

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Lunch

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course one	Pork sausages, served with sauté onions and gravy	Harissa roasted chicken Served with coriander mojo sauce	Beef hot pot with root vegetables	Chicken and ham puff pastry pie	Fish and chip shop lunch Special:- Baked cod	Southern fried chicken wrap	Selection of panini
Main course two	Vegetable curry coconut rice mango chutney	Root vegetable & barley hot pot	Tomato, red onion and goats cheese tart	Broccoli, roast red onion & butterbean bake	Gnocchi with roast red peppers, cherry tomatoes & basil	Vegetable and haloumi wrap	Selection of panini
On the side	Whole grain mustard mash Fresh carrots Garden peas	Roast potatoes Fresh cauliflower steamed greens	Minted new potatoes Root vegetables & broccoli	Parsley potatoes Fresh green beans Fresh carrots	Chipped potatoes Peas & Baked beans	Home made baked potato wedges Fresh crisp salad	
Jacket or pasta	Jacket potato with beans Pasta served with beef chilli	Jacket potato with beans Penne pasta with roast pepper, tomato & basil ragu	Jacket potato with beans Pasta carbonara	Jacket potato with beans Pasta served with tomato sauce	Jacket potato with baked beans & cheddar cheese		
Hot or cold dessert	lemon sponge Custard	Apple & caramel crumble cake	Lime & coconut cheesecake pot	Chocolate sponge and chocolate sauce	Selection of ice cream	Homemade cookies	Fresh fruit
Fruit & yoghurt pots	Cantaloupe melon & raspberry pot Assorted yoghurt	Pineapple pot Assorted yoghurt	Watermelon pot Assorted yoghurt	Kiwi & berry pot Assorted yoghurt	White grape pot Assorted yogurt	Assorted yoghurt	Assorted yoghurts

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course one	Minced beef pasta bake	Assorted pizza	Chicken Korma	Beef and root vegetable casserole, served with herby dumplings	Fish and chip shop lunch Special:- Paella	Assorted baguettes Crisp mixed salad	Selection of panini
Main course two - one pot	Wild mushroom risotto	Tofu & shredded vegetable pad Thai with chilli toasted seeds	Mac and cheese	Celeriac & potato gratin with goats cheese	Homemade roasted vegetable quiche	Homemade soup	Selection of panini
On the side	Italian new potatoes Fresh broccoli Sweetcorn	Jacket wedges Corn cobs & steamed green beans	Steamed rice Mango chutney Bombay potatoes Fresh cauliflower Fresh spinach	Creamed potatoes Steamed courgettes Fresh carrots	Chipped potatoes Mushy peas baked beans		
Jacket or pasta	Jacket potato served with beans Pasta served with tomato sauce	Jacket potato with baked beans Pasta served with carbonara sauce	Jacket potato served with beans Pasta served with tomato sauce	Jacket potato served with beans Pasta served with green pesto	Jacket potato with baked beans & cheddar cheese		
Hot or cold dessert	Fruit cheesecake	Rice pudding Fruit compote	Blackberry & cream crumble pot	White chocolate & raspberry flapjack	Fruit jelly	Homemade muffins	Fresh fruit
Fruit & yoghurt pots	Watermelon pot Assorted yoghurt yoghurt	Pineapple & Blueberries pot Assorted yoghurt	Honeydew melon pot Assorted yoghurt	Kiwi & strawberry pot Assorted yoghurt	Fresh fruit salad pot Assorted yoghurts	Grapes pots Assorted yoghurt	Assorted yoghurts

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course one	Beef chilli tortilla bake	Grilled turkey steak with lemon & rosemary	Roast pork Sage and onion stuffing Apple sauce	Chicken fajitas	Fish and chip shop lunch Special:- fish pie	Home made sausage roll	Selection of panini
Main course two - one pot	Chickpea falafel balls, with a tomato sauce	Squash, coconut & haricot bean curry, naan & tomato salsa	Vegetable chow mein	Butterbean, tomato & chard stew	Vegetarian spring rolls, served with sweet chilli sauce		Selection of panini
On the side	Spiced new potatoes Fresh broccoli Sweetcorn	Fruity cous cous Roast red onions & peppers	Roast potatoes Fresh carrots Fresh cabbage	Rice & peas Fried greens & steamed corn	Chipped potatoes Garden peas baked beans	Cajun potato wedges Crisp mixed salad	
Jacket or pasta	Jacket potato with beans Pasta served with tomato and basil sauce	Jacket potato with beans Pasta served with bolognaise sauce	Jacket potato with beans Pasta served with carbonara sauce	Jacket potato with beans Pasta served with tomato sauce	Jacket potato with baked beans & cheddar cheese		
Hot or cold dessert	Chocolate brownie	Pear and chocolate crumble Cream	Lemon & lime tartlets	Pineapple & cherry upside down cake Custard	Assorted jelly	Home made flapjack	Fresh fruit salad
Fruit & yoghurt pots	Honeydew melon & raspberry pot Assorted yoghurt	Pineapple & pomegranate pot Assorted yoghurt	Watermelon pot Assorted yoghurt	Kiwi & berry pot Assorted yoghurt	Black grape pot Assorted yogurt	Raspberry yoghurt	Assorted yoghurts

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Supper

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course one	Beef & red wine casserole with baby onion	Homemade fishcakes parsley sauce	Chicken, tomato & butter bean cassoulet	BBQ pulled pork bap with apple & cabbage slaw	Assorted pizza	Pork Cumberland sausages with onion gravy	Turkey steak with leeks, onions & mushrooms
Main course two	Baguette bar	Pasta bar	Wrap bar	Omelette bar			
Vegetarian	Bell pepper stuffed with giant cous cous, olives tomatoes and mint	Chestnut mushroom, mature cheddar and rocket frittata	Italian squash, chickpea and chilli stew	Vegetable and saffron paella	Assorted pizza	Broccoli, stilton and apple tartlets	Stuffed mushrooms
On the side	Rosemary & cracked pepper potatoes Fresh broccoli	Chipped potatoes Steamed garden peas	Citrus bulgur wheat Green cabbage	Cajun wedges sweetcorn	Garden salad Jacket potato	Mustard mashed potatoes Honey roast roots Steamed curly kale	Steamed long grain rice Mange tout Fresh carrots
Hot or cold dessert	Fresh fruit	Fresh fruit	Jam doughnuts	Fresh fruit	Fresh fruit	Ice cream	Strawberry cheesecake

Selection of fresh cut & whole fruits

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Main course one	Lamb & barley stew with root vegetables	Madras spiced chicken leg with mango chutney & coriander	Fish finger wraps with shredded lettuce & chipotle mayo	Classic lasagne with parmesan top	Sweet and sour chicken	Build your own burger (chef to build)	Roast beef Yorkshire pudding Gravy Horseradish sauce
Main course two	Open ciabatta pizza	Pasta bar	Panini bar	Curry bar			
Vegetarian	Haloumi, courgette and red onion skewer	Vegetable samosas Curry sauce	Homemade omelette	Quorn and vegetable cottage pie	Tempura vegetables	Bean burgers in a bun	Stuffed field mushrooms
On the side	Parsley potatoes Curly kale Roast garlic carrots	Steamed rice cauliflower Green beans	String chips Garden peas Corn cobs	Garlic & herb bread Crisp mixed salad	Egg fried rice Stir fried vegetables Prawn crackers	Fries Coleslaw Dressings	Roast potatoes Fresh cabbage Fresh carrots
Hot or cold dessert	Fresh fruit	Fresh fruit	Chocolate doughnuts	Fresh fruit	Fresh fruit	Lemon meringue pie	Chocolate fudge cake

Selection of fresh cut & whole fruits

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Main course one	Sumac chicken with roast peppers, onions & mint	Breaded haddock	Spaghetti bolognaise	Assorted pizza	Lamb patties with apple, mango & mint slaw	Beef meatballs with tomato & oregano sauce	Honey & mustard bacon chop
Main course two	Wrap bar	Omelette bar	Baguette bar	Curry bar			
Vegetarian	Beef tomato and fennel bake, watercress and pesto	Vegetarian spring rolls	Vegetable and pasta bake	Assorted pizzas	Red onion, rocket and cheese puff pastry tart	Homemade cheese and onion pasty	Omelette to order
On the side	Toasted pita Steamed courgettes	Chipped potatoes Mushy peas	Garlic bread Crisp mixed salad	Warm potato salad Coleslaw Baby leaf salad	Curried new potatoes Mange tout	Spaghetti Garlic & herb bread Corn cobs	Rosemary potato wedges Sugar snaps Baked roots
Hot or cold dessert	Fresh fruit	Fresh fruit	Jam doughnuts	Fresh fruit	Fresh fruit	Chocolate mousse	Fresh fruit salad

Selection of fresh cut & whole fruits