LUNCH WK1

w/c 31st Aug	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Biscuits Whole Fruit	Pain Au Chocolate Whole Fruit	Mozzarella Sticks Whole Fruit	Biscuits Pineapple & Melon Slices	Humous & Breadsticks Whole Fruit
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS	Firecracker Chicken, Bite Sized Chicken with a Sweet & Tangy sauce	Pork Stroganoff Tender Pork with a Mushroom Cream Sauce	Beef Lasagne with Garden Salad	Butter Chicken Curry, Poppadums, Mango Chutney & Raita	Cumberland Hot Dog, Brioche Roll, Caramelised Onions & Crispy Onions, Gherkins, Jalapenos, Ketchup & Mustard
TO NOURISH, NURTURE AND SUSTAIN	Bang Bang Cauliflower Crunchy Cauliflower with Mild Sweet Chilli Sauce	Mushroom Stroganoff Mushrooms & Lentils with a Cream Sauce	Butternut Squash & Spinach Lasagne with Garden Salad	Sweet Potato, Chickpea & Spinach Curry Poppadums, Mango Chutney & Raita	Quorn Hot Dog, Brioche Roll, Caramelised Onions & Crispy Onions, Gherkins, Jalapenos, Ketchup & Mustard
SIMPLE OPTION	Jacket Potato, Beans & Cheese	Wholemeal Pasta & Tomato Sauce	Jacket Potato, Beans & Cheese	Teriyaki Noodles	Creamy Fish Pie
SIDES	Rice Peas Roasted Butternut Squash	Mash Potato Roasted Carrots Sauté Spinach	Garlic Bread Broccoli Baked Aubergine	Coconut Rice Masala Cauliflower Green Beans	French Fries Baked Beans Corn on Cob
DESSERT	Tres Leches Cake	Steamed Cherry Sponge & Custard	Lemon Tiramisu	Pear & Raspberry Crumble & Cream	Salted Caramel Brownie
	Selection of Fresh Fruit, Yoghurt & Jellies				
LITTLE TEA	BOOST Jammy Fruit Oat Slice	Red Velvet Cake	Salted Caramel Cookie	BOOST Chocolate Beetroot Cake	BOOST Raspberry & Yoghurt Muffin

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HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

SUPPER WK1

w/c 31st Aug	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		French Toast, Bacon & Maple Syrup	Sausage Pattie & Fried Egg & Toasted Muffin	Sausages, Scrambled Egg, Hash Brown & Baked Beans	Smoked Salmon, Avocado & Poached Egg Bagel
		Cereal, Toast, Yoghurt, Fruit & Juices			
MAIN COURSE ONE	DIY Crispy Shredded Duck Bao Buns	Smash Burger, Brioche Bun, Lettuce, Tomato, Cheese & Burger Sauce	Grilled Chicken Fajitas Tex Mex Chicken Strips, Onions & Pepper with a Tortilla Wrap	Tangy BBQ Pork Meatballs	
MAIN COURSE TWO	DIY Hoisin Jackfruit Bao Bun	Vegetable Pattie, Brioche Bun, Lettuce, Tomato, Cheese & Burger Sauce	Chipotle Quorn Fajitas Spiced Quorn Strips with Onions & Pepper with a Tortilla Wrap	Mushroom & Lentil Veggie 'Meatballs'	
ON THE SIDE	Stir Fry Vegetable Noodles Sauté Mangetout Crunchy Asian Slaw	Seasoned Fries Onion Rings Charred Corn on Cob	Loaded Sweet Potato Wedges Mange Tout Guacamole, Cheese, Sour Cream & Salsa	Mac 'n' Cheese Maple Glazed Carrots Rocket Salad	
DESSERT	Eton Mess Pot	No Bake Oreo Dessert	Churro Bites with Dulce de Leche	Classic Cookies & Milk	
	Selection Fresh Fruit, Yoghurt & Jellies				

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LUNCH WK2

w/c 7th Sept

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Biscuits Whole Fruit	Houmous & Breadsticks Whole Fruit	Mozzarella Sticks Whole Fruit	Pain au Chocolate Whole Fruit	Biscuits Pineapple & Melon Slices
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS	Pork Chipotle Burrito, Salsa, Guacamole & Sour Cream	Beef Meatballs, Tomato Sauce & Spaghetti	Jacket Potato Bar Coronation Chicken Curry Beef Chilli Tuna Mayo Baked Beans Cheese Coleslaw	Chicken & Sweetcorn Pie with Pastry Topping & Gravy	Breaded Pollock, Tartare Sauce & Lemon Wedge
TO NOURISH, NURTURE AND SUSTAIN	Black Bean & Vegetable Burrito, Salsa, Guacamole & Sour Cream	Spaghetti alla Puttanesca A Rich Tomato sauce with Mediterranean Flavours		Butterbean & Sweetcorn Pie with Pastry Topping & Gravy	Beetroot Burger with Avocado Salsa
SIMPLE OPTION	Pasta & Tomato Sauce	Jacket Potato, Baked Beans & Cheese	Sweet Chilli Noodles	Pesto Pasta	Creamy Butternut Squash Risotto
SIDES	Tortilla Chips Cajun Peppers Green Beans	Peas Roasted Aubergine	Broccoli Sweetcorn	Mash Potato Sauté Cabbage Honey Roasted Parsnips	French Fries Baked Beans Mushy Peas
DESSERT	Orange Drizzle Pudding, Orange Syrup	White Chocolate Cake, Raspberry Sauce	Banoffee Pie	Treacle Pudding & Custard	Rocky Road
	Selection of Fresh Fruit, Yoghurt & Jellies				
LITTLE TEA	BOOST Sticky Date Rice Krispies	BOOST Carrot & Orange Cake	Lemon Fizz Cake	BOOST Shortbread Biscuit	Chocolate Muffin

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SUPPER WK2

w/c 7th Sept	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Sausage Pattie, Fried Egg & Toasted Muffin	French Toast, Bacon & Maple Syrup	Smoked Salmon, Avocado & Poached Egg Bagel	Sausages, Scrambled Egg, Hash Brown & Baked Beans
		Cereal, Toast, Yoghurt, Fruit & Juices			
MAIN COURSE ONE	Poached Salmon, Saffron Cream Sauce	Anatolian Chicken Shish, Fluffy Flatbread Pocket	Sticky Honey & Soy Pork Bites	Beef Bolognese with Rigatoni	
MAIN COURSE TWO	Butterbean & Squash Ratatouille	Aubergine Shakshuka, Fluffy Flatbread Pockets	Sticky Glazed Tofu Bites	Garden Vegetable Bolognese with Rigatoni	
ON THE SIDE	Herb New Potatoes Charred Broccoli Baby Spinach Salad	Aromatic Bulgur Wheat Grilled Biber & Red Peppers Sumac Tomato & Onion Salad	Egg Fried Rice Vegetable Spring Rolls Steamed Bok Choi	Garlic Doughballs Broccoli Green Salad	
DESSERT	Pear Tarte Tatin	Rice Pudding	Mango Lassi Milkshakes	Chocolate Brownie & Ice Cream	
	Selection Fresh Fruit, Yoghurt & Jellies				

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LUNCH WK3

w/c 14th Sept	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Biscuits Whole Fruit	Mozzarella Sticks Whole Fruit	Pain au Chocolate Whole Fruit	Biscuits Pineapple & Melon Slices	Humous & Breadsticks Whole Fruit
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Chicken Gyros, Flatbread, Tzatziki, Onions & Tomatoes	Hog Roast Pork, Brioche Bun, Stuffing & Apple Sauce	<u>Pasta Bar</u> Chicken & Bacon Creamy Crab Sauce Arrabbiata	Peking Beef with Fried Noodles & Prawn Crackers	BBQ Chicken Leg with Mango Salsa
	Vegetable Gyros, Flatbread, Tzatziki, Onions & Tomatoes	Chargrilled Halloumi & Roasted Vegetable Stack		Stir Fry Tofu & Black Bean Sauce with Noodles	Caramelised Onion & Quorn Sausage Roll
SIMPLE OPTION	Mac 'n' Cheese	Egg Noodles & Curry Sauce	Jacket Potato, Beans & Cheese	Pasta & Tomato Sauce	Tomato & Mushroom Gnocchi
SIDES	Garlic & Herb Potatoes Green Beans Confit Tomato	Mash Potato Broccoli Sweetcorn	Garlic & Rosemary Focaccia Broccoli Sweetcorn	Chinese Leaf Caramelised Carrots	French Fries Baked Beans Corn on Cob
DESSERT	Ginger Cake & Maple Frosting	Chocolate Croissant Pudding	Biscoff Cheesecake	Lemon Meringue Pie	Sticky Toffee Pudding & Cream
	Selection of Fresh Fruit, Yoghurt & Jellies				
LITTLE TEA	Chocolate Chip Sponge	BOOST Seed Banana & Honey Loaf	BOOST Granola Flapjack Bar	Thor Cake	Mini Jam Donut

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SUPPER WK3

w/c 14th Sept	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Smoked Salmon, Avocado & Poached Egg Bagel	Sausages, Scrambled Egg, Hash Brown & Baked Beans	French Toast, Bacon & Maple Syrup	Sausage Patti, Fried Egg & Toasted Muffin
		Cereal, Toast, Yoghurt, Fruit & Juices			
MAIN COURSE ONE	Shepherd's Pie Minced Lamb & Root Vegetables Topped with Creamed Potato	Chicken Penang Curry Mild Spiced Thai Curry with Chicken & Coconut Milk	<u>DIY Pizza Night</u> BBQ or Tomato & Mozzarella Bases Choice of toppings Chicken Ham Red Onions Peppers Mushrooms	Creamy Sausage & Fennel Ragu with Paradelle	
MAIN COURSE TWO	Vegetable Shepherd's Pie Minced Quorn & Root Vegetables Topped with Creamed Potato	Vegetable Penang Curry Mild Spiced Thai Curry with Tofu & Seasonal Vegetables		Roasted Tomato & Vegetable Ragu with Pappardelle	
ON THE SIDE	Peas Honey Glazed Carrots Gravy	Sticky Rice Sauté Asian Greens Prawn Crackers	Cajun Wedges Coleslaw	Garlic Focaccia Roasted Cauliflower Tricolour Salad	
DESSERT	Chocolate Pudding Pot	Mango & Coconut Posset	Panna Cotta with Pumpkin Seed Tuille	Gooey White Chocolate Chip Cookie Dough	
	Selection Fresh Fruit, Yoghurt & Jellies				

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