

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

11.05.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Cheesy minced beef bolognaise 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 chick peas	Stuffed peppers	Baked sweet potato falafel
SIDES	Mixed salad British 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

LUNCH

18.05.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	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
	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	Steamed crushed potatoes British peas	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	Oat biscuit	Wholemeal scone with cream	Lemon 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

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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