








PREP LUNCH







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Roast Chicken, Char Sui Sauce 	Butcher's Sausages & Onion Gravy	 Beef Bolognaise	Marinated Roast Chicken	 Baked Fish Fingers
TO NOURISH, NURTURE AND SUSTAIN	Crispy Tofu, Char Sui Sauce	Sweet Potato, Spinach & Chickpea Sausage Roll	Baked Gnocchi, Tomato, Basil & Butterbean Sauce	Marinated Grilled Halloumi Cherry Tomatoes	Cheesy Bean & Tomato Quesadillas
SIDES	Noodles Stir Fry Vegetables Kimchi Style Cabbage Steamed Bao Buns	 Creamy Mash Green Beans, Steamed Sweetcorn	 Fusilli Pasta Roasted Broccoli & Butternut Squash	New Potatoes Garden Peas & Corn	 Chunky Chips Baked Beans Braised Cabbage
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 Yoghurt, Fresh Fruit, Cold Desserts, Jelly Pots				

FOUNDED IN 1997








HOLROYD HOWE

FEEDING INDEPENDENT MINDS

PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Herby Chicken & Flatbread Shards	Spring Lamb & Peas, Cucumber Yogurt	 Baked Cheesy Mac & Cheese Roasted Vegetables Buttered Corn Garlic & Rosemary Focaccia	Stir Fried Beef Strips & Vegetables	Flatbread Friday Loaded Pitta Pizzas Flaked Salmon, Marinara Classic Margherita, Basil Pesto Chicken, Tomato & Parmigiana  Skinny Fries Salad Sticks Baked Beans
TO NOURISH, NURTURE AND SUSTAIN	Herby Pea & Fava Bean & Stew Flatbread Shards	Sweet Potato Falafels, Hummus & Cucumber Yogurt		Stir Fried Vegetables, Sweet & Sour Tofu	
SIDES	 Baked Potato Wedges Rainbow Slaw Broccoli	Braised Rice Roasted Carrot Green Beans		 Steamed Greens Fragrant Rice Stir Fried Vegetables	
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	 Fluffy Pancakes & Berries
EVERYDAY	Daily Selection Of Yoghurt, Fresh Fruit, Cold Desserts, Jelly Pots				

PREP LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Mild Spiced Beef Burrito, Sour Cream & Salsa	Breaded Chicken Strips, Aromatic Katsu Sauce 	Pulled Ham Carbonara	 Ramen Bar	Open Chicken & Cheddar Wrap, Crunchy Cos Lettuce
	Roasted Squash & Bean Burrito Sour Cream & Salsa	Panko Breaded Tofu, Aromatic Katsu Sauce	Cherry Tomato Broccoli & Bean Pasta Bake	Pulled Chicken Or Glazed Tofu, Boiled Egg, Crunchy Veg, 	Grilled Halloumi, Bean & tomato Wrap, Crunchy Cos,
SIDES	 New Potatoes Garden Peas BBQ Beans	Fragrant Rice Sauteed Cabbage Steamed Carrots	Wholemeal Pasta Steamed Sweetcorn Green Beans	Steamed Noodles Roasted Broccoli Edamame Beans	Baked 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 Yoghurt, Fresh Fruit, Cold Desserts, Jelly Pots				

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