

LUNCH

Wc 21.09.26

	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 parmigiana with roasted peppers	Spicy beef soft taco bowls	Chinese honey chicken	Roast loin of pork with apple sauce, sage & onion stuffing & a fresh gravy	Breaded MSC fish bites with a lemon & herb mayonnaise
	Vegan tofu katsu curry with wholegrain rice	Spiced chickpea & sweet potato flatbreads with crushed avocado	Chilli paneer skewers with coconut raita & a mango salad	Sweet potato topped veggie Shepherd's pies	Spiced red lentil burgers with sweet potato wedges
SIDES	Garlic butter mid potatoes Fine green beans Spinach & peas	Cajun potato wedges Mexican corn Roast peppers & onions	Steamed 50/50 rice Roasted broccoli florets Stir fried vegetable medley	Roasted skin on potatoes Steamed carrots & Savoy cabbage Cauliflower cheese	Skin on fries British peas & Creamy coleslaw Spaghetti hoops
SNACK OPTION	Cheesy bloomer slice with optional chutney	Butchers sausage in a freshly baked baguette with crispy onions	Tortilla nacho bowls	Chicken & bacon club sandwich	Italian tomato pasta bake
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 free chocolate brownies	Strawberry oat slice	Apricot or white chocolate cookies	Victoria sandwich	Vanilla & chocolate marble muffins
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



LUNCH

wc 28.09.26

	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 & red pepper Balti with optional naan bread	Hoi sin loin of pork	Cajun chicken & peppers or Cajun chicken pasta bake	Butchers sausages with mini yorkies & a fresh gravy	Breaded garlic chicken fillet
	Cauliflower Chana dhal	Sweet potato & coconut stew	Root vegetable & pearl barley hot pot	Mature cheddar & chive roll up omelette	Spiced spinach & potato pasty pies
SIDES	Turmeric 50/50 rice Mushroom bhaji & garlic broccoli Mint yogurt & tomato & red onion salad	Chinese egg noodles Vegetable stir fry & broccoli florets	Optional tortilla wrap Sweet potato wedges Steamed greens & Mexican corn	Roast skin on potatoes Carrots & roasted swede & celeriac	Skin on fries British peas, coleslaw , baked beans & roasted tomatoes
SNACK OPTION	Mature cheddar & or gammon ham toasty	Pizza whirls	Cheddar & ham tortilla triangles	Chicken Caesar wraps	Italian vine tomato & nut free pesto bruschetta
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	Cornflake flapjacks	Pear & chocolate sponge with chocolate sauce	Jaffa cake orange tart	Baked biscuit selection	Dairy free vanilla cupcakes
EVERY DAY	WE OFFER A DAILY SELECTION OF FRESHLY CUT & WHOLE FRUITS, YOGURT WITH TOPPINGS AND JELLY POTS				



LUNCH

wc 05.10.26

	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	Teriyaki chicken & peppers	Cheesy beef lasagne with optional garlic bread	Chicken souvlaki with optional flat bread & tzatziki	Diced beef stroganoff	Smoky bbq pulled pork shoulder
	Chestnut mushroom stroganoff	Thai noodle laska	Smoky aubergine & bulgur wheat bake with roasted cherry tomatoes	Paneer & roasted vegetable moussaka	Roasted chick pea falafel & quinoa Buddha bowl
SIDES	Egg noodles Broccoli florets, griddled pak choy & courgette & carrot ribbons	Diced potatoes Roasted chunky carrots Mixed leaf salad	Root vegetable wedges Spiced aubergine & peas with mange tout	Steamed 50/50 rice Roasted courgettes & red onions Garlic greens	Skin on fries Rainbow coleslaw, garlic green beans BBQ beans & sliced gherkins
SNACK OPTION	Pizza bagel	Whipped feta roasted red pepper & red onion open flatbread	Mature cheddar & bacon turnovers	Cheesy macaroni bake	Loaded potato skins
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	Oaty apple crumble with vanilla custard	Carrot cake with a cream cheese topping	Chocolate chip banana bread	Baked rock cakes & jam & cream scones	Blueberry muffins
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HOLROYD HOWE
FEEDING INDEPENDENT MINDS



LUNCH

wc 12.10.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Vegan tofu katsu curry with wholegrain rice	Spiced chickpea & sweet potato flatbreads with crushed avocado	Chilli paneer skewers with coconut raita & a mango salad	Sweet potato topped veggie Shepherd's pies	Spiced red lentil burgers with sweet potato wedges
SIDES	Garlic butter mid potatoes Fine green beans Spinach & peas	Cajun potato wedges Mexican corn Roast peppers & onions	Steamed 50/50 rice Roasted broccoli florets Stir fried vegetable medley	Roasted skin on potatoes Steamed carrots & Savoy cabbage Cauliflower cheese	Skin on fries British peas & Creamy coleslaw Spaghetti hoops
SNACK OPTION	Cheesy bloomer slice with optional chutney	Butchers sausage in a freshly baked baguette with crispy onions	Tortilla nacho bowls	Chicken & bacon club sandwich	Italian tomato pasta bake
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