sweetcorn Creamed leeks	Garlic Ciabatta Roasted Root Veg Garden House Salad	Mango Chutney, Naan Bread Green Beans Onion, Tomato and Coriander Salad	Roast Potatoes Cauliflower Broccoli	French Fries Sweetcorn Coleslaw
Alternative	Pasta with a Tomato and Chilli Sauce	MEAT FREE  Oven Baked Jacket Potato with Ham and Mushroom Sauce	MEAT FREE  Roasted Jacket Potato with Baked Beans	MEAT FREE  Spinach and Pesto Gnocchi	"SUSTAINABLE FRIDAY" Salmon and Dill fish Cakes with Tomato Salsa
	Daily Fresh Breads, Selection of Protein Items and Freshly prepared Salads available from the Salad Bar. Daily Selection of Potted Desserts, Cut Fruit, Fresh Jellies and Natural Yoghurts.				
Dessert	Lemon Drizzle Cake & Cream	Chocolate sponge with chocolate sauce	Coconut Rice Pudding with Fresh Mango	Apple and cinnamon Crumble with Cream	Chocolate Bread & Butter Pudding
Afternoon Snack	Home Made Granola Bar	Cheese and Biscuits	Coconut Flap Jack	Shortbread	Mini Yum Yums

W/C 15/11/2021

Lunch Menu

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Banana Bread	Chocolate Cookie	Pitta Bread and Philadelphia	Margarita Pizza Slice	Fruity Friday
Soup	French Onion Soup Served with Fresh Bread and Croutons	Butternut Squash Soup Served with Fresh Bread and Croutons	Chicken & Sweetcorn Soup Served with Fresh Bread and Croutons	Tomato & Basil Soup Served with Fresh Bread and Croutons	Farmhouse Vegetable Soup Served with Fresh Bread and Croutons
Lunch Option 1	Sticky BBQ Chicken Thigh with Avocado and Tomato Salsa	Pork Ragu Bolognaise	Roast Turkey, Rosemary with Gravy	Cottage Pie with Lentil Carrot & Potato Mash Top served with Gravy	"SUSTAINABLE FRIDAY" Fish Finger Wrap with Tomato Ketchup or Tartar Sauce
Lunch Option 2	MEAT FREE  Five Bean and Lentil Chilli with Sour Cream	MEAT FREE  Roasted Vegetable Spaghetti Bolognaise	MEAT FREE  Pepper, Bean & Cheese Quesadilla	MEAT FREE  Quorn and Vegetable Shepherds Pie served with Gravy	MEAT FREE  Mushroom, Halloumi and Red Pepper Stack
Sides	Sweet Corn and Pepper Rice Chilled Cous Cous Salad Potato Salad	Ciabatta Garlic Bread Broccoli Sweetcorn	Roast Potatoes Seasonal Greens Baton Carrots	Roasted Roots Green Beans	Chips Peas Chunky Iceberg Salad
Alternative	MEAT FREE  Tomato Mozzarella and Pesto Puff	MEAT FREE  Oven Baked Jacket Potato with Beans or Tuna	Pasta with Carbonara Sauce	Oven baked Jacket Potato with Beans	MEAT FREE  Gnocchi with Rocket Pesto and Parmesan
Daily Fresh Breads, Selection of Protein Items and Freshly prepared Salads available from the Salad Bar. Daly Selection of Potted Desserts, Cut Fruit, Fresh Jellies and Natural Yoghurts.					
Dessert	Golden Syrup Sponge with Custard	Rice Pudding and Jam Sauce	Carrot Cake with Cream Cheese Frosting	Black Cherry Bakewell Slice	Pineapple and Cherry Sponge
Afternoon Snack	Fruit & Seed Energy Bar	Rice Crispy Fruit Cake	Match Tea	Vegetable Samosa	Biscuits