

BREAKFAST

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--|--|--|--|--|
| HYDRATION | Still water Milk | Still water Milk | Still water Milk | Still water Milk | Still water Milk |
| HOT ITEMS | No added sugar porridge | Scrambled egg with soldiers | Spaghetti hoops on toast | Scrambled egg on toast | No added sugar porridge |
| CEREAL STATION | Cereal selection with milk | Cereal selection with milk | Cereal selection with milk | Cereal selection with milk | Cereal selection with milk |
| TOAST STATION | Wholemeal toast with a selection of toppings | Wholemeal toast with a selection of toppings | Wholemeal toast with a selection of toppings | Wholemeal toast with a selection of toppings | Wholemeal toast with a selection of toppings |
| EVERYDAY | Natural yogurt with freshly cut & dried fruit toppings | Natural yogurt with freshly cut & dried fruit toppings | Natural yogurt with freshly cut & dried fruit toppings | Natural yogurt with freshly cut & dried fruit toppings | Natural yogurt with freshly cut & dried fruit toppings |

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

LUNCH

w/c 22 June 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|--|
| MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN | Cheesy minced beef bolognese wholemeal pasta bake | Pork loin strips with a hoi sin sauce | Mild minced beef chilli with haricot beans | Shredded roast chicken with sage & onion stuffing a fresh gravy | Fresh sausage meat patty with fresh herbs |
| | Red onion tortilla quiche | Mini vegetable pancake rolls | Mild vegetable curry with creamed chickpeas | Stuffed peppers | Baked sweet potato falafel |
| SIDES | Mixed salad Sweetcorn & peas | Egg noodles Broccoli florets & ribbon carrots | Steamed 50/50 rice Sweetcorn & green beans | Mini roast potatoes Carrot batons & shredded spring greens | Wholemeal tomato pasta British peas & baton carrots |
| DESSERT <small>(All our cakes & desserts are reduced sugar)</small> | Golden oat flapjack | School tray bake | Golden oat cookies | Lemon drizzle | Wibble no sugar fruit jelly |
| EVERY DAY | We offer daily a selection of yogurt & fresh fruit | | | | |
| MORNING BREAK | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit |
| AFTERNOON BREAK | Crudities with cheese & crackers | Crudities with cheese & crackers | Crudities with hummus | Crudities with cheese & crackers | Crudities with cheese & crackers |

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

LUNCH

w/c 29 June 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|--|
| MAIN MEALS | Shredded chicken & blended chickpea curry | Pork sausage meat & fresh herb roll | Shredded chicken & peppers | Roast pork loin strips with a fresh gravy | Butchers beef burger |
| TO NOURISH, NURTURE AND SUSTAIN | Vegetable & chickpea chilli | Wholemeal pasta cheese bake | Crispy tofu & pepper strips | Stuffed baked mushroom | Homemade bean burger |
| SIDES | Steamed white and brown rice Green beans & sweetcorn | Steamed crushed potatoes Carrot batons | Wholemeal tomato pasta Sweetcorn & green beans | Mini roast potatoes Baton carrots & shredded cabbage | Steamed white & brown rice with peas & sweetcorn |
| DESSERT <small>(All our cakes & desserts are reduced sugar)</small> | Wholemeal shortbread | Vanilla finger | Rice crispy slice | Wholemeal scone with cream | Citrus muffin |
| EVERY DAY | We offer daily a selection of yogurt & fresh fruit | | | | |
| MORNING BREAK | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit |
| AFTERNOON BREAK | Crudities with cheese & crackers | Crudities with cheese & crackers | Crudities with cheese scones | Crudities with cheese & crackers | Crudities with cheese & crackers |

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

LUNCH

w/c 6 July 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|-------------------------------------|---|---|---|
| MAIN MEALS | Shredded chicken with a BBQ sauce | Minced pork with diced peppers | Shredded chicken fillet with a katsu curry sauce | Roasted gammon loin strips with a fresh gravy | Homemade breaded fish goujons |
| TO NOURISH, NURTURE AND SUSTAIN | Cherry tomato & cheese tart | Sweet potato falafel | Katsu vegetables with added lentils | Roasted vegetables with chickpeas | Mixed bean & vegetable burito |
| SIDES | Crushed mini potatoes Broccoli & cauliflower | Tomato wholemeal pasta Sweetcorn | Steamed white & brown rice Carrot batons & sweetcorn | Mini roast potatoes Shredded cabbage & carrot batons | Crushed boiled potatoes Peas & sweetcorn |
| DESSERT <small>(All our cakes & desserts are reduced sugar)</small> | Pineapple upside down | Date pudding | Wibble no sugar jelly | Shortcake biscuit | Banana muffin |
| EVERY DAY | We offer daily a selection of yogurt & fresh fruit | | | | |
| MORNING BREAK | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit | Freshly cut fruit |
| AFTERNOON BREAK | Crudities with cheese & crackers | Crudities with cheese & crackers | Crudities with hummus | Crudities with cheese & crackers | Crudities with cheese & crackers |

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

SUPPER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--|---|---|---|---|
| MAIN COURSE ONE | Baked jacket potato with cheddar cheese & coleslaw | Wholemeal pasta with tomato sauce & grated cheese | Wholemeal pitta bread pizza slice | Wholemeal pasta with a nut free pesto | Spaghetti hoops on wholemeal toast |
| DAILY SIDES | Cucumber, tomato & a selection of salad items | Cucumber, tomato & a selection of salad items | Cucumber, tomato & a selection of salad items | Cucumber, tomato & a selection of salad items | Cucumber, tomato & a selection of salad items |
| LIGHT DESSERT | Natural yogurt with freshly cut fruit | Natural yogurt with freshly cut fruit | Natural yogurt with freshly cut fruit | Natural yogurt with freshly cut fruit | Natural yogurt with freshly cut fruit |
| HYDRATION | Still water | Still water | Still water | Still water | Still water |
| | | | | | |

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS