

Week One

# LUNCH

FOUNDED IN 1997  
HOLROYD HOWE  
FEEDING INDEPENDENT MINDS

|                    | MONDAY                                                                                       | TUESDAY                                                                                      | WEDNESDAY                                                                                    | THURSDAY                                                                                                         | FRIDAY                                                                                       |
|--------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <b>Snack</b>       | Red Apples<br>Digestive Biscuit                                                              | Easy Peelers<br>Flap Jack                                                                    | Water Melon<br>Digestive Biscuit                                                             | Banana<br>Chocolate Oat Bar                                                                                      | Orange Slices<br>Digestive Biscuit                                                           |
| <b>Main Meal</b>   | Meat Ball Rigatoni                                                                           | Sweet Chilli Chicken                                                                         | Moroccan Lamb                                                                                | Roasted Pork                                                                                                     | Breaded Chicken Wrap<br>Mixed Salad<br>BBQ Sauce<br>Garlic Mayo                              |
| <b>Meat Free</b>   | Vegan Meatball<br>Rigatoni                                                                   | Giant Vegan Spring roll<br>with Sweet Chilli Dip                                             | Vegan Moroccan Mince<br>with Chargrilled Veg                                                 | Quorn Roast<br>Broccoli Cheese Bake                                                                              | Maccaroni Cheese<br>Vegan Chicken Wraps                                                      |
| <b>On The Side</b> | Petit Pois<br>Carrots Batons<br>Garlic Bread                                                 | Brown Rice<br>Green Beans<br>Stir Fry Veg<br>Spring Roll<br>Prawn Crackers                   | Cous Cous<br>Flat Bread<br>Broccoli<br>Sweetcorn                                             | Crispy Roasted Potato<br>Yorkshire Pudding<br>Mixed & Roasted<br>Vegetables<br>Gravy<br>Crackling<br>Apple Sauce | Chunky Chips<br>Baked Beans<br>Garden Peas<br>Katsu Curry Sauce<br>Tomato 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 with<br>Butterscotch Sauce<br>Fruit Smoothie<br>Fruit Platter<br>Fruit Pots          | Jam Sponge & Custard<br>Cheesecake Pots<br>Fruit Platter<br>Fruit Pots                       | Rice Pudding with<br>Toppings<br>Cheese and Biscuits<br>Fruit Platter<br>Fruit Pots          | Apple Crumble with<br>Custard<br>Traffic Light Jelly<br>Fruit Platter<br>Fruit Pots                              | Chocolate Road<br>Fruit Platter<br>Fruit Pots                                                |

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|                    | MONDAY                                                                                       | TUESDAY                                                                                      | WEDNESDAY                                                                                    | THURSDAY                                                                                                | FRIDAY                                                                                         |
|--------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <b>Snack</b>       | Red Apples<br>Digestive Biscuit                                                              | Easy Peelers<br>Flap Jack                                                                    | Water Melon<br>Digestive Biscuit                                                             | Banana<br>Chocolate Oat Bar                                                                             | Orange Slices<br>Digestive Biscuit                                                             |
| <b>Main Meal</b>   | Pepperoni Pizza Pasta                                                                        | Hunters Chicken                                                                              | Sausage Casserole                                                                            | Roasted Turkey                                                                                          | Cod Fish Finger                                                                                |
| <b>Meat Free</b>   | Vegan Pepperoni Pasta                                                                        | Beetroot, Squash Tart                                                                        | Vegan Sausage Casserole                                                                      | Quorn Roast<br>Broccoli Cheese Bake                                                                     | Maccaroni Cheese<br>Vegan Fish                                                                 |
| <b>On The Side</b> | Petit Pois<br>Carrots Batons<br>Garlic Bread                                                 | New Potato<br>Green Beans<br>Nachos                                                          | Mashed Potato<br>Mixed Vegetables                                                            | Crispy Roasted Potato<br>Yorkshire Pudding<br>Mixed & Roasted<br>Vegetables<br>Gravy<br>Cranberry Sauce | Chunky Chips<br>Mushy Peas<br>Garden Peas<br>Tartare Sauce<br>Lemon Wedge<br>Katsu 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>    | Churros with Chocolate<br>Sauce<br>Fruit Smoothie<br>Fruit Platter<br>Fruit Pots             | Old Hall Cake &<br>Custard<br>Cheesecake Pots<br>Fruit Platter<br>Fruit Pots                 | Rice Pudding with<br>Toppings<br>Cheese and Biscuits<br>Fruit Platter<br>Fruit Pots          | Apple and Peach<br>Crumble with Custard<br>Traffic Light Jelly<br>Fruit Platter<br>Fruit Pots           | Butterscotch Bar<br>Fruit Platter<br>Fruit Pots                                                |

Week Three

## LUNCH

|                    | MONDAY                                                                                       | TUESDAY                                                                                      | WEDNESDAY                                                                                    | THURSDAY                                                                                                   | FRIDAY                                                                                         |
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| <b>Snack</b>       | Red Apples<br>Digestive Biscuit                                                              | Easy Peelers<br>Flap Jack                                                                    | Water Melon<br>Digestive Biscuit                                                             | Banana<br>Chocolate Oat Bar                                                                                | Orange Slices<br>Digestive Biscuit                                                             |
| <b>Main Meal</b>   | Turkey Pasta                                                                                 | Butter Chicken                                                                               | Sausage Roll                                                                                 | Roasted Beef                                                                                               | Cod Fish Finger                                                                                |
| <b>Meat Free</b>   | Vegan Sausage Pasta                                                                          | Vegan Curry                                                                                  | Vegan Sausage Roll                                                                           | Quorn Roast<br>Broccoli Cheese Bake                                                                        | Maccaroni Cheese<br>Vegan Fish                                                                 |
| <b>On The Side</b> | Petit Pois<br>Carrots Batons<br>Garlic Bread                                                 | Rice<br>Naan Bread<br>Green Beans<br>Onion Bhaji<br>Kachumber<br>Mango Chutney               | Mashed Potato<br>Broccoli<br>Sweetcorn                                                       | Crispy Roasted Potato<br>Yorkshire Pudding<br>Mixed & Roasted<br>Vegetables<br>Gravy<br>Horse Radish Sauce | Chunky Chips<br>Mushy Peas<br>Garden Peas<br>Tartare Sauce<br>Lemon Wedge<br>Katsu 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>    | Pancakes<br>Fruit Smoothie<br>Fruit Platter<br>Fruit Pots                                    | Chocolate Sponge with<br>Chocolate Custard<br>Cheesecake Pots<br>Fruit Platter<br>Fruit Pots | Rice Pudding with<br>Toppings<br>Cheese and Biscuits<br>Fruit Platter<br>Fruit Pots          | Apple and Pear<br>Crumble with Custard<br>Traffic Light Jelly<br>Fruit Platter<br>Fruit Pots               | Coco Pop Slice<br>Fruit Platter<br>Fruit Pots                                                  |