

# BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Still water Milk	Still water Milk	Still water Milk	Still water Milk	Still water Milk
HOT ITEMS	Butcher's sausages	Fresh omelette	Spaghetti hoops on toast	No added sugar porridge	Bacon sandwich
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 or white toast with a selection of toppings	Wholemeal or white toast with a selection of toppings	Wholemeal or white toast with a selection of toppings	Wholemeal or white toast with a selection of toppings	Wholemeal or white 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

01.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b>  TO NOURISH, NURTURE AND SUSTAIN	Cheesy minced beef bolognese bake with optional garlic bread	Sliced pork loin in a hoi sin sauce	Mild minced beef chilli with tortilla chips	St Georges Day Roast chicken with sage & onion stuffing & a fresh gravy	Butcher pork sausages with crispy onions
	Red onion tortilla quiche	Mini vegetable pancake rolls	Mild vegetable curry	Stuffed peppers	Tortilla wrap calzone
<b>SIDES</b>	Mixed salad British peas & sweetcorn	Egg noodles Broccoli & ribbon carrots & courgette	Steamed 50/50 rice Sweetcorn & green beans	Skin on roast potatoes Carrots & spring greens	Oven chips British peas & carrots
<b>DESSERT</b>	Golden oat flapjack	School tray bake	Chocolate chip oat cookies	Lemon drizzle & trifle pots	Vanilla cup cakes
<b>EVERYDAY</b>	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
<b>MORNING BREAK</b>	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits & fresh fruit

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

# LUNCH

08.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	Mild chicken curry with optional naan bread & mango chutney	Home baked giant sausage roll with a fresh gravy	Chicken & pepper wraps with salsa & guacamole	Roast loin of pork with a fresh gravy	Butcher beef burger with optional sliced gherkins
	Veggie & chickpea chilli	50/50 cheesy pasta	Crispy tofu tacos with salsa	Stuffed mushroom	Veggie bean burger
<b>SIDES</b>	Steamed 50/50 rice Green beans & sweetcorn	Diced potatoes Spring cabbage & carrots	Potato wedges Sweetcorn, green beans & roasted peppers & onions	Skin on roast potatoes Carrots, cabbage & roast parsnips	Oven chips Baked beans, mixed vegetables & British peas
<b>DESSERT</b>	Shortbread finger	Victoria sandwich	Rice crispy slice	Jam scones	Citrus muffins
<b>EVERYDAY</b>	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
<b>MORNING BREAK</b>	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits & fresh fruit

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

# LUNCH

15.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEALS</b>  TO NOURISH, NURTURE AND SUSTAIN	Chicken fillet with a BBQ sauce	Minced pork tacos	Breadless chicken with a katsu curry sauce	Roasted gammon loin with griddled pineapple & a fresh gravy	Breaded MSC fish fillet with lemon wedges
	Cherry tomato & feta tart	Sweet potato falafel	Quorn fillet with a katsu curry sauce	5 a day Mexican tray bake with chickpeas	Mixed bean & vegetable burrito
<b>SIDES</b>	Mid potatoes Broccoli & cauliflower	Shredded iceberg lettuce Potato wedges & sweetcorn	Steamed 50/50 rice Carrot batons, broccoli & sweetcorn	Skin on roast potatoes Sweetheart cabbage & carrots	Oven chips Baked beans, British peas & sweetcorn
<b>DESSERT</b>	Pineapple upside down sponge	Sticky date pudding	Milk chocolate tray bake	Shortcake biscuits	Banana muffins
<b>EVERYDAY</b>	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
<b>MORNING BREAK</b>	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Tortilla chips, rich tea biscuits & fresh fruit	Cream crackers, digestive biscuits & fresh fruit	Shortie biscuits & fresh fruit

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**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

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**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS