

LUNCH

FOUNDED IN 1997
HOLROYD HOWE
 FEEDING INDEPENDENT MINDS

1 st July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Muffin	Danish Pastry	Beans on Toast	Bacon Roll	Pancakes & Maple Syrup
Main Meal	Sweet Chilli Chicken and Broccoli Served with Prawn Crackers	Pork Meat Balls served with a rich tomato Sauce	Beef Lasagne Al forno Topped with a Cheddar Crunch	Chicken Taco Bake Served with Sour Cream	<u>Chip shop Friday</u> Breaded MSC Pollock Beef and Onion Pie
Meat Free	Malaysian Vegetable Curry	Quorn Sausage and Butternut Plait	Vegetable Lasagne served with Garlic Bread	Lentil and Ratatouille Stuffed peppers	Battered Quorn Sausage Chipped Potatoes Mushy Peas
Simple Option	Jacket Potato with Cheese & Baked Beans	Tomato and Hidden Vegetable Pasta	Jacket Potato with Cheese & Baked Beans	Roasted Tomato Penne Pasta	Tartar Sauce Lemon Wedges
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	Chipped Potatoes Mushy Peas Baked Beans
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