

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hydration	Milk Orange juice Apple juice Flavoured water	Milk Orange juice Apple juice Flavored water	Milk Orange juice Apple juice Flavored water	Milk Orange juice Apple juice Flavored water	Milk Orange juice Apple juice Flavored water
Hot Items	Mixed Danish pastries	Bacon Scrambled Egg Hash Brown	Pancakes with sweet & savoury toppings	Mixed Danish pastries	Fried egg Sausage Bacon Hash brown Baked beans
Daily breakfast items	Selection of breads to toast, jams & spreads multi grain cereals, milk & dairy free alternative fruit yoghurts & porridge				
Fresh fruit	Selection of seasonal whole & sliced fruit				

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pitta sticks & humus	Banana bread	"Boost It" Brownie	Pizza pin wheels	Homemade sausage roll
Week 2	Cheese croissant	Lemon drizzle cake	Pitta sticks & humus	"Boost It" Carrot cake	"Boost It" Chewy triple chocolate cookie
Week 3	Cheese & vegetable cookies	"Boost It" Mixed seed and cherry flapjack	Pesto pinwheel	Toasted buttered crumpet	Shortbread
Every day	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities	Whole & cut fruit / crudities

LUNCH

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup

Soup of the day served with toppings, butter & dairy free spread

Classic

“MODERN ITALIAN”

Beef bolognaise
Garlic bread

“PIZZA BAR”

A selection of pizzas

“CURRY MILE”

Chicken curry
Naan
Raita
Mango chutney
Poppadum

“ROAST DAY”

Roast loin of pork
Yorkshire pudding
Caramelised apple sauce
Gravy

“FISH FRIDAY”

Battered Fish
Fish fingers
Tartar sauce
Lemon wedges

Nourish

Quorn Mince and
bean Bolognaise

Hassle back squash
with feta red pepper
sauce

Sweet potato & spinach
dhal and rice

Tomato and rocket risotto
with shaved parmesan

Fishless fingers

Sides

Penne pasta
Roast Italian
vegetables
Green beans
Parmesan cheese

Wedges
Green salad
Garden peas

50/50 rice
Turmeric cauliflower
Sweetcorn

Skin on roast potatoes
Broccoli
Roast parsnips and
carrots

Baked beans
Peas
Chips

Jacket Potato Bar

Baked potato with
cheese & baked
beans

Baked potato with
cheese & baked beans

Baked potato with
cheese & baked beans

Baked potato with cheese
& baked beans

Baked potato with
cheese & baked
beans

Salad Bar

Seasonal salads, daily protein item, all complimented with daily dressings and toppings

Dessert

Syrup sponge
& cream

Dessert pots

Apple crumble & custard

Dessert pots

Chocolate pots
&
Plant based chocolate
pots

Fruit & potted

Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yoghurts and daily dessert pots

HOLROYD HOWE

LEARNED FOOD BUSINESS CONSULTANTS

LUNCH

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup of the day served wit toppings butter & dairy free spread				
Classic	"BANGERS N MASH" Selection of butcher's Sausages Gravy Fried onions	"MODERN ITALIAN" lasagne	"TEX-MEX" Chilli con carne Nachos Salsa Guacamole Sour cream	"STREET FOOD" Pulled BBQ pork Pretzel roll	TASTE TOURIST DAY choice for lunch today travel the globe
Nourish	Quorn sausages	Gnocchi with kale pesto & toasted seeds	Quorn mince & vegetable Chilli	BBQ Vegan fillet	
Sides	Roasted root vegetables Sugar snaps Mashed potatoes	Broccoli Caesar salad Garlic & herb bread	50/50 rice Sweetcorn "Waste knot" veg of the week	Skin on Wedges Red cabbage slaw Mixed vegetables	
Jacket Potato Bar	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans
Salad Bar	Seasonal salads, daily protein item, complimented with daily dressings and toppings				
Dessert	Jam & coconut sponge With custard	Dessert pots	Fruit crumble with custard	Rice pudding with toppings /plant-based rice pudding	Dessert pots
Fruit & potted desserts	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yoghurts and daily dessert pots				

LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup of the day served with toppings butter & dairy free spread				
Classic	"PASTA DAY" 50 /50 Penne pasta Carbonara sauce Tomato & basil sauce	"FAJITA TUESDAY" Chicken fajitas Sour cream Guacamole Flour Tortilla	"PAN ASIAN" Sweet and sour pork with noodles	"ROAST DAY" Roast gammon Yorkshire pudding Gravy	"FISH FRIDAY" Battered Fish Fish fingers Tartar sauce Lemon wedges
Nourish	Roasted squash & sage risotto with toasted pumpkin seeds	Quorn vegetable Fajitas	Macaroni cheese	Broccoli and tomato quiche	Fishless fingers
Sides	Garlic Bread Broccoli Italian roast vegetables	Mexican rice Sweetcorn Red cabbage slaw	Sugar snap peas Stir fried vegetables Prawn crackers	Skin on roast potatoes Broccoli Carrots	Baked beans Peas Chips
Jacket Potato Bar	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans	Baked potato with cheese & baked beans
Salad bar	Seasonal salads, daily protein item, all complimented with daily dressings and toppings				
Dessert	Apple oaty crumble & custard	Dessert pots	Chocolate sponge & chocolate custard	Carrot cake cinnamon rolls	Dessert pots
Fruit & potted desserts	Fresh cut and whole fruits of the day, ripe and ready to eat, plus freshly made yoghurts and daily dessert pots				

SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	HH smoky hot dogs Baked wedges, Beans	Roast chicken Roast potatoes Vegetables Gravy	Pupils' choice	Jacket potatoes Cheese Tuna Beans	Turkey meatballs Tomato sauce and pasta
	Fresh fruit, Dessert, yoghurt				
Week 2	Pizza Parmentier potatoes, Vegetable sticks	Barbecue chicken Crushed potato Sweetcorn	Fish fingers wraps Crushed peas Lemon & tomato mayo	Macaroni cheese Garlic bread slice Broccoli	Ham and cheese omelette Chips Salad
	Fresh fruit, Dessert, yoghurt				
Week 3	Fish fingers Chips Peas	Ham, eggs & sauté potatoes Cucumber sticks	Honey Chicken Rice Slaw	Pizza Crudites Hummus	Sausage Mash potatoes Baked beans
	Fresh fruit, Dessert, yoghurt				