





WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE	Chicken & Mushroom Pie	Lamb Bhuna	BBQ Chicken Wraps	Cumberland Sausages	Giant Fish Fingers 
MAIN COURSE TWO	Potato & Leek Pie	Butternut Squash Risotto	Paneer Tikka Masala with Rice	Beetroot & Feta Tart	Margherita Pizza with optional toppings. (Vegan option available)
MAIN COURSE THREE	 Sweet Potato & Spinach Dhal 	Vegetable Paella 	Falafel & Hummus Wraps 	Vegan Sausages 	
ON THE SIDE	Roast Potatoes Gravy Sauteed Greens	Pilau Rice Sweetcorn Broccoli	Steamed Vegetables Roasted Butterbeans Mushrooms	Mashed Potato Onion Gravy Peas	Chips, Beans Peas, Ketchup
JACKETS	Cheddar cheese Baked beans Tuna mayo	Cheddar cheese Baked beans Tuna mayo	Cheddar cheese Baked beans Tuna mayo	Cheddar cheese Baked beans Tuna mayo	N/A
PASTA BAR	N/A	Tomato & Red Pepper 	Cheddar & Mushroom	Honey & Mustard	N/A
DESSERT	Apple & Pear Crumble with Custard 	Iced Chocolate Sponge	Vegan Jelly 	Strawberry Cheesecake 	Chocolate Cookies
EVERY DAY	Soup of the Day Fresh Bread or Wraps Sliced cucumber, peppers, carrots, lettuce, sweetcorn, beetroot, tomatoes Fresh fruit, sliced fruit Desserts are eggless, and vegan options are available. At least two dishes each day contain no onion/garlic/egg				

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS