

LUNCH

FOUNDED IN 1997
HOLROYD HOWE
 FEEDING INDEPENDENT MINDS

4th November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Danish Pastry	Cheese on Toast	Ham & Cheese Croissant	Banana Pancakes	Bacon Baguette
MAIN MEAL	<u>Jacket Potato Station</u> Turkey & Sweetcorn Stroganoff	<u>Sausage Bar</u> Pork Cumberland Lamb and Mint Vegan Quorn Crispy Onions Rich Gravy	Beef Lasagne Al forno Topped with a Cheddar Crunch	<u>Asian Rice Bowl</u> Fragrant Steamed Rice topped with Sweet Chilli Chicken	Crispy Breaded Cod with Tartar Sauce and a Lemon Wedge
	Mixed Bean Chilli		Couscous and Ratatouille Stuffed peppers Topped with Halloumi	Sweet and Sour Tofu Served with a Spring Onion Salad	
MEAT FREE	Tuna Mayo Cheddar Cheese Classic Coleslaw			Spring Rolls Prawn Crackers	Chickpea and Mixed Vegetable Biryani Topped with a Coriander and Spring Onion Salad
SIMPLE	Balsamic Glazed Pepper and Mushroom Pan- Fried Pasta	Tomato Penne Pasta	Jacket Potato with Cheese and Baked Beans	Creamy Mushroom and Basil Pasta	
SIDES	Cheddar Cheese Classic Coleslaw House Salad Green Beans	Mashed Potatoes Maple Glazed Carrots Garden Peas	Garlic Slice Steamed Broccoli Steamed Corn	Sauté Asian Greens Steamed Rice Batton Carrots	Chipped Potatoes Mushy Peas Baked Beans
DESSERT	Vanilla Cake with Raspberry Compote	Yoghurt or Fresh Fruit	Jelly or Fruit	Jam and Coconut Sponge	Yoghurt or Fresh Fruit
LITTLE TEA	Fruit Platter	Rice Krispie Cake	Carrot & Cucumber	Fruity Thursday	Chocolate Brownie

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11th November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bacon Baguette	Pancakes & Strawberries	Fruit Smoothie	Cheese on Toast	Pan Au Cho
MAIN MEAL	Sun Dried Tomato and Beef Ragu Served with Seasoned Spaghetti	Traditional Lamb Shepherd's Pie	Honey & Garlic Shredded Chicken Topped with Crispy Onions	Turkey & Butterbean Stew	Cheese and Ham Bar Marked Panini
MEAT FREE	Roasted Mediterranean Vegetable Tart	Linda's Macaroni Cheese	Bubble & Squeak Topped with a Fried Egg	Chickpea Falafel Served with a Coriander & Pomegranate Salad	Cheese and Beef Tomato o Pesto Roasted Mediterranean Vegetable Bar Marked Panini
SIMPLE	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese & Beans	Hidden Vegetable Tomato Pasta	Jacket Potato with Cheese and Baked Beans	
SIDE	Garlic Slice Steamed Corn Thyme Zucchini	Carrots Garden Peas Red Wine Gravy	Seasoned Rice Sweetcorn Charred Peppers	Braised Rice Steamed Broccoli Roasted Carrots	French Fries Mushy Peas Baked Beans
DESSERT	Lemon Drizzle	Fresh Fruit or Yoghurt	Jelly or Yoghurt	Rocky Road	Fresh Fruit or Yoghurt
LITTLE TEA	Fruit Platter	Chococlote Cookie	Carrot & Cucumber	Fruity Thursday	Mini Doughnuts

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18th November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fruit Smoothie	Danish Pastry	Bacon Baguette	Cheese on Toast	Pancakes & Maple Syrup
MAIN MEAL	<u>Pasta Station</u> Tomato and Basil Sauce Creamy Chicken and Mushroom Mixed Seed Pesto Garlic Slice	Honey Roast Gammon Served with Yorkshire Puddings	Chicken Korma Served with Naan Bread, Mint Raita and Mango Chutney	Crispy Cumberland Sausage Plait	<u>Pizza Bar</u> Double Pepperoni (Beef) Classic Margarita Topped with Fresh Basil Garlic Mayo BBQ Sauce
MEAT FREE		Field Mushroom, Beef Tomato and Mozzarella Stack Topped Pesto	Cauliflower Buffalo Wings With a Lime Mayo	Roasted Root Vegetable Lasagne	
SIMPLE	Jacket Potato with Cheese and Baked Beans	Tomato & Basil Spaghetti	Jacket Potato with Cheese and Baked Beans	Tomato Penne Pasta	Creamy Fish and Dill Sauce Topped with a Crunchy Cheddar Mash
SIDES	Grated Cheddar Sweetcorn Paprika Roasted Courgette	Roast Potatoes Savoy Cabbage Batton Carrots	Turmeric Rice Roasted Aubergine Garden Peas	Roasted New Baked Beans Steamed Corn	Chipped Potatoes Roasted Beets Minted Peas
DESSERT	Sticky toffee Pudding & Custard	Yoghurt or Fresh Fruit	Jelly Or Fresh Fruit	Biscoff and Caramel Cheesecake	Yoghurt or Fresh Fruit
LITTLE TEA	Fruit Platter	Carrot Cake	Carrot & Cucumber	Fruity Thursday	Chocolate Cake