

COMING THIS TERM

"Bean" around the World Tasting
Table Thursday 29th January

National Pizza Day
Monday 9th Feb

Valentines Day
Friday 13th February

Chinese New Year
Festival Celebrations
Friday 27th February

Peter Pan Themed World Book Day
Thursday 5th March

Easter Theme Day
Thursday 26th March

**'BEAN' AROUND
THE WORLD...**



FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

Week beginning:
 Monday 23rd February
 Monday 16th March

LUNCH

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & SALAD	Tuna pasta crunch salad Mushroom soup	Creamy coleslaw	Tomato & Basil soup with freshly baked bread	Cucumber, carrots & sweetcorn	Moroccan spiced cous cous
MAIN MEALS	Baked gnocchi with a roasted tomato, red lentil & pesto sauce  Or Vegetable breyani with pea dhal	Grilled halloumi or chicken thigh in a choice of Mozambican style lemon & herb or peri-peri sauce	 Beef Chilli con carne	Traditional British pork Or Chicken sausages	Birdseye omega 3 pollock fishfingers Or Roasted salmon
			Eatcurious plant based mince, chickpea, lentil & bean chilli	Quorn Best of British sausages	Moving Mountains fishless fingers
ON THE SIDE	Garlic bread Steamed garden peas & roasted butternut	Roasted garlic & herb baby potatoes Sweetcorn on the cob	Brown rice Taco chips Steamed broccoli & cauliflower Guacamole & sour cream	Creamy mashed potato Sticky baked carrots & garden peas Rich gravy	Chunky chips Mushy peas or baked beans
JACKET/PASTA	Farfalle bow pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & cheese	Jacket Potato with baked beans, mature cheddar cheese or Chilli con carne	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese
DESSERT	Orange & mango fruit iced smoothie	Pancake with syrup, fresh berries and homemade compote		Lemon drizzle cake	Lynda's famous raspberry crumble slice
Everyday	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				

Week beginning:
 Monday 2nd March
 Monday 23rd March

LUNCH

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & SALAD	Tomato & basil soup with homemade bread	Honey & mustard broccoli salad	Tea stained boiled egg Salt & pepper edamame beans	Sweet chilli & soy noodle salad	Moroccan spiced cous cous
MAIN MEALS	Macaroni & cheese topped with a mature British cheddar crust or Roasted butternut & spinach risotto	Brunch Lunch Scrambled eggs with Hashbrown Pork chipolata or Quorn sausage Baked beans	Chicken noodle soup & gyoza's  Panko coated chicken or halloumi Bang Bang cauliflower With Katsu curry sauce	Sticky Maple roasted gammon or lemon & thyme chicken Vegetarian seed roast Vegetable wellington	MSC certified pollock fishfingers Homemade battered cod Moving Mountains vegan fishless fingers
ON THE SIDE	Steamed sweetcorn & broccoli	Grilled cherry tomatoes & garlicky mushrooms	Basmati rice or noodles Stir-fried pak choi, bean sprouts & peppers	Roasted rosemary potatoes Yorkshire pudding Roasted carrots with steamed kale & sweetcorn	 Chunky chips Mushy peas or baked beans
JACKET/PASTA	Farfalle pasta with a rich tomato, lentil, vegetable & basil sauce & cheese	Pasta with a rich tomato, lentil, vegetable & basil sauce & cheese	Jacket potato with baked beans & cheese	Pasta with a rich tomato, lentil, vegetable & basil sauce & cheese	Jacket potato with baked beans & cheese
DESSERT	Selection of ice-creams	Jam Doughnut			Massimo's classic Italian Tiramisu
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY, YOGHURT & SMOOTHIES				

Week beginning:
Monday 9th March

LUNCH

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & SALAD	Tomato & basil soup with homemade bread	Roasted butternut & green bean salad	Honey mustard broccoli salad	Creamy Nigerian coleslaw	Roasted kale, sunflower seed & parmesan salad
MAIN MEAL	Cheesy margarita pizza with a lentil & chickpea tomato base Eat-Curious plant based protein & vegetable Keema pie	Curry Day Butter chicken Red lentil, butternut squash and coconut dhal	Spaghetti with pork or Moving Mountains vegan meatballs marinated in a rich tomato & basil sauce with added plant proteins	 Paprika roasted chicken leg quarter West African style sweet potato & bean casserole	Birdseye omega 3 pollock fishfingers American style Pork Frankfurter hotdog Moving mountains fishless fingers
ON THE SIDE	Steamed green beans & baked butternut squash	Basmati rice with roasted tandoori cauliflower & peas Papadums & naan Mango chutney Onion bhaji	Spaghetti Steamed broccoli & carrots	Jollof rice Pan fried black eyed beans Roasted carrots, cabbage & peas Fried plantains	 Chunky chips Mushy peas or Louisiana baked beans
JACKET/PASTA	Jacket potato with a choice of tuna & sweetcorn or baked beans and mature cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & Mozzarella cheese	Jacket potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese
DESSERT	Selection of ice creams	Fresh fruit, yoghurt & smoothie bar		Puff puffs & sugared mini doughnuts	Fresh fruit trifle
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				