LUNCH

WC 2nd November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 NURTURE AND NOURISH	Chicken & pepper tikka masala with mango chutney & mint yogurt	Diced beef stew with baked cheese scones	Roast loin of pork with sage & onion stuffing, apple sauce & a fresh gravy	Pulled hoi sin chicken with cucumber & spring onion strips & mini wraps	Breaded MSC fish bites with tartar sauce & lemon wedges
	Crispy tofu taco's with guacamole & lime salad	Tex mex 5 a day tray bake with roasted Cajun chickpeas	Cheddar & red onion chutney tortilla quiche	Greek gigantes plaki (Butter beans)	Roasted vegetable lasagne
SIDES	Steamed 50/50 rice Red lentil dhal with spinach Spiced fine beans Roasted cauliflower	Rosemary diced potatoes Roasted root vegetables British peas	Skin on roast potatoes Root vegetable medley Steamed carrots & greens	Five spiced egg noodles Garlic fine beans Chinese cabbage & vegetable stir fry	Julienne fries Steamed or mushy peas Baked tomatoes & sweetcorn
SNACK OPTION	Back bacon in a freshly baked baguette	Cheesy baked macaroni cheese	Pepperoni quesadilla with a crispy salad	Caprese pizza baguette	Cowboy beans on bloomer toast
JACKET/PASTA BAR	50/50 pasta with tomato sauce	Jacket potatoes with baked beans	50/50 pasta with tomato sauce	Jacket potatoes with baked beans	50/50 pasta with tomato sauce
DESSERT	Pear & toffee crumble Scrumble bar with vanilla custard	Traditional school tray bake	Baked scones with jam & cream	Cinnamon spiced apple or cocoa pastry whirls	Chocolate iced cup cakes
EVERY DAY	WE OFFER A DAILY SELECTION OF FRESHLY CUT & WHOLE FRUITS, YOGURT WITH TOPPINGS AND JELLY POTS				

HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

LUNCH

WC 9th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 NURTURE AND NOURISH	Bolognaise pasta bake with optional garlic bread	Tandoori style chicken with optional naan & cucumber raita	Butchers Cumberland sausages with a red onion fresh gravy	Smoky Spanish style chicken wit red peppers & onions	Hickory spiced pulled pork with a BBQ sauce & optional bap
	Garlic mushroom gnocchi with crispy sage	Roasted chickpeas & spinach with crispy paneer	Stuffed peppers with a creamy tomato sauce	Layered creamy leek & crust less potato pie	Griddled mixed bean burgers with tomato chutney
SIDES	Steamed broccoli Sweetcorn & roasted vegetables	Bombay potatoes Tomato & onion salad, mushroom bahjis & garlic fine beans	Buttery mashed potatoes Carrots & broccoli	Patas bravas Fine green beans & spiced greens	Julienne fries Crispy salad, Corn on the cob & British peas
SNACK OPTION	Cheese & onion turnovers with chutney	Baked pizza bagel	Filled tortilla wraps	Pastry pizza whirls	Loaded wedges & Cobb salad
JACKET/PASTA BAR	50/50 pasta with tomato sauce	Jacket potatoes with baked beans	50/50 pasta with tomato sauce	Jacket potatoes with baked beans	50/50 pasta with tomato sauce
DESSERT	Wild farmed oat honey flapjack	Jam sponge with vanilla custard	Wild farmed apple crumble muffin	White chocolate crispy slice	Iced carrot finger
EVERY DAY	WE OFFER A DAILY SELECTION OF FRESHLY CUT & WHOLE FRUITS, YOGURT WITH TOPPINGS AND JELLY POTS				

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

LUNCH

WC 16th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 NURTURE AND NOURISH	Naked chicken with a katsu or nacho cheese sauce	Sweet & sour pork with peppers, pineapple & prawn crackers	Roast chicken with stuffing & a fresh gravy	Diced beef chilli con carne with nachos & Mexican sides	Butchers beef burgers with burger sauce, tomato salsa & cheese slices
	Chickpea, tomato & harissa stew with crispy paneer	Crispy tofu with stir fried vegetables in a teriyaki sauce	Aubergine parmigiana with crispy halloumi	Paneer sag makhani	Crispy bean quesadillas
SIDES	Seamed 50/50 rice Crispy salad, pickled red cabbage & garlic mids	5 spice egg noodles Garlic broccoli. Stir fried greens & a vegan chow Mein	Skin on roast potatoes Steamed vegetables Roast parsnips	Steamed rice or sweet potato wedges Mexican corn & fine beans	Julienne fries Baked tomatoes, tri colour slaw, Caesar salad & British peas
SNACK OPTION	Ham & or cheese croissant	Chicken Caesar wraps or salad	Cheddar & ham/tomato toasty	Hot dog with caramelised onions	Stuffed potato boats
JACKET/PASTA BAR	50/50 pasta with tomato sauce	Jacket potatoes with baked beans	50/50 pasta with tomato sauce	Jacket potatoes with baked beans	50/50 pasta with tomato sauce
DESSERT	Dairy friendly beetroot brownie	Marble sponge fingers	Sticky toffee slice with caramel custard	Biscuit & cookie selection	Wild farmed oat topped banana muffin
EVERY DAY	WE OFFER A DAILY SELECTION OF FRESHLY CUT & WHOLE FRUITS, YOGURT WITH TOPPINGS AND JELLY POTS				

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