







LUNCH

Week 1






	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE'S, SALADS & SMOOTHIES	Cucumber, Carrots & sweetcorn	Shredded lettuce, cucumber & tomato	Smoothie Bar	Cucumber, Broccoli & peppers	Cucumber, carrots, cherry tomatoes & Red pepper Hummus
MAIN MEAL 1	Baked Gnocchi with a roasted tomato, red lentil & pesto sauce  Or	 Taste Tourists Continent – Oceania Country – New Zealand Beef Burger Kiwi Style in a soft floured Bap	Spaghetti with Pork Meatballs marinated in a rich Italian tomato & Basil sauce with added plant proteins	Lemon & Thyme marinated roasted Chicken thigh	Birdseye Omega 3 Pollock fishfingers Or BBQ Chicken drumsticks
MAIN MEAL 2	Jacket Potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Southland Cheese Rolls	Moving Mountain Vegan Meatballs in a rich Italian Tomato & Basil sauce	Breaded Cauliflower nuggets or Vegetable Wellington	Moving Mountains Fishless fingers
ON THE SIDE	Garlic Bread Steamed garden peas & Roasted butternut	Sweet potato fries Tomato salad Steamed sweetcorn	Spaghetti Steamed green beans, cauliflower & Broccoli	Crispy Roast Potatoes Yorkshire pudding Braised Kale & Carrots	Chunky Chips Mushy Peas or Baked beans
JACKET/PASTA BAR	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket Potato with baked beans & cheese or Tuna & sweetcorn	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket Potato with baked beans & cheese
DESSERT	Selection of Ice-creams	Pavlova with strawberries & kiwifruit	 Seeded Fruit flapjack	Rice Krispy treat	Freshly sliced fruit Platter
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, JELLY & YOGHURT				

LUNCH

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE'S, SALADS & SMOOTHIES	Cucumber & Carrots	Sweetcorn, cherry tomatoes & cucumber	Sweet chilli noodles, cherry tomatoes, cumber & carrots	Tandoori roasted Cauliflower & chickpea salad	Smoothie Bar
MAIN MEAL 1	Classic Macaroni & Cheese topped with a Mature British cheddar crust 	 Taste Tourists Continent – Oceania Country – Australia Aussie Chicken Parma with tomato sauce	Ginger & Soy marinated Beef & vegetable stir-fry	Chipotle Marinated Chicken thigh	Birdseye Omega 3 Pollock fishfingers Or Homemade Battered Cod
MAIN MEAL 2	Jacket Potato with a choice of Tuna & sweetcorn or baked beans	Lentil & Vegemite Sausage Roll	Fry's Vegan strip & vegetable stir-fry	Roasted Butternut, Tofu & Miso	Moving Mountains Fishless Fingers
ON THE SIDE	Steamed Green beans & baked butternut squash	Potato Bake topped with cheese Chargrilled Carrots & Broccoli	Egg Noodles Stir-fried green beans, carrots & beansprouts	Steamed Brown rice Cowboy Caviar Roasted Cauliflower & Green beans	Chunky chips Mushy Peas or Homemade Louisiana Baked beans 
JACKET/PASTA BAR	Jacket Potato with a choice of baked beans & 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	Jacket Potato with baked beans & cheese or Tuna & sweetcorn	Jacket Potato with baked beans & cheese
DESSERT	Jam Doughnuts	Chocolate Lamingtons	Marble cake	Chocolate chip cookies	Yoghurt & Smoothie Bar
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, JELLY & YOGHURT				

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE'S, SALADS & SMOOTHIES	Smoothie Bar	Cherry tomato & sweetcorn	Lettuce, cucumber, cherry tomatoes & carrot sticks	Honey & mustard broccoli Salad, cucumber & carrots	Cucumber & carrots
MAIN MEAL 1	Cheesy Margarita Pizza with a lentil & chickpea tomato base 	Breaded chicken Goujons with Katsu Curry sauce	Pasta Day Traditional Italian Spaghetti with Beef & vegetable bolognaise	Traditional British Pork or chicken Sausages	 Taste Tourists Continent – Oceania Country – Fiji Braised cod in coconut, tomato & ginger MSC certified Pollock Fishfingers
MAIN MEAL 2	Eat Curious Plant based protein & Vegetable Keema Pie	Sweet potato & Chickpea curry	Spiced Eat Curious plant based protein Spaghetti Bolognaise	Quorn Best of British sausages	Light sweet potato coconut curry Moving Mountains Vegan Fishless Fingers
ON THE SIDE	Roasted carrots and steamed British Peas	Mango Chutney Basmati Rice Naan Bread Tandoori roasted Cauliflower & broccoli	Spaghetti Herb glazed courgettes & carrots	Creamy Mashed potato Sticky baked carrots & garden peas Rich gravy	Chunky Chips Mushy Peas or Baked beans
JACKET/PASTA BAR	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 	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket Potato with baked beans & cheese
DESSERT	Pancake with chocolate sauce	 Apple cake	Black Bean & Chickpea chocolate Brownie	 Seeded Fruit Flapjack	Warm Banana cake with coconut & brown sugar
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, JELLY & YOGHURT				

FOUNDED IN 1991

HOLROYD HOWE

PROVIDING ALTERNATIVE MEALS SINCE 1991