

BREAKFAST

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOT ITEMS	Pork sausages Glamorgan sausages Fried eggs Tomatoes Baked beans	Crispy bacon Glamorgan sausages Poached egg Baked beans Mushrooms	Crispy bacon Vegetarian sausages Baked beans Scrambled egg Hash browns Crumpets	Crispy bacon Glamorgan sausages Poached egg Baked beans Mushrooms	Pork sausages Vegetarian sausages Fried eggs Hash browns Tomatoes Baked beans	Crispy bacon Glamorgan sausages Boiled eggs Baked beans Toasted bagels
DAILY SPECIAL	Sausage and cheese breakfast muffins	Blueberry and banana loaf cake, Fruity cream cheese	Indian mango lassi (yoghurt smoothie)	Pastries (Pain au chocolat and croissants)	Breakfast hash, potatoes, cheese ,egg, chilli	Pastries (Pain au Chocolat and croissants)
DAILY BREAKFAST ITEMS	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves
FRUIT	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit
HYDRATION	Orange juice Lemon water	Apple juice Lime water	Lemon water Orange juice	Cranberry juice Melon water	Orange juice Mint water	Continental choice

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

BREAKFAST

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOT ITEMS	Pork sausages Glamorgan sausages Fried eggs Tomatoes Baked beans	Crispy bacon Glamorgan sausages Poached egg Baked beans Mushrooms	Crispy bacon Vegetarian sausages Baked beans Scrambled egg Crumpets	Crispy bacon Glamorgan sausages Poached egg Baked beans Mushrooms	Pork sausages Glamorgan sausages Fried eggs Tomatoes Hash browns Baked beans	Crispy bacon Glamorgan sausages Boiled eggs Baked beans Toasted bagels
DAILY SPECIAL	Creamy mushrooms on toast	Bran, apple and raspberry muffins	Blueberry pancakes, berry compote, chocolate sauce	Pastries (Pain au chocolat and croissants)	Breakfast burritos accompanied with guacamole and salsa	Pastries (Pain au chocolat and croissants)
DAILY BREAKFAST ITEMS	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves	Porridge station with toppings Selection of breakfast cereals Yoghurt station with fresh fruit, purees and toppings Toasting station with breads, spreads and preserves
FRUIT	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit	Selection of diced fruit
HYDRATION	Orange juice Lemon water	Apple juice Lime water	Lemon water Orange juice	Cranberry juice Melon water	Orange juice Mint water	Continental choice

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LUNCH

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course One	Mexican Monday Chipotle marinated pulled chicken taco, salsa, spicy mayo and smashed avocado	Bacon mac & cheese, crispy onions and herby crumb	Herby beef and mushroom, stroganoff, creme fraiche and cheese scones	Teriyaki chicken, stir fry and prawn crackers	Pepperoni pizza Or Fish of the Day	Selection of paninis
Meat Free	Cajun dirty fried rice	Chickpea tagine with spiced couscous	Tandoori cauliflower steak, salsa verde, pomegranate	Kung Pao tofu	Margarita pizza	
SIDES	Dressed potato wedges Corn on the cob Roasted broccoli	Garlic focaccia Peas Cabbage and kale	Boiled rice Green beans Roasted carrots	Egg noodles Sweetcorn Broccoli	Peas Chunky chips Baked beans	Garlic and herb new potatoes coleslaw Selection of salads
JACKET/PASTA BAR	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar
DESSERT	Lemon and poppy seed cake	Sticky chocolate pudding with chocolate custard	Apple pie and vanilla whipped cream	Chef's special shortbread	Traditional Victoria sponge	Lemon meringue pie
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS					
HYDRATION	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water

LUNCH

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course One	Mediterranean marinated chicken, sriracha mayo, pineapple, salsa	Korean style BBQ pulled pork, Asian slaw, brioche roll	Chicken, leek, wholegrain mustard, puff pastry pie	Hereby beef and pork lasagna, garlic bread, herby crumb, basil pesto	<i>Build your Own</i> Fish finger sandwich, soft roll, tartar sauce	Homemade sausage rolls
Meat Free	Bang Bang cauliflower noodles	Ricotta and spinach cannelloni	Slow cooked vegetable stew with cheddar dumplings	Broccoli and stilton, flamiche	Curried vegetable pie	Sweet chilli falafel wrap
SIDES	Flatbreads Panache Vegetables Spiced couscous	Parmentier potatoes, sesame seed, roasted broccoli, sweetcorn	Colcannon mash Carrots Peas	Balsamic potatoes, green beans garlic mushrooms	Curry sauce Mushy peas Chunky chips Shredded baby gem	Sweet potato Wedges Baked beans
JACKET/PASTA BAR	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar
DESSERT	Double chocolate brownie	<i>Build Your Own</i> Pavlova	Sticky plum and honey sponge with custard	Black Forest gateau	Chef's special flapJack	Chocolate chip cookies
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS					
HYDRATION	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water

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LUNCH

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course One	Hoisin chicken, egg fried rice, stir fried greens, bamboo shoots	Pork sausages with roasted onions and apples	Naked chicken Katsu curry	Beef Bolognese. garlic bread, basil pesto	Cheese burgers, homemade burger sauce, gherkin, lettuce	Traditional beef pasties
Meat Free	Mediterranean orzo pasta bake	Vegetable Moussaka	Roasted cherry tomato and basil pesto gnocchi	Giant onion pakora, homemade dhal sauce, salsa	Spicy bean burgers, tomato relish, gherkins	Onion bhaji burger, chilli slaw, baby gem
SIDES	Prawn crackers Green beans Sauteed cabbage	Mashed potato Cauliflower cheese Roasted roots Peas Gravy	Vegetable Rice Roasted Curried Cauliflower Peas	Garlic Peas Broccoli Herby potatoes	Chips Mushy peas Baked beans	Cajun diced potatoes Sweetcorn
JACKET/PASTA BAR	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar	Pasta bar jackets, toppings salad bar
DESSERT	Apple and summer fruit crumble with custard	Wrekin Rocky Road	Carrot cake	Lemon and blueberry sponge with custard	Jammy Dodger blondie	Brookies
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS					
HYDRATION	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water

SUPPER

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Course One	Chunky beef chilli, smashed avocado, salsa	Special Theme Day Of The Week	Pizza bar Pepperoni pizza	Wrekin's fisherman's pie	Chicken Tikka Balti	Sausage meat pasta, Garlic dough balls	Wrekin Roasted Day
Meat Free	Crispy brie topped ratatouille	Special Theme Day Of The Week	BBQ chicken and sweetcorn pizza Roasted red pepper and olive pizza	Roasted red pepper pasta arrabiata	Beef Thai red curry Spinach and chickpea Masala	Vegetable lasagna, garlic dough balls	Roasted root vegetable pie
SIDES	Tortilla chips Vegetable rice	Special Theme Day Of The Week	Waffle fries Baked beans Peas	New potatoes Cauliflower Creamed leeks	Poppadoms Mango chutney Boiled rice Green beans Roasted courgettes	Peas Broccoli Crushed new potatoes	Roast potatoes Red cabbage Cauliflower Carrot Stuffing Yorkshire puddings Gravy
DESSERT	Manchester tart	Special Theme Day Of The Week	Jamaican ginger cake	Double chocolate S'more cookies	Profiteroles	Lemon and blueberry polenta loaf	Chocolate orange Bread and butter Pudding
HYDRATION	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water

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SUPPER

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Course One	Beef mac and cheese	Special Theme Day Of The Week	Chicken Kiev, garlic butter	Sweet & sour pork	Chicken and chorizo Paella	Fusion food Pepperoni naan Bread pizzas	Chipotle chicken Enchiladas
Meat Free	Mint, pea and parmesan risotto	Special Theme Day Of The Week	Aubergine Parmigiana	Mushroom Chow Mein	Spanish omelettes	Curried spinach and feta pizza naan bread pizza	Tomato and mixed bean quesadillas
SIDES	Garlic focaccia Minted peas Roasted squash & courgettes	Special Theme Day Of The Week	Roast potatoes Roasted carrots Cabbage	Prawn crackers Vegetable rice Sauteed greens Green beans	Tenderstem broccoli Green beans Garlic potatoes	Curly fries Corn on the cob Sun dried tomatoes	Dirty rice Cauliflower Salsa Avocado
DESSERT	Mocha marble cake	Special Theme Day Of The Week	Biscoff Cornflake Bar	Tropical fruit tart	Toffee apple and pear strudel	Tiramisu	Old School Cake
HYDRATION	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water

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SUPPER

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLASSIC	Buttermilk chicken and waffles, Maple syrup	Special Theme Day Of The Week	Crispy sweet chilli beef	Chicken chasseur, herby oat dumplings	Slow BBQ beef burrito	Spaghetti and meatballs, garlic bread, basil pesto	Beef and onion pie
NOURISH	Cajun battered tofu and waffles	Special Theme Day Of The Week	Thai green curry	Vegan sausage casserole	Spicy Cajun pulled jackfruit	Crispy topped mac and cheese	Roasted root vegetable cottage pie
SIDES	Mac and cheese Sweet potato Corn on the cob BBQ beans	Special Theme Day Of The Week	Egg fried rice Broccoli Green beans	Steamed potatoes Parsnip Sauteed cabbage	Mexican rice Salsa Grated cheese Sour cream Spicy mayo Taco beans Tenderstem	Sun dried tomatoes Peas Garlic mushrooms	Mash potato Roasted carrot Parsnips Buttered cabbage Gravy
DESSERT	Banana & chocolate chip traybake	Special Theme Day Of The Week	Oreo baked cheesecake	Muffins	Ice Cream Factory	Churros with warm chocolate sauce	Peach and raspberry cobbler
HYDRATION	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water	Fruit water

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