



Heath Mount  
School

Weeks beginning: 10<sup>th</sup> May

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Jacket potatoes or jacket sweet potatoes	Thai glazed chicken breast	Roast loin of pork	Cheese topped beef lasagne	Crispy breaded haddock
Second choice	Beef teriyaki	Pepper, bean & cheese quesadilla	Broccoli, mushroom & lentil wellington	Quorn sausages with caramelised onions	Crispy vegetable bites
On The Side	Baked beans Grated cheese Egg noodles Roasted peppers	Cajun rice Potato wedges Steamed broccoli Roasted squash	Roast potatoes Citrus cous cous Baked carrots Grilled courgettes	Garlic bread Mashed potato Green house salad Pan fried leeks	Chunky oven chips Steamed peas Baked beans
Daily extra	Wholemeal pasta with pesto	Jacket potato with tuna mayo	Wholemeal pasta with sun dried tomatoes	Jacket potato with coleslaw	Vegetable & lentil biriyani
Desserts	Yogurt with toppings, fresh fruit pots & jelly pots				
Afternoon snack	Ginger cookies	Homemade rosemary focaccia	Fresh pineapple slice	Vegetable samosas	Carrot cake

If you have an allergy please let a member of staff know so we can help  
Menus subject to change and availability

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**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS



## Weeks beginning: 17<sup>th</sup> May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Herby oven baked pork or quorn sausages	Tomato, lentil & basil wholemeal pasta	Chicken & pepper fajitas	Lamb tikka masala	Cheese & tomato pizza slice
Second choice	Crispy tofu noodle stir fry	Bubble & squeak topped with a fried egg	Vegetarian bolognaise	Quorn & bean hot pot	Mushroom & halloumi stack
On The Side	Mashed potato Baked beans Braised cabbage	Garlic bread Rocket & cherry tomato salad Courgettes	Roasted new potatoes Baked broccoli Roasted squash	Pilau rice Roasted cauliflower Crispy kale	French fries Crispy Iceberg salad Coleslaw Sugar snap peas
Daily extras	Wholemeal pasta with sweet corn & cherry tomatoes	Jacket potato with garlic mushrooms	Wholemeal pasta with tuna & sweet corn	Jacket potato with tuna mayo	Mushroom, courgette & pesto risotto
Desserts	Yogurt with toppings, fresh fruit pots & jelly pots				
Afternoon snack	Cheese & crackers	Fresh watermelon slice	Pink Iced sponge	Vegan sausage rolls	Chocolate brownie

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**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS



## Weeks beginning: 24<sup>th</sup> May

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sticky BBQ chicken thighs	Roast Turkey breast	Creamy macaroni cheese	Cottage pie with sweet potato mash	Cod fillet fish fingers
Second choice	Chickpea, sweet potato & spinach chilli	Sweet corn & chive fritters	Chorizo, pepper & bean burrito	Cauliflower, tofu & squash curry	Vegetable burgers
On The Side	Cajun rice Egg noodles Stir fried greens Roasted beetroot	Roast potatoes Herby cous cous Steamed carrots Creamed cabbage	Garlic bread Sautee potatoes Mixed leaf salad Mange tout	Steamed rice Steamed broccoli Roasted swede	French fries Steamed peas Baked beans
Daily extras	Jacket potato with beans & cheese	Wholemeal pasta with tuna & sweet corn	Jacket potato with prawn marie rose salad	Wholemeal pasta with sundried tomatoes	Jacket potato with tuna mayo
Desserts	Yogurt with toppings, fresh fruit pots & jelly pots				
Afternoon snack	Lemon drizzle cake	Homemade fruit bread	Chocolate cookies	Fresh honeydew melon slice	Cheese & tomato pizza slice

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