

# BREAKFAST

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Bacon Sauté potatoes Baked beans Poached eggs	Sausages Slow roasted tomatoes Scrambled eggs Baked beans	Full English  Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Grilled flat mushrooms Poached eggs Baked beans	Continental breakfast  Selection of meats Selection of cheeses Smoked salmon Breads  Freshly cooked omelettes	Full English  Sausages Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Brunch  Bacon, cheddar and tomato sourdough toastie  Cheddar and tomato sourdough toastie  Tater tots Baked beans Fried eggs
<b>DAILY SPECIAL</b>	French toast with poached apples and maple cream	Chickpea scramble with toasted sourdough bread		Singapore Nasi Lemak – Coconut rice with fried egg, sambal and cucumber			
<b>DAILY BREAKFAST ITEMS</b>	Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings Selection of pastries						
<b>FRUIT</b>	Fresh fruit platter and whole fruits						
<b>HYDRATION</b>	Drinks station with tea, coffee, hot chocolate and fruit juices						

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

# BREAKFAST

Week two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Bacon Sauté potatoes Poached eggs Baked beans	Sausages Baked beans Fried eggs Sauté mushrooms	Full English  Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Slow roasted tomatoes Scrambled eggs Baked beans	English muffins with sausage patties, fried egg and cheddar cheese	Full English  Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Brunch  Smoked haddock kedgerie
<b>DAILY SPECIAL</b>	Smokey BBQ beans with fried eggs, crispy tortilla and avocado	Pancakes with hummus, lemon pickled onions, avocado and poached egg		Congee with toppings	English muffin with fried egg and cheese  Sauté potatoes Baked beans		Avocado and poached egg on sourdough toast  Crispy potatoes Grilled tomatoes
<b>DAILY BREAKFAST ITEMS</b>	Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings Selection of pastries						
<b>FRUIT</b>	Fresh fruit platter and whole fruits						
<b>HYDRATION</b>	Drinks station with tea, coffee, hot chocolate and fruit juices						

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Week three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Bacon Baked beans Grilled flat mushrooms Poached eggs	Sausages Sauté potatoes Baked beans Scrambled egg	Full English  Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Grilled flat mushrooms Baked beans Scrambled egg	Belgian waffle with streaky bacon, fried egg and maple syrup	Full English  Sausages Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Brunch  Huevos rancheros  Tacos with avocado, feta, tomato and pickled onions  Ham and cheese Sincronizada  Crispy potatoes BBQ Beans
<b>DAILY SPECIAL</b>	Vietnamese Banh mi op la  Baguette with fried egg, pickled carrot, cucumber, soy sauce and chilli sauce	Merguez sausage, cherry tomato, pepper and harissa stew with fried eggs		Potato rosti with Streaky bacon and fried egg	Belgian waffle with avocado, roasted tomato and fried egg  Belgian waffle with berry compote and vanilla cream		
<b>DAILY BREAKFAST ITEMS</b>	Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings Selection of pastries						
<b>FRUIT</b>	Fresh fruit platter and whole fruits						
<b>HYDRATION</b>	Drinks station with tea, coffee, hot chocolate and fruit juices						

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# LUNCH

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Peri Peri chicken legs with Nando's style sauce	Beef korma	Crispy chilli pork	<b>BBQ</b> Cheeseburger with pickles, lettuce and tomatoes Jumbo sausage with fried onions Meat free cheeseburger with pickles, lettuce and tomatoes Roasted sweet potato Coleslaw Sweetcorn Homemade sauces	<b>Meat free Friday</b>  MSC Certified sustainable breaded or battered fish with chunky chips, peas and mushy peas, lemon and tartar sauce  Macaroni cheese bake with garlic bread	<b>Light Lunch</b>  Selection of meats, cheeses, sandwich fillings and picnic style food  Salads Breads Sauces Fries
Main course two	Slow cooked beef with tomato, peppers and white beans	Chicken biryani	Chinese chicken curry			
Meat free	Eat curious pieces with tomato, peppers and white beans	Mughlai paneer korma	Crispy chilli tofu			
Sides	Roasted sweet potato Sweetcorn Roasted broccoli with lemon and garlic	Mushroom rice Green beans Ghobi 65	Steamed rice Soy beans and peas Garlic roasted carrots			
Plant based	Tofu bulgogi  Brown rice with shredded tofu in bulgogi sauce and vegetables	Roasted sweet potatoes stuffed with hummus, crispy harissa chickpeas and vegan feta  Green beans Roasted pepper	Bang bang cauliflower with sticky rice  Soy beans and peas  Garlic roasted carrots	Eat curious keema matar  Mushroom rice Tandoori roasted cauliflower Roti paratha Sauces and chutneys	Lemon, parsley and seaweed battered tofu French fries Peas Baby gem lettuce with croutons, and garlic mayonnaise	
Dessert	Peach and raspberry crumble with vanilla custard	Sticky lemon pudding with lemon caramel sauce	Coconut and ginger flapjack	Carrot cake with cream cheese frosting	Chocolate chip cookies	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, Jelly pots, Yoghurt pots and dessert pots					

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FEEDING INDEPENDENT MINDS

# LUNCH

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Garlic butter pork chops with grain mustard and mushroom cream sauce	Mango and habanero chicken drumsticks with lime and pickled onions	Char siu roast pork with pickled cucumbers and crispy seaweed	Southern fried chicken with roasted sweet potato and garlic chilli slaw	<b>Meat free Friday</b>  MSC Certified sustainable breaded or battered fish with chunky chips, peas and mushy peas, lemon and tartar sauce  Margarita pizza	<b>Light Lunch</b>  Selection of meats, cheeses, sandwich fillings and picnic style food  Salads Breads Sauces Fries
Main course two	Chicken with red wine, tomatoes, baby onions and roasted peppers	Louisiana pulled pork bap with pickled red cabbage	Stir fried beef with spring onions and ginger	Beef chilli with Mexican rice and sour cream		
Meat free	Roasted squash and chickpeas with red wine, tomatoes, baby onions and roasted peppers	Mixed bean burger with BBQ sauce and pickled red cabbage	Char siu tofu with pickled cucumber and crispy seaweed	Mixed bean chilli with Mexican rice and sour cream		
Sides	Roasted new potatoes Green beans with balsamic red onions Honey roasted carrots	Roasted sweet potato Charred corn with peppers, onions, jalapeno and coriander Cajun coleslaw	Egg noodles Stir fried greens Soy, garlic and ginger roasted broccoli	Chilli con queso Sweetcorn Green beans		
Plant based	Coconut satay tofu noodles with Pak choi, red peppers and spring onions Green beans	Cauliflower pakora Lentil dhal Avocado raita Poppadum's	Spaghetti with asparagus, peas and mint Steamed broccoli Garlic bread	Lentil and chickpea bolognese cottage pie Green beans Roasted squash	Smokey tofu, lettuce, tomato and garlic mayonnaise bap  French fries Peas	
Dessert	Orange cake with passion fruit and mascarpone topping	Banoffee sundae	Rocky road	Sprinkle cake	Chocolate fudge cake	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, Jelly pots, Yoghurt pots and dessert pots					

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# LUNCH

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Chicken fajitas with sour cream, cheese and guacamole	Tandoori chicken breast with kachumber salad	Beef bulgogi with spring onions and pickled carrots	Beef bolognaise with spaghetti	<b>Meat free Friday</b>  MSC Certified sustainable breaded or battered fish with chunky chips, peas and mushy peas, lemon and tartar sauce  Vegetable and chickpea curry with rice and naan bread	<b>Light Lunch</b>  Selection of meats, cheeses, sandwich fillings and picnic style food  Salads Breads Sauces Fries
Main course two	Pulled beef fajitas with sour cream, cheese and guacamole	Beef Bhuna	Pulled pork with soy, garlic, ginger and chilli	Prawn, broccoli, spinach and pea linguine		
Meat free	Mixed vegetable fajitas with sour cream and guacamole	Lentil and mixed bean dhal	Eat curious bulgogi pieces with spring onions and pickled carrots	Lentil and chickpea bolognaise with spaghetti		
Sides	Mexican rice Roasted courgettes Sweetcorn	Bombay potatoes Tandoori carrots Mixed vegetable foogath	Steamed rice Vegetable stir fry Green beans	Garlic focaccia Roasted vegetables Sweetcorn		
Plant based	Tofu Banh Mi with soy mayonnaise, pickled cucumber and radish  Asian slaw Roasted courgettes	Risotto primavera  Garlic bread  Rocket, slow roasted tomato, red onion and olive salad	Chipotle kidney beans and sweet potato  Brown rice  Avocado mayonnaise  Sweetcorn, roasted peppers and coriander salad	Vegetable bread pakora  Chutneys and sauces  Spiced sweet potato  Kachumber salad	Flatbread with slow roasted tomatoes, cucumber, pickled onions, vegan feta and tzatziki  Fries Peas	
Dessert	Jam and coconut shortbread squares	Eton mess cake	Sticky toffee pudding	Lemon tiramisu	Donuts	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, Jelly pots, Yoghurt pots and dessert pots					

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FEEDING INDEPENDENT MINDS

# SUPPER

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Chicken shish kebab with hummus and pomegranate	Satay chicken with pickled cucumber	Buttermilk chicken burger with smoked streaky bacon, hash brown and cheese sauce	Mexican pulled pork tacos with sour cream and guacamole	Classic chicken Caesar salad or tandoori prawn Caesar salad	Sweet chilli pork, vegetable and noodle stir fry	Roast beef with Yorkshire pudding and gravy
<b>Meat free</b>	Halloumi kebab with hummus and pomegranate	Satay tofu with pickled cucumber	Buttermilk halloumi burger with hash brown and cheese sauce	Mixed bean tacos with sour cream and guacamole	Halloumi and roasted chickpea Caesar salad	Sweet chilli tofu, vegetable and noodle stir fry	Butternut squash and goats cheese wellington
<b>Sides</b>	Flatbreads Butter rice Greek salad Roasted vegetables	Sticky rice Stir fried pak choi Soy beans	Sweet potato fries Garlic green beans Roasted peppers	Mexican rice Rainbow slaw Garlic butter corn on the cob	Baby gem lettuce, parmesan, croutons, anchovies, boiled eggs Cajun potato wedges	Vegetable spring rolls Stir fried pak choi and beansprouts Soy roasted broccoli	Roast potatoes Cauliflower cheese Honey roasted parsnips
<b>EVERY DAY</b>	<b>Dessert of the day</b> <b>Selection of salads and Fruit</b>						

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FEEDING INDEPENDENT MINDS

# SUPPER

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Mediterranean grilled turkey escalope with roasted chickpeas and tomatoes	Beef Massaman curry	Pulled pork quesadillas	Chicken tikka masala	Chicken, bacon and egg club sandwich	Char siu pork bao buns with pickled onions, chilli and coriander	Rump steak, onion rings and peppercorn sauce
<b>Meat free</b>	Mediterranean grilled halloumi with roasted chickpeas and tomatoes	Sweet potato and tofu Massaman curry	Vegetable and mixed bean quesadillas	Chickpea and vegetable tikka masala	Halloumi, roasted pepper and rocket club sandwich	Char siu tofu bao buns with pickled onions, chilli and coriander	BBQ Eat Curious pieces with onion rings and brioche bun
<b>Sides</b>	Flatbreads Hummus Giant couscous and roasted vegetable salad Greek salad	Jasmin rice Spicy cucumber salad Stir fried cabbage with garlic	Sweet potato fries Garlic creamed corn Roasted courgettes	Vegetable samosas Garlic and coriander naan breads Mushroom rice Tandoori roasted cauliflower	French fries Green salad Roasted vegetables	Sticky rice Pickled cucumber Stir fried vegetables	Saute potatoes Grilled asparagus Roasted carrot
<b>EVERY DAY</b>	<b>Dessert of the day</b> <b>Selection of salads and Fruit</b>						

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# SUPPER

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Chicken Kiev with garlic and herb butter	Beef meatballs in red wine, roasted pepper, chilli and tomato sauce	Pesto grilled chicken, red pepper, tapenade and rocket focaccia	Crispy duck gyozas	Chicken katsu curry	Beef lasagna with garlic ciabatta	Roast chicken quarters with sage and garlic butter
<b>Meat free</b>	Eat curious "chicken" Kiev with garlic and herb butter	Plant based meatballs win red wine, roasted pepper, chilli and tomato sauce	Balsamic tomato, mozzarella and rocket focaccia	Crispy vegetable gyozas	Aubergine katsu curry	Vegetable Lasagna with garlic ciabatta	Flat mushroom stuffed with spinach and chickpeas, sage crumb
<b>Sides</b>	Potato skins stuffed with cheddar and spring onions  Peas  Roasted squash	Spaghetti  Caramelised hispi cabbage  Carrots, balsamic onions and oregano	Sauté potatoes with olives and sun blushed tomatoes  Green beans with parmesan and garlic  Panzanella salad	Singapore style rice noodles  Cucumber salad  Stir fried greens	Sticky rice  Soy and garlic roasted broccoli  Soy beans	Green salad  Caesar Salad  Roasted vegetables	Roast potatoes  Honey roasted carrots  Green beans  Stuffing  Gravy
<b>EVERY DAY</b>	Dessert of the day Selection of salads and Fruit						

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