# LUNCH WK2

w/c 2nd Nov

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **BREAKFAST** | Freshly Made Pancakes with Blueberry Compote | Bacon Baguette | Oaty Porridge with Honey | Tater Tots & Sausage Pattie | Low Sugar Banana Muffin |
| **MORNING BREAK** | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| **MAIN MEALS** | Pork Tacos, Salsa, Guacamole & Sour Cream | Beef Meatballs, Tomato Sauce & Spaghetti | Jacket Potato Bar<br>Beef Chilli<br>Tuna Mayo<br>Baked Beans<br>Cheese<br>Coleslaw | Chicken & Sweetcorn Pie with Puff Pastry Topping & Gravy | Breaded Pollock, Tartare Sauce & Lemon Wedge |
| **TO NOURISH, NURTURE AND SUSTAIN** | Quorn Chilli & Mixed Beans Taco, Salsa, Guacamole & Sour Cream | Spaghetti alla Puttanesca A Rich Tomato sauce with Mediterranean Flavours | | Spinach & Feta Quiche | Bubble & Squeak with Fried Egg |
| **SIMPLE OPTION** | Wholemeal Pasta & Tomato Sauce | Jacket Potato, Baked Beans & Cheese | Stir Fry Vegetable Noodles | Pesto Pasta | Wholemeal Pasta & Tomato Sauce |
| **SIDES** | Rice<br>Cajun Peppers<br>Green Beans | Peas<br>Roasted Aubergine | Broccoli<br>Sweetcorn | Roasted New Potatoes<br>Honey Roasted Carrots<br>Sauté Cabbage | French Fries<br>Baked Beans<br>Mushy Peas |
| **DESSERT** | Orange Drizzle Pudding, Orange Syrup | Fresh Fruit<br>Yoghurt | Fresh Fruit Platter<br>Yoghurt<br>Jelly | Rocky Road | Fresh Fruit<br>Yoghurt |
| **LITTLE TEA** | Fresh Fruit | BOOST<br>Granola Flapjack Bar | BOOST<br>Pumpkin Cake | Fresh Fruit | BOOST<br>Shortbread Biscuit |

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

# LUNCH WK3

w/c 9th Nov

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **BREAKFAST** | Cheese on Toast | Low Sugar Blueberry Muffin | Tater Tots & Baked Beans | Oaty Porridge & Honey | Sausage Pattie & Scrambled Egg |
| **MORNING BREAK** | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| **MAIN MEALS** | Chicken Gyros, Flatbread, Tzatziki, Onions & Tomatoes | Roast Pork, Stuffing, Apple Sauce & Gravy | Cottage Pie Minced Beef & Vegetable in Gravy Topped with Creamed Potato | Pasta Bar<br>Chicken & Sweet Tomato Sauce<br>Beef Bolognese<br>Tomato Sauce | Breaded Chicken Fillets, Mango Salsa in Tortilla Wrap |
| **TO NOURISH, NURTURE AND SUSTAIN** | Vegetable Gyros, Flatbread, Tzatziki, Onions & Tomatoes | Chargrilled Halloumi & Roasted Vegetable Stack | Vegetable Cottage Pie Minced Quorn Topped with Creamed Potato | | Tomato & Mascarpone Gnocchi |
| **SIMPLE OPTION** | Mac 'n' Cheese | Pesto Pasta | Wholemeal Pasta & Tomato Sauce | Jacket Potato, Baked Beans & Cheese | Cheese Pasta |
| **SIDES** | Garlic & Herb Potatoes<br>Green Beans<br>Roasted Peppers | Roasted Potatoes<br>Broccoli<br>Honey Roasted Parsnips | Cabbage<br>Carrots | Garlic & Rosemary Focaccia<br>Broccoli<br>Sweetcorn | French Fries<br>Baked Beans<br>Peas |
| **DESSERT** | **BRITISH PUDDING DAY**<br>Apple Pie & Custard | Fresh Fruit<br>Yoghurt | Poppy<br>Vanilla Cookie | Fresh Fruit Platter<br>Yoghurt<br>Jelly | Fresh Fruit<br>Yoghurt |
| **LITTLE TEA** | Fresh Fruit | School Sponge | Sausage Roll | Fresh Fruit | BOOST<br>Triple Chocolate Chewy Cookie |

HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

# LUNCH WK1

| w/c 16th Nov | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| BREAKFAST | Tater Tots & Bacon | Freshly made Pancakes with Honey | Oaty Porridge with Mixed Berries | Sausage Roll | Scrambled Egg & Baked Beans |
| MORNING BREAK | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| MAIN MEALS | Sweet Chilli Chicken Bite Sized Chicken with a Sweet & Spicy Sauce | Lincolnshire Pork Sausage Platt | Beef Lasagne with Garden Salad | Butter Chicken Curry, Mini Naan, Mango Chutney & Raita | Pepperoni Pizza<br>Margaretta Pizza |
| TO NOURISH, NURTURE AND SUSTAIN | Bang Bang Cauliflower Crunchy Cauliflower with Mild Sweet Chilli Sauce | Caramelised Onion Sausage Roll | Butternut Squash & Kale Lasagne with Garden Salad | Sweet Potato, Chickpea & Spinach Curry Mini Naan, Mango Chutney & Raita | Creamy Fish Pie |
| SIMPLE OPTION | Jacket Potato, Beans & Cheese | Wholemeal Pasta & Tomato Sauce | Jacket Potato, Beans & Cheese | Teriyaki Noodles | Wholemeal Pasta & Tomato Sauce |
| SIDES | Rice<br>Peas<br>Roasted Butternut Squash | Mash Potato<br>Roasted Carrots<br>Sauté Greens | Garlic Bread<br>Broccoli<br>Baked Aubergine | Braised Rice<br>Masala Cauliflower<br>Green Beans | French Fries<br>Baked Beans<br>Sweetcorn |
| DESSERT | Fresh Fruit<br>Yoghurt | Berry Sponge & Custard | Fresh Fruit Platter<br>Yoghurt<br>Jelly | Fresh Fruit<br>Yoghurt | Chocolate Brownie |
| LITTLE TEA | BOOST<br>Sticky Date Flapjack | Fresh Fruit | Cheddar Cheese & Biscuits | Vanilla Cookie | Fresh Fruit |

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association