

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Still water Milk	Still water Milk	Still water Milk	Still water Milk	Still water Milk
HOT ITEMS	Butchers 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

11.05.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS 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	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
SIDES	Mixed salad British peas & green beans	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
DESSERT	Golden oat flapjack	School tray bake	Chocolate chip oat cookies	Lemon drizzle	Vanilla cup cakes
EVERYDAY	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
MORNING BREAK	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

18.05.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	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
SIDES	Steamed 50/50 rice Green beans & curly kale	Diced potatoes Spring cabbage & British peas	Potato wedges Sweetcorn, green beans & roasted peppers & onions	Skin on roast potatoes Carrots, cabbage & roast parsnips	Oven chips Baked beans, mixed vegetables & British peas
DESSERT	Shortbread finger	Victoria sandwich	Oat biscuits	Jam scones	Lemon muffin
EVERYDAY	We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes				
MORNING BREAK	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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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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FEEDING INDEPENDENT MINDS