

# BREAKFAST

Apr 21<sup>st</sup>, May 12<sup>th</sup>, June 9<sup>th</sup>, June 30<sup>th</sup>.

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT ITEMS</b>	Apple & orange juice Tea & coffee Oat & soya milk				
<b>DAILY SPECIAL</b>	Scrambled egg mushrooms	Boiled egg Smashed avocado	Bacon Tomato Hash brown	Smoked salmon Cream cheese Bagels Poached egg	Pancakes or waffles with Greek yoghurt & honey
<b>DAILY BREAKFAST ITEMS</b>	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

Apr 21<sup>st</sup>, May 12<sup>th</sup>  
June 9<sup>th</sup>, June 30<sup>th</sup>

# LUNCH

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<b>MAIN MEAL</b>	Swedish meatballs in a tomato sauce	Battered chicken bites	Lasagna	Korean pan fried pork	Oven baked fish fingers
<b>MEAT FREE VEGETARIAN</b>	Vegan meatballs	Homemade vegetarian nuggets	Vegetarian lasagna	Korean tofu	Breaded halloumi
<b>SIDES</b>	Lemon & thyme rice Green beans	Sauté potatoes Steamed greens	Italian bread Seasonal vegetables	Stir fry noodles Garlic vegetables	Chips Garden peas Baked beans
<b>JACKET/PASTA BAR</b>	Jacket potato with beans & cheese	Jacket potato with beans & cheese	Jacket potato with beans & cheese	Jacket potato with beans & cheese	Jacket potato with beans & cheese
	Pasta bar with sauce of the day	Pasta bar with sauce of the day	Pasta bar with sauce of the day	Pasta bar with sauce of the day	Pasta bar with sauce of the day
<b>DESSERT</b>	Steamed syrup sponge with custard	Apple crumble & cinnamon crumble	<b>Giant cookie</b>	Fresh cut fruit & yoghurt	Chocolate brownie
<b>EVERY DAY</b>	<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>				
<b>HYDRATION</b>	Cucumber & mint	Grapefruit, Lemon & lime	Watermelon & rosemary	Strawberry & basil	Orange & mango

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# SUPPER

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN MEAL	Sweet & sour chicken balls	Jumbo sausages	Mixed meat nasi goreng	Chicken tikka pie	Spaghetti bolognaise	KFC style chicken	Roast chicken Stuffing balls Yorkshire puddings
MEAT FREE VEGETARIAN	Sweet & sour tofu	Vegan sausage	Veggie nasi goreng	Vegetable pie	Quorn bolognaise	Tempura vegetables	Vegetable loaf
SIDES	Noodles Stir fried vegetables	Mash potato Onion gravy Broccoli	Pickled vegetables Omelette strips Sweet chili sauce	Roasted new potatoes Green beans	Home made garlic bread Seasonal salads	Sticky rice Bok choy Gravy Garlic mayo	Roasties Cauliflower cheese Roasted root veg Gravy
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS OR HOT /COLD DESSERTS						

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# BREAKFAST

Apr 28<sup>th</sup>, May 19<sup>th</sup>, June 16<sup>th</sup>, July 7<sup>th</sup>.

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HYDRATION</b>	Apple & orange juice Tea & coffee Oat & soya milk				
<b>HOT ITEMS</b>	Back bacon Scrambled egg	Croissants with cheese slice & ham	Boiled egg Mushrooms	Mini Danish pastries	Poached egg Hash brown
<b>DAILY BREAKFAST ITEMS</b>	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads

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# LUNCH

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<b>MAIN MEAL</b>	Chicken & chorizo ragu	Classic beef chili	Pulled BBQ pork	Sweet & sour chicken	Cheese & tomato pizza <u>Toppings</u> Pineapple, Pepperoni, Peppers, Ham, chorizo
<b>MEAT FREE VEGETARIAN</b>	Spicy tomato ariabata with chunky vegetables	Lentil & bean chili	Pulled mushroom falafels	Chinese style Quorn	
<b>SIDES</b>	Steamed rice Broccoli	Tortilla chips Steamed rice Salsa, guacamole, sour cream	Rosemary & garlic potatoes Corn on the cob	Noodles Prawn crackers Green bean & broccoli	Chips Garden peas
<b>JACKET/PASTA BAR</b>	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day
<b>DESSERT</b>	Cornflake cake	Sticky toffee pudding	Iced sponge with sprinkles	Fresh fruit & yoghurt	Flap jack
<b>EVERY DAY</b>	<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>				
<b>HYDRATION</b>	Cucumber & mint	Grapefruit, Lemon & lime	Watermelon & rosemary	Strawberry & basil	Orange & mango

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# SUPPER

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN MEAL	Peri peri Chicken thighs	<u>Soup &amp; toasties</u> Ham & cheese Pesto chicken	Mixed meat nasi goreng	Swedish style meatballs	Thai green chicken curry	Beef burgers	Roast chicken Stuffing balls Yorkshire puddings
MEAT FREE VEGETARIAN	Peri peri Cauliflower wedge	Char grilled roasted vegetables	Veggie nasi goreng	Vegan meatballs	Thai green vegetable curry	Falafel burger	Vegetable loaf
SIDES	Parmenter Potatoes Corn on the cob	Potato wedges salads	Pickled vegetables Omelette strips Sweet chili sauce	Penna pasta Garlic bread Green salad	Lemon infused sticky rice Vegetable spring rolls	Onion rings Homemade chips Selection of salads	Roasties Cauliflower cheese Root veg Gravy
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS OR HOT /COLD DESSERTS						

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# BREAKFAST

May 5<sup>th</sup>, June 2<sup>nd</sup>, June 23<sup>th</sup>.

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Apple & orange juice Tea & coffee Oat & soya milk				
HOT ITEMS	Smoked salmon Cream cheese Bagels Poached egg	Pancakes or waffles with Greek yoghurt & honey	Breakfast sausages Scrambled egg	Mini Danish pastries	Bacon Boiled egg
DAILY BREAKFAST ITEMS	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads	Cereal Fruits Jams and preserves Tea and coffee Toast and spreads

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May 5<sup>th</sup>, June 2<sup>nd</sup>,  
June 23<sup>th</sup>.

# LUNCH

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<b>MAIN MEAL</b>	Pork chipolatas Chicken sausages	Beef spaghetti bolognaise	Roasted loin of pork	Chicken & mango curry	Battered fish fillet
<b>MEAT FREE VEGETARIAN</b>	Vegan sausages	Quorn bolognaise	Roasted vegetable hotpot with dumplings	Sweet potato curry	Vegetable falafel
<b>SIDES</b>	Paprika & parsley potato Peas & carrots Onion gravy	Garlic bread Steamed carrots & sweetcorn	Yorkshire pudding Gravy Roast potatoes Seasonal vegetables	Mini naan Steamed rice Mango chutney	Chips Baked beans Garden peas
<b>JACKET/PASTA BAR</b>	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day	Jacket potato with beans & cheese Pasta bar with sauce of the day
<b>DESSERT</b>	Chocolate pudding	Fresh fruit & yoghurt	Fruit ice lolly or ice cream	Fruit crumble & custard	Biscoff muffin traybake
<b>EVERY DAY</b>	<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>				
<b>HYDRATION</b>	Cucumber & mint	Grapefruit, Lemon & lime	Watermelon & rosemary	Strawberry & basil	Orange & mango



May 5<sup>th</sup>, June 2<sup>nd</sup>,  
June 23<sup>th</sup>.

# SUPPER

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN MEAL	Cheese & ham macaroni	<b>Ramen noodle bar</b> Variety of meats	Mixed meat nasi goreng	Sticky BBQ baby back ribs	Oyster chicken	Traditional Beef lasagne	Roast chicken Stuffing balls Yorkshire puddings
MEAT FREE VEGETARIAN	Macaroni cheese	Ramen noodle bar	Veggie nasi goreng	Veggie skewers	Oyster Mushroom stir fry	Tomato, feta and olive lasagne	Vegetable loaf
SIDES	Cheesy garlic sourdough bread Italian salads	Egg Noodles Spicy Thai Broth Shredded veg toppings eggs	Pickled vegetables Omelette strips Sweet chili sauce	Seasonal slaw Sticky rice	Noodles Stir fry vegetables	Crusty rolls Tossed salad coleslaw	Roasties Cauliflower cheese Root veg Gravy
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS OR HOT /COLD DESSERTS						

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