
















LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	 Waste Knot Soup Of The Day Served With Freshly Baked Wild Farmed Bread				
MAIN MEALS	Chicken Char Sui, Sweet Pickled Veg 	Butcher's Sausages & Onion Gravy	Rich Beef Ragu, Garlic Bread	Portuguese Chicken, Zesty Salsa 	Fish Friday Freshly Battered Fish Or Baked Fish Fingers
TO NOURISH, NURTURE AND SUSTAIN	Crispy Tofu, Sweet Chilli & Pickled Veg	 Sweet Potato, Spinach & Chickpea Sausage Roll	 Basil Tomato & Butterbean Baked Gnocchi, Rocket Pesto	Chargrilled Lemon Pepper Halloumi Zesty Salsa	 Bean Quesadillas With Roasted Tomato & Lime Salsa
SIDES	Noodles Stir Fry Vegetables Kimchi Style Cabbage Steamed Bao Buns	Creamy Mash Green Beans & Roast Peppers Steamed Sweetcorn	Fusilli Pasta Roasted Broccoli & Butternut Squash Garlic Bread	Patatas Bravas Chilli Corn Macho Peas	Chunky Chips Baked Beans Pickled Cabbage Chip Shop Curry Sauce
JACKETS & PASTA	50/50 Pasta Served With A Simple Sauce Or Freshly Baked Jacket Potatoes With Assorted Toppings				
DESSERT	Pineapple Cake, Coconut Custard	Boost It Carrot Cake	 Cornflake Tart	Oat & Apple Crumble, Vanilla Custard	Berry & Oat Muffins
EVERYDAY	Daily Selection Of Yogurt, Fresh Fruit, Cold Desserts, Jelly Pots				

LUNCH









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	 Waste Knot Soup Of The Day Served With Freshly Baked Wild Farmed Bread				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	 Chicken Shawarma & Flatbread	Spring Lamb Keema, Minted Yogurt	 Loaded Mac & Cheese Topped With 	Soy Honey Beef Stir Fry, Pac Choi & Ginger	Flatbread Friday Loaded Italian Schiacciata Flaked Salmon, Marinara Sauce, Rocket & Pickled Red Onions Classic Margherita, Basil Pesto Pulled Chicken Parmigiana
	 Pea, Fava Bean & Pepper Shawarma	Sweet Potato Falafels, Harissa Hummus, Khobez Bread, Sumac & Pomegranate Slaw		Smokey BBQ Pulled Pork Or Mixed Bean & Roasted Vegetable Chilli	
SIDES	Baked Potato Wedges Rainbow Slaw Broccoli & Pomegranate Fattoush	Braised Yellow Rice Cumin Roasted Carrot Green Beans	Roasted Vegetables Buttered Corn Garlic & Rosemary Focaccia	Wok Fried Greens Steamed Rice Stir Fried Vegetables	 Rosemary Seasoned Skinny Fries Ceasar Salad Bean Panzanella
JACKETS & PASTA	50/50 Pasta Served With A Simple Sauce Or Freshly Baked Jacket Potatoes With Assorted Toppings				
DESSERTS	Boost It Granola Flapjack	 Toffee Apple Pie	Fruit Scone & Cream	Chocolate Chip Shortbread	 Loaded Pancakes Berry Compote
EVERYDAY	Daily Selection Of Yogurt, Fresh Fruit, Cold Desserts, Jelly Pots				

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	 Waste Knot Soup Of The Day Served With Freshly Baked Wild Farmed Bread				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Chilli Beef Burrito, Sour Cream & Salsa	 Panko Breaded Chicken Aromatic Katsu Sauce, Pickled Vegetables	Pulled Ham Carbonara	 Ramen Bar 	Chicken Caesar Wrap , Crunchy Cos, Caesar Dressing
	 Roasted Squash & Bean Chilli Burrito Sour Cream & Salsa	Panko Breaded Tofu, Aromatic Katsu Sauce, Pickled Vegetables	Cherry Tomato Broccoli & White Bean Pasta Bake, Sunflower Seed Pesto	Noodles, Glazed Tofu, Pulled Chicken, Soya Beans, Egg, Crunchy Veg, Miso Broth	Grilled Halloumi Wrap, Sweet & Sour Peppers, Rocket
SIDES	Patatas Bravas Macho Peas BBQ Beans	Fragrant Rice Soy & Ginger Sauteed Cabbage Steamed Carrots	Wholemeal Pasta Garlic Focaccia Green Beans Steamed Corn	Chilli Roasted Broccoli Asian Slaw	Potato Wedges Classic Coleslaw Corn On The Cob
JACKETS & PASTA	50/50 Pasta Served With A Simple Sauce Or Freshly Baked Jacket Potatoes With Assorted Toppings				
DESSERT	Boost It Apple Muffins	 Biscoff Cheesecake	Boost It Banana Bread	 Toffee Cream Tart	 Chocolate & Black Bean Brownie
EVERY DAY	Daily Selection Of Yogurt, Fresh Fruit, Cold Desserts, Jelly Pots				

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