

LUNCH

FOUNDED IN 1997
HOLROYD HOWE
 FEEDING INDEPENDENT MINDS

6th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Danish Pastry	Beans on Toast	Sausage Roll	Pancakes & Maple Syrup
Main Meal		Pork Sausage served with Yorkshire Puddings and a Rich Gravy	Creamy Turkey & Sweetcorn Pot Pie	<u>Pasta bar</u> Tomato and Basil Sauce Creamy Chicken and Broccoli Sunflower Seed Pesto	<u>Wrap Station</u> Crispy Breaded Chicken Breaded Quorn Fillet Soft Tortilla Wrap Garlic Mayo BBQ Sauce Hoisin Sauce Curried Mayonnaise
Meat Free		Succulent Quorn Sausages Topped with Crispy Onions	Chunky Root Vegetable and Soya Mince Stew	Crispy Savoy Cabbage and Potato Cake Topped with a Fried Egg	Warmed Salmon Niçoise Salad
Simple Option		Pesto Pasta	Penne Pasta In a Rich Tomato Sauce	Jacket Potato with Cheese and Baked Beans	Warmed Salmon Niçoise Salad
Sides		Cauliflower Cheese Mash Potatoes Steamed Peas	Roasted New Potato Garlic Green beans Roasted Aubergines	Penne Pasta Sweetcorn Grilled Courgettes Garlic and Herb Focaccia	Chipped Potatoes Baked Beans Roasted Beets
Dessert of the Day		Yoghurt or Fresh Fruit	Jelly Or Fresh Fruit	Banoffee Pie	Yoghurt or Fresh Fruit
Little Tea		Iced Orange Cake	Carrot & Cucumber sticks	Fruity Thursday	Mini Doughnuts

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13th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Muffin	Danish Pastry	Beans on Toast	Bacon Roll	Pancakes & Maple Syrup
Main Meal	Hoisin Chicken and Broccoli Served with Prawn Crackers	Roast Pork Served with Apple Sauce and Yorkshire Puddings	Beef Lasagne Al forno Topped with a Cheddar Crunch	Hunters Chicken and Bacon Taco Bake Served with Sour Cream	<u>Fish Fridays</u> Breaded MSC Pollock Beef and Onion Pie Chipped Potatoes
Meat Free	Malaysian Vegetable Curry	Quorn Sausage and Butternut Plait	Lentil and Ratatouille Stuffed peppers	Soya Mince and Mixed Bean Chilli	Garden Peas Tartar Sauce Lemon Wedges
Simple Option	Jacket Potato with Cheese & Baked Beans	Tomato and Hidden Vegetable Pasta	Jacket Potato with Cheese & Baked Beans	Roasted Tomato Penne Pasta	
Sides	Sticky Rice Stir Fry Chinese Cabbage and Bean Sprouts Spring Rolls	Roast Potatoes Braised Red Cabbage Garden Peas	Garlic and Herb Focaccia Steamed Broccoli Baton Carrots	Turmeric Rice Roasted Peppers and Onions Sweetcorn	Vegetarian Posh Dogs Accompanied with Crispy Onions and Mustards
Dessert of the Day	American Pancakes Served with Toffee Banana Sauce	Yoghurt or Fresh Fruit	Jelly or Fresh Fruit	Pink Jam Slice	Yoghurt or Fresh Fruit
Little Tea	Fruit Platter	Lemon Drizzle Cake	Carrot & Cucumber	Fruity Thursday	Chocolate Chip Cookie

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 FEEDING INDEPENDENT MENUS

20 th May	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Muffin	Bacon & Hash Brown	Beans on Toast	Sausage Roll	Pancakes & Maple Syrup
Main Meal	<u>Loaded Burrito</u> Paprika Crispy Beef Jackfruit and Red pepper Stew Warmed Wraps Sour Cream Tomato Salsa	Roast Turkey Served with a Rich Gravy and Crispy Yorkshire Puddings	Creamy Chicken Korma Served with Naan Bread, Mint Reita and Mango Chutney	<u>Jacket Potato Station</u> Smoked Paprika and Garlic Roasted Chicken Trio of Mushroom Stroganoff Lime and Coriander Tuna Baked Beans Grated Cheddar Coleslaw	<u>Pizza Bar</u> Double Pepperoni Classic Margarita Topped with Fresh Basil Garlic Mayo BBQ Sauce
	Meat Free	Goats Cheese, Roasted Tomato and Spinach Tart	Chickpea Falafel Served with a Coriander Salad		
Simple Option	Jacket Potato with Cheese & Baked Beans	Tomato & Hidden vegetable Pasta	Jacket Potato with Cheese & Baked Beans	Pesto Pasta	Salmon and Dill Fishcake
Sides	Golden Rice Charred Aubergine Sweetcorn	Roast Potatoes Broccoli Batton Carrots	Steamed Rice Seasoned Cauliflower Garden Peas	House Salad Green Beans Garlic Red Peppers	French fries Baked Beans Sweetcorn
Dessert of the Day	Apple Crumble Served with Custard	Yoghurt or Fresh Fruit	Jelly or Fresh Fruit	Queen of Hearts	Yoghurt or Fresh Fruit
Little Tea	Fruit Platter	Sprinkle Cake	Carrot & Cucumber sticks	Fruity Thursday	Chocolate Brownie