

# LUNCH

23<sup>rd</sup> June

|                           | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---------------------------|--|---|--|--|--|
| <b>Breakfast</b>          | Pancakes with Fruit Toppings                           | Cheese on Toast   | Blue Berry Muffin  | Beans & Potato Waffles   | Pain Au Choc   |
| <b>Main Meal</b>          | Sweet Chilli Chicken Served With Rice & Prawn Crackers | <u>Heathmount Meatloaf</u><br>Sausage Plait roasted with a Sweet Sticky Glaze | Beef Burrito Bowl<br>Served with Tomato Salsa Guacamole Crushed Nachos | Classic Mac & Cheese<br>Or<br>Mac & Cheese Topped with Crispy Bacon<br>Crispy Onions | <u>Wrap Day</u><br>Buttermilk Chicken Tenders<br>Quorn Fillet<br>Served in a Wrap with |
| <b>Meat Free</b>          | Stir Fri Vegetable Noodles                             | Roasted Mushroom Gnocchi with a Rocket & Balsamic Salad                       | Quorn Burrito Bowl   | Vegetable & Paneer Curry Served With Poppadum's                                      | Spicy Mayo, BBQ Sauce, Hot Sauce & shredded Lettuce                                    |
| <b>Simple Option</b>      | Pasta & Tomato Basil Sauce                             | Jacket Potato<br>Beans & Cheese   | Tomato & Spinach Pasta   | Jacket Potato Beans & Cheese   | Pasta & Tomato Basil Sauce   |
| <b>Sides</b>              | Roasted Broccoli Sweetcorn                             | Buttery Mash<br>Green Beans<br>Honey Glazed Carrots                           | Savoury Rice<br>Steamed Corn<br>Broccoli                               | Pesto Coated Cauliflower Peas  | French Fries<br>Baked Beans<br>Steamed Corn  |
| <b>Dessert of the Day</b> | Yoghurt & Fresh Fruit                                  | Sticky Toffee Pudding & Custard   | Jelly & Fresh Fruit  | Vanilla Slice  | Yoghurt & Fresh Fruit  |
| <b>Little Tea</b>         | Lemon Cake   | Ice Lolly   | Carrot & Cucumber & Hummus   | Fresh Cut Fruit  | Chocolate Chip Shortbread  |

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

# LUNCH

30th June

|                           | MONDAY   | TUESDAY   | WEDNESDAY                                      | THURSDAY  | FRIDAY   |
|---------------------------|--|---|--|---|--|
| <b>Morning Break</b>      | Bacon & Scrambled Egg  | Cheese on Toast   | Pancakes & Maple Syrup                         | Pain au Chocolate                                       | Sausage Bagels   |
| <b>Main Meal</b>          | <b><u>PASTA BAR</u></b><br><br>A Rich Beef Ragu                | Turkey Served with Sage & Onion Stuffing Balls and Yorkshire Pudding Finished with a Rich Gravy | Beef Lasagne Served with Homemade Garlic Bread | Linda's Chicken Curry Served With Fragrant Coconut Rice | Breaded Pollock served with Homemade Tartar Sauce          |
| <b>Meat Free</b>          | Roasted Red Pepper & Tomato Sauce<br>Homemade Mixed Seed Pesto | Roasted Vegetable & Chickpea Tagine served with Fluffy Cous Cous                                | Stuffed Haloumi Pepper                         | Pea & Mint Risotto                                      | Bubble & Squeak topped with a Poached Egg & Basil Dressing |
| <b>Simple Option</b>      | Jacket Potato Beans & Cheese                                   | Pasta & Tomato & Vegetable sauce  | Jacket Potato Beans & Cheese                   | Creamy Pesto Pasta                                      | Pasta & Tomato Basil Sauce                                 |
| <b>Sides</b>              | Glazed Carrots<br>Garden Peas                                  | Roasted New Potato<br>Buttered Cabbage<br>Sauté Broccoli  | Roasted Peppers<br>Steamed corn                | Turmeric Roasted Cauliflower<br>Green Beans             | Seasoned Fries<br>Baked Beans<br><br>Mushy Peas            |
| <b>Dessert of the Day</b> | Yoghurt & Fresh Fruit  | Carrot Cake   | Jelly & Fresh Fruit                            | Apple Pie with Cream                                    | Yoghurt & Fresh Fruit                                      |
| <b>Little Tea</b>         | Rice Krispie Cake  | Fresh Cut Fruit   | Carrot & Cucumber & Hummus                     | Fresh Cut Fruit   | Chocolate Chip Cookie                                      |

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**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

# LUNCH

6<sup>th</sup> July

|                           | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---------------------------|---|--|--|---|--|
| <b>Breakfast</b>          | Bacon Roll  | Pancakes Berry Compote                                       | Beans & Potato Waffles   | Blueberry Muffins   | Croissant  |
| <b>Main Meal</b>          | <u>JACKET BAR</u><br>Classic Beef Chilli                    | Roasted Pork Loin<br>Served With Apple Sauce & Gravy         | Crispy Fish Fingers with<br>Tartare Sauce & Lemon wedge        | Meatballs in a Rich<br>Tomato Sauce Served on<br>a bed of Spaghetti | Cumberland Sausage<br>Served with Caramelised<br>Onion & Sweetcorn<br>Relish |
| <b>Meat Free</b>          | Spring Onion Tuna<br>Mayo<br>Crispy Onion<br>Beans & Cheese | French Onion Tart With<br>A Peppery Rocket Salad             | Vegetable & Bean Curry<br>served with Braised Rice             | Vegetable Enchilada   | Creamy Fish Pie Topped<br>with Mash  |
| <b>Simple Option</b>      | Pasta & Soya Bolognaise                                     | Pasta & Rich Tomato<br>Sauce                                 | Jackets Beans & Cheese   | Creamy Pasta  | Pasta & Tomato Basil   |
| <b>Sides</b>              | Glazed Carrots<br><br>Peas                                  | Roasted New Potatoes<br><br>Sauté Savoy Cabbage<br>Sweetcorn | Buttery Mash<br>Baked Beans<br><br>Roasted Butternut<br>Squash | Green Beans<br><br>Pesto Carrots                                    | French Fries<br><br>Beans<br><br>Sweetcorn                                   |
| <b>Dessert of the Day</b> | Yoghurt & Fresh Fruit                                       | Sprinkle Cake  | Jelly & Fresh Fruit  | Eton mess   | Yoghurt & Fresh Fruit  |
| <b>Little Tea</b>         | Flapjack  | Fresh Cut Fruit  | Carrot & Cucumber &<br>Bread Sticks                            | Fresh Cut Fruit   | Chocolate Brownie  |

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