

Week One

# LUNCH

HOLROYD HOWE  
FOODS • DRINKS • BAKERY

|                    | MONDAY                                                                                       | TUESDAY                                                                                      | WEDNESDAY                                                                                    | THURSDAY                                                                                                             | FRIDAY                                                                                       |
|--------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <b>Snack</b>       | Apples<br>Shortbread                                                                         | Easy Peelers<br>Flapjack                                                                     | Watermelon<br>Digestive Biscuit                                                              | Banana<br>Banana Cake                                                                                                | Easy Peelers<br>Chocolate Brownie                                                            |
| <b>Main Meal</b>   | Meatballs                                                                                    | Chicken Chow Mein                                                                            | Chicken Pie                                                                                  | Roasted Pork<br>Roasted Turkey<br>Roasted Ham                                                                        | Piri Piri Chicken Wrap<br>Mixed Salad<br>Garlic Mayo                                         |
| <b>Meat Free</b>   | Vegan Meatballs                                                                              | Vegan Chow Mein                                                                              | Vegan Pie                                                                                    | Vegan Fillet<br>Cauliflower Cheese Bake                                                                              | Macaroni Cheese<br>Vegan Chicken Wraps                                                       |
| <b>On The Side</b> | Spaghetti<br>Petit Pois<br>Carrots Batons<br>Garlic Bread<br>Parmesan<br>Crispy Onions       | Green Beans<br>Stir Fry Veg<br>Spring Roll<br>Prawn Crackers                                 | Baked Beans<br>Sweetcorn                                                                     | Crispy Roasted Potato<br>Yorkshire Pudding<br>Mixed & Roasted<br>Vegetables<br>Gravy<br>Crackling<br>Sauce Selection | Potato Wedges<br>Baked Beans<br>Garden Peas<br>Curry Sauce                                   |
| <b>Every Day</b>   | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce                         | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce |
| <b>Desserts</b>    | Waffles<br>Pancakes<br>Butterscotch Sauce<br>Fruit Smoothie<br>Fruit Platter<br>Fruit Pots   | Marble cake<br>Fruit Platter<br>Fruit Pots                                                   | Rice Pudding<br>Cheese and Biscuits<br>Fruit Platter<br>Fruit Pots                           | Apple & Berry Crumble<br>with Custard<br>Jelly<br>Fruit Platter<br>Fruit Pots                                        | Cornflake bar<br>Fruit Platter<br>Fruit Pots                                                 |

Week  
Two

# LUNCH

FOUNDED IN 1957  
HOLROYD HOWE  
FEDERAL INDEPENDENT SCHOOLS

|             | MONDAY                                                                                       | TUESDAY                                                                                      | WEDNESDAY                                                                                    | THURSDAY                                                                                                | FRIDAY                                                                                       |
|-------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Snack       | Apples<br>Shortbread                                                                         | Easy Peelers<br>Flapjack                                                                     | Watermelon<br>Digestive Biscuit                                                              | Banana<br>Banana Cake                                                                                   | Easy Peelers<br>Chocolate Brownie                                                            |
| Main Meal   | Creamy Turkey Pasta<br>Beef Pasta Bake                                                       | Chicken Tikka                                                                                | Hunters Chicken                                                                              | Roasted Pork<br>Roasted Turkey<br>Roasted Ham                                                           | Cod Fish Finger                                                                              |
| Meat Free   | Roasted<br>Mediterranean<br>Flatbread                                                        | Vegan Tikka                                                                                  | Vegan Sausage                                                                                | Vegan Fillet<br>Cauliflower Cheese Bake                                                                 | Macaroni Cheese<br>Vegan Fish                                                                |
| On The Side | Petit Pois<br>Carrots Batons<br>Garlic Bread                                                 | White Rice<br>Green Beans<br>Naan Bread<br>Onion Bhaji<br>Mango Chutney                      | New Potato<br>Peas<br>Sweetcorn                                                              | Crispy Roasted Potato<br>Yorkshire Pudding<br>Mixed & Roasted<br>Vegetables<br>Gravy<br>Sauce Selection | Fries<br>Mushy Peas<br>Garden Peas<br>Tartare Sauce<br>Lemon Wedge<br>Curry Sauce            |
| Every Day   | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce            | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce |
| Desserts    | Waffles<br>Pancakes<br>Fruit Smoothie<br>Fruit Platter<br>Fruit Pots                         | Chocolate Sponge &<br>Custard<br>Fruit Platter<br>Fruit Pots                                 | Rice Pudding<br>Cheese and Biscuits<br>Fruit Platter<br>Fruit Pots                           | Apple and Peach<br>Crumble with Custard<br>Jelly<br>Fruit Platter<br>Fruit Pots                         | Chocolate Mousse<br>Fruit Platter<br>Fruit Pots                                              |

Week Three

# LUNCH

FOUNDED IN 1957  
HOLROYD HOWE  
PRESCHOOL NURSERY SCHOOL

|                    | MONDAY                                                                                       | TUESDAY                                                                                      | WEDNESDAY                                                                                    | THURSDAY                                                                                                | FRIDAY                                                                                       |
|--------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <b>Snack</b>       | Apples<br>Shortbread                                                                         | Easy Peelers<br>Flapjack                                                                     | Watermelon<br>Digestive Biscuit                                                              | Banana<br>Banana Cake                                                                                   | Easy Peelers<br>Chocolate Brownie                                                            |
| <b>Main Meal</b>   | Chilli Con Carne                                                                             | Red Thai Curry                                                                               | All Day Breakfast                                                                            | Roasted Pork<br>Roasted Turkey<br>Roasted Ham                                                           | Cod Fish Finger                                                                              |
| <b>Meat Free</b>   | Vegan Chilli Con Carne                                                                       | Vegan Thai                                                                                   | Vegan All Day Breakfast                                                                      | Vegan Fillet<br>Cauliflower Cheese Bake                                                                 | Maccaroni Cheese<br>Vegan Fish                                                               |
| <b>On The Side</b> | Rice or Jacket<br>Petit Pois<br>Corn on the Cob<br>Nachos<br>Sour Cream                      | Rice<br>Green Beans<br>Stir Fry Pak Choi<br>Prawn Crackers                                   | Steamed Potato<br>Sweetcorn<br>Baked Beans                                                   | Crispy Roasted Potato<br>Yorkshire Pudding<br>Mixed & Roasted<br>Vegetables<br>Gravy<br>Sauce Selection | Fries<br>Mushy Peas<br>Garden Peas<br>Tartare Sauce<br>Lemon Wedge<br>Curry Sauce            |
| <b>Every Day</b>   | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce            | Salad Bar<br>Build a Wrap<br>Jacket Potato / Baked<br>Beans<br>Plain Pasta / Tomato<br>Sauce |
| <b>Desserts</b>    | Doughnuts<br>Fruit Smoothie<br>Fruit Platter<br>Fruit Pots                                   | Jam Sponge & Custard<br>Fruit Platter<br>Fruit Pots                                          | Rice Pudding<br>Cheese and Biscuits<br>Fruit Platter<br>Fruit Pots                           | Apple and Pear<br>Crumble with Custard<br>Jelly<br>Fruit Platter<br>Fruit Pots                          | Rocky Road<br>Fruit Platter<br>Fruit Pots                                                    |