LUNCH WK2

w/c 2nd November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Biscuits Pineapple & Melon Slices	Houmous & Breadsticks Whole Fruit	Mozzarella Sticks Whole Fruit	Pain au Chocolate Whole Fruit	Sausage Roll 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	Pork Chipotle Burrito, Salsa, Guacamole & Sour Cream	Chicken & Sweetcorn Pie with Pastry Topping & Gravy	Jacket Potato Bar Coronation Chicken Curry Beef Chilli Tuna Mayo Baked Beans Cheese Coleslaw	Beef Meatballs, Tomato Sauce & Spaghetti	Breaded Pollock, Tartare Sauce & Lemon Wedge
TO NOURISH, NURTURE AND SUSTAIN	Black Bean & Vegetable Burrito, Salsa, Guacamole & Sour Cream	Butterbean & Sweetcorn Pie with Pastry Topping & Gravy		Spaghetti alla Puttanesca A Rich Tomato sauce with Mediterranean Flavours	Beetroot Burger with Avocado Salsa
SIMPLE OPTION	Wholemeal Pasta & Tomato Sauce	Sweet Chilli Noodles	Pesto Pasta	Jacket Potato, Beans & Cheese	Creamy Butternut Squash Risotto
SIDES	Tortilla Chips Roasted Peppers Green Beans	Mash Potato Sauté Cabbage Honey Roasted Parsnips	Broccoli Sweetcorn	Peas Maple Carrots	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	Lemon Fizz Cake	BOOST Pumpkin & Orange Cake	BOOST Shortbread Biscuit	Mini Jam Donut

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HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

SUPPER WK2

w/c 2nd Nov	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Sausage Pattie & Fried Egg Toasted Muffin	Buttermilk Pancakes, Bacon, Maple Syrup & Boiled Eggs	Smoked Salmon, Avocado & Poached Egg on a Bagel	Sausages, Scrambled Egg, Hash Brown & Baked Beans
		Selection of Cereals, Toast, Yoghurt, Fruit & Juices			
MAIN COURSE ONE	Poached Salmon, Saffron Cream Sauce	Beef Bolognese with Rigatoni	Cumberland Sausages, Mash & Gravy	Anatolian Chicken Shish, Fluffy Flatbread Pocket	
MAIN COURSE TWO	Butterbean & Squash Ratatouille	Garden Vegetable Bolognese with Rigatoni	Veggie Sausages, Mash & Gravy	Aubergine Shakshuka, Fluffy Flatbread Pockets	
ON THE SIDE	Herb New Potatoes Charred Broccoli Baby Spinach Salad	Garlic Doughballs Broccoli Green Salad	Peas Roasted Carrots	Aromatic Bulgur Wheat Grilled Biber & Red Peppers Sumac Tomato & Onion Salad	
DESSERT	Pear Tarte Tatin	Chocolate Sponge & Sprinkle Icing	Strawberry Cheesecake	Chocolate Brownie & Ice Cream	
	Selection Fresh Fruit, Yoghurt & Jellies				

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LUNCH WK3

w/c 9th Nov	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Houmous & Breadsticks Whole Fruit	Mozzarella Sticks Whole Fruit	Sausage Rolls Whole Fruit	Biscuits Pineapple & Melon Slices	Pain au Chocolate 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	Cottage Pie Minced Beef & Vegetable in Gravy Topped with Creamed Potato	Tuscan Chicken Bake Chicken, Cheese & Spinach & Tomato Wholemeal Pasta	BBQ Chicken Leg with Mango Salsa
	Vegetable Gyros, Flatbread, Tzatziki, Onions & Tomatoes	Chargrilled Halloumi & Roasted Vegetable Stack	Vegetable Cottage Pie Minced Quorn Topped with Creamed Potato	Wholemeal Pasta with choice of Creamy Crab Sauce or Arrabbiata	Caramelised Onion & Quorn Sausage Roll
SIMPLE OPTION	Mac 'n' Cheese	Egg Noodles & Curry Sauce	Wholemeal Pasta & Tomato Sauce	Jacket Potato, Beans & Cheese	Tomato & Mascarpone Gnocchi
SIDES	Garlic & Herb Potatoes Green Beans Roasted Peppers	Roasted New Potatoes Broccoli Warm Apple Slaw	Peas Roasted Carrots	Garlic & Rosemary Focaccia Creamed Leeks Sweetcorn	French Fries Baked Beans Corn on Cob
DESSERT	BRITISH PUDDING DAY Apple Pie & Custard	Chocolate Croissant Pudding	Poppy Vanilla Cookie	Lemon Meringue Pie	Sticky Toffee Pudding & Cream
	Selection of Fresh Fruit, Yoghurt & Jellies				
LITTLE TEA	Chocolate Chip Sponge	Granola Flapjack Bar	Spiced Apple Cake	Tottenham Cake	Chocolate Muffin

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SUPPER WK3

w/c 9th Nov	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	Creamy Sausage & Tomato Ragu with Pappardelle	Pizza Night BBQ or Tomato pizza base Choice of Toppings Chicken Ham Mushroom Cheese Peppers	
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	Garlic Focaccia Roasted Cauliflower Tricolour Salad	Cajun Wedges Coleslaw	
DESSERT	Chocolate Pudding Pot	Tropical Fruit Posset	Apple Crumble & Cream	Gooey White Chocolate Chip Cookie Dough	
	Selection Fresh Fruit, Yoghurt & Jellies				

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LUNCH WK1

w/c 16th Nov	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Biscuits Whole Fruit	Sausage Rolls Whole Fruit	Mozzarella Sticks Whole Fruit	Pain Au Chocolate Whole Fruit	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	Sweet Chilli Chicken, Bite Sized Chicken with a Sweet & Tangy sauce	Slow Cooked Smokey Pork Taco, Guacamole, Sour Cream & Salsa	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	Quorn Chilli Taco Guacamole, Sour Cream & Salsa	Butternut Squash & Kale 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	Potato Wedges Slaw Sweetcorn	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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SUPPER WK1

w/c 16th Nov

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Sausages, Scrambled Egg, Hash Brown & Baked Beans	Sausage Pattie & Fried Egg & Toasted Muffin	Waffle, Bacon & Maple Syrup	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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