

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Milk Orange And Apple Juice	Milk Orange And Apple Juice	Milk Orange And Apple Juice	Milk Orange And Apple Juice	Milk Orange And Apple Juice
HOT ITEMS	Pan Au Chocolate & Mini Croissants	Bacon Scrambles Egg & Hash Brown	Pancake & Maple Syrup	Pan Au Chocolate & Mini Croissants	Fried Egg Sausage Bacon & Hash Brown
DAILY SPECIAL	Fruit Yoghurts	Fruit Yoghurts	Fruit Yoghurts	Fruit Yoghurts	Fruit Yoghurts
DAILY BREAKFAST ITEMS	Toast, Jam And Honey Selection Of Multi Grain Cereals	Toast, Jam And Honey Selection Of Multi Grain Cereals	Toast, Jam And Honey Selection Of Multi Grain Cereals	Toast, Jam And Honey Selection Of Multi Grain Cereals	Toast, Jam And Honey Selection Of Multi Grain Cereals
FRUIT	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots	Fruit Pots

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Crumpets	Cheese and crackers	Focaccia bread	Pinwheel cheese and tomato	Sausage roll
Week 2	Cheese croissants	Breadsticks and dip	Crudité's with pitta and humus	Cheese and Biscuits	Pretzel
Week 3	Savory shortbread	Bagel and cream cheese	Pesto pinwheel	Crudité's with pitta and humus	Sausage roll
Every day	Whole and cut fruit	Whole and cut fruit	Whole and cut fruit	Whole and cut fruit	Whole and cut fruit

LUNCH

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Crumpets	Cheese And Crackers	Focaccia Bread	Pinwheel Cheese and Tomato	Sausage Roll
Main Meal	PASTA BOLOGNAISE GARLIC BREAD PARMESAN CHEESE	PENNTHORPE BURGER BAR CHICKEN OR BEEF BURGER IN A BUN	CHICKEN CURRY RICE NAAN MANGO CHUTNEY	ROAST LOIN OF PORK YORKSHIRE PUDDING GRAVY	BATTERED FISH FISHFINGERS SAUSAGES
Nourish	VEGETABLE BOLOGNAISE	VEGETABLE BURGER	SWEET POTATO,CHICKPEA AND VEGETABLE CURRY	PARMESAN AND ROQUETTE RISOTTO	FISHLESS FINGERS
On The Side	ROAST VEG GREEN BEANS	WEDGES PEAS AND SWEETCORN	MIXED VEGETABLES	ROAST POTATOE BROCCOLI CARROTTS	CHIPS AND PEAS
Daily	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS
Dessert	ARCTIC ROLL FRESH FRUIT JELLY YOGHURT	FRESH FRUIT JELLY YOGHURT	FRUTI CRUMBLE FRESH FRUIT JELLY YOGHURT	CHOCOLATE POTS FRESH FRUIT JELLY YOGHURT	FRESH FRUIT JELLY YOGHURT

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HOLROYD HOWE

FEEDING INDEPENDENT MINDS

LUNCH

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Cheese Croissant	Breadsticks and dips	Crudit� And Pitta with humus	Cheese and Biscuits	Pretzel
Main Meal	PASTA TOMATO SAUCE GARLIC BREAD	CHICKEN FAJITAS SOUR CREAM GUACAMOLE AND SALSA FLOUR TORTILLA	SWEET AND SOUR PORK NOODLES PRAWN CRACKERS	ROAST TURKEY YORKSHIRE PUDDING GRAVY CRANBERRY SAUCE	BATTERED FISH FISHFINGERS SAUSAGES
Nourish	MACCARONI CHEESE	VEGETABLE FAJITA WEDGES	CHINESE STIR FRIED VEGETABLES SPRING ROLL	MUSHROOM AND CHICKPEA CASSEROLE	VEGETABLE FRITTATA
On The Side	ROASTED VEGETABLES SWEETCORN	DICED CARROTS AND PEAS	SUGAR SNAP MIXED VEGETABLES	ROAST POTATOE BROCCOLI GREEN BEANS	CHIPS AND PEAS
Daily	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS
Dessert	PANCAKES FRESH FRUIT JELLY YOGHURT	FRESH FRUIT JELLY YOGHURT	RICE PUDDING FRESH FRUIT JELLY YOGHURT	JAM SPONGE AND CUSTARD FRESH FRUIT JELLY YOGHURT	FRESH FRUIT JELLY YOGHURT

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HOLROYD HOWE

FEEDING INDEPENDENT MINDS

LUNCH

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Savory shortbread	Bagel and Cream Cheese	Pesto Pinwheel	Crudit� And Pitta with humus	Sausage Roll
Main Meal	PASTA CARBONARA SAUCE GARLIC BREAD	SAUSAGE AND MASH GRAVY	CHILLI CON CARNE RICE NACHOS SOUR CREAM GUACAMOLE AND SALSA	ROAST GAMMON YORKSHIRE PUDDING GRAVY	BATTERED FISH FISHFINGERS SAUSAGES
Nourish	SPINACH AND MUSHROOM SAUCE	VEGETARIAN SAUSAGES	GARDEN VEGETABLE CHILLI	STUFFED PEPPERS	QUICHE
On The Side	CARROTT PEAS	DICED CARROTT BROCCOLI	SWEETCORN GREEN BEANS	ROAST POTATOE BROCCOLI CARROTTS	CHIPS AND PEAS
Daily	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS	A SELECTION OF SALADS AND PROTEINS
Dessert	WAFFLES FRESH FRUIT JELLY YOGHURT	FRESH FRUIT JELLY YOGHURT	FRUIT CRUMBLE AND CREAM FRESH FRUIT JELLY YOGHURT	CHOCOLATE SPONGE AND CUSTARD FRESH FRUIT JELLY YOGHURT	FRESH FRUIT JELLY YOGHURT

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HOLROYD HOWE

FEEDING INDEPENDENT MINDS

SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Roast chicken, roast potatoes, veg & gravy	hot dogs, baked wedges, beans	Scrambled egg, toast wholemeal spaghetti hoops	Jacket potatoes, cheese, tuna, beans	Beef meatballs, tomato sauce and pasta
	Fresh fruit, Dessert, yoghurt				
Week 2	Pizza, baked wedges, vegetable sticks	Barbecue chicken, crushed potato, sweetcorn	Fish goujons, peas & chips	3 veg macaroni cheese, garlic bread, broccoli	Mini meat ball & pasta
	Fresh fruit, Dessert, yoghurt				
Week 3	Fish Fingers, chips & pea	Honey Chicken with Wedges and salads	Ham, Eggs and Chips	Pizza and crudites	Sausage, mash potatoes, beans
	Fresh fruit, Dessert, yoghurt				

This is a sample menu & may change