

BREAKFAST

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Scrambled eggs	Baked Egg With Sausage, Potato & mushrooms --- Baked Egg With Potato & mushrooms	Selection of Pastries, Sliced Meats & Cheeses & Boiled Eggs	Mc Kirby Pork & egg Muffin OR Mushroom & Egg Muffin Potato & Onion Rosti	Bagel Bar Smoked Salmon & Cream Cheese Cheese & Ham Roasted Tomato & Avocado	Choice of Cheese, Pork, Chicken or Mixed Vegetable Omelettes, Hash Browns & Baked Beans	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Fried Eggs
DAILY SPECIAL	Bacon & Egg Muffins	Sweet Belgian Waffles with Toppings	Smoked Salmon & Cream Cheese Bagels	Sliced Avocado & Poached Egg Muffin	Homemade potato hash with fried egg	Freshly Baked Croissant Sliced Cheese Sliced Ham Sliced Turkey	Homemade American Style Pancakes with Toppings
DAILY BREAKFAST ITEMS	<p>Bread Selection with Jams & Butter Freshly Baked Pastry Selection of Cereals with Fresh Milk Fresh Whole Fruit Fresh Natural Yoghurt Served with a Variety of Toppings</p>						
	<p>Each dish has been made with halal Produce or will have a halal alternative to it. </p>						

BREAKFAST

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Scrambled eggs	Baked Egg With Sausage, Potato & mushrooms --- Baked Egg With Potato & mushrooms	Selection of Pastries, Sliced Meats & Cheeses & Boiled Eggs	Mc Kirby Pork & egg Muffin OR Mushroom & Egg Muffin Potato & Onion Rosti	Bagel Bar Smoked Salmon & Cream Cheese Cheese & Ham Roasted Tomato & Avocado	Choice of Cheese, Pork, Chicken or Mixed Vegetable Omelettes, Hash Browns & Baked Beans	Choice of: Eggs Benedict Eggs Royale Eggs Florentine
DAILY SPECIAL	Bacon & Egg Muffins	Sweet Belgian Waffles with Toppings	Smoked Salmon & Cream Cheese Bagels	Sliced Avocado & Poached Egg Muffin	Homemade potato hash with fried egg	Freshly Baked Croissant Sliced Cheese Sliced Ham Sliced Turkey	Smashed Sausage & Egg 'McMuffin' Mixed Berry & Banana Smoothie
DAILY BREAKFAST ITEMS	Bread Selection with Jams & Butter Freshly Baked Pastry Selection of Cereals with Fresh Milk Fresh Whole Fruit Fresh Natural Yoghurt Served with a Variety of Toppings						
	Each dish has been made with halal Produce or will have a halal alternative to it.						



BREAKFAST

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Bacon, Pork Sausage, Chicken Sausage, Mushrooms, Hash Browns, Baked Beans & Scrambled eggs	Baked Egg With Sausage, Potato & mushrooms --- Baked Egg With Potato & mushrooms	Selection of Pastries, Sliced Meats & Cheeses & Boiled Eggs	Mc Kirby Pork & egg Muffin OR Mushroom & Egg Muffin Potato & Onion Rosti	Bagel Bar Smoked Salmon & Cream Cheese Cheese & Ham Roasted Tomato & Avocado	Choice of Cheese, Pork, Chicken or Mixed Vegetable Omelettes, Hash Browns & Baked Beans	Udon Noodles in Sesame & soya broth With Boiled eggs & Pork belly
DAILY SPECIAL	Bacon & Egg Muffins	Sweet Belgian Waffles with Toppings	Smoked Salmon & Cream Cheese Bagels	Sliced Avocado & Poached Egg Muffin	Homemade potato hash with fried egg	Freshly Baked Croissant Sliced Cheese Sliced Ham Sliced Turkey	Vegetarian Breakfast Quesadilla Homemade American Style Pancakes with Toppings Fresh Fruit Salad
DAILY BREAKFAST ITEMS	Bread Selection with Jams & Butter Freshly Baked Pastry Selection of Cereals with Fresh Milk Fresh Whole Fruit Fresh Natural Yoghurt Served with a Variety of Toppings						
	Each dish has been made with halal Produce or will have a halal alternative to it.						



DINNER

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mains	Fajita Chicken and Bacon Pasta Bake Or Fresh Cherry Tomato & Mascarpone pasta --- Sweetcorn	Beef Barbacoa Burrito Bowl Or Pulled mushroom Bowl With Fajita Style Mixed Bean Rice --- Spicy street corn	Fresh Salmon With Mixed vegetable Risotto --- Buttered leeks & Garlic Peas	Breaded Chicken Katsu Or Breaded vegan Chicken With Homemade Katsu Sauce --- Sticky Rice , White Cabbage, Broccoli	Summer Sausage tray bake Or Vegan Sausage tray bake --- Braised red cabbage & Bacon sautéed green beans	Hot Honey Chicken Or Honey mustard vegan chicken With Steamed Rice --- Spring green medley	Pork & egg noodle stir fry Or Marinated tofu and egg noodle stir fry --- Bean sprouts & Honey siracha edamame beans
Specials	Cheese & Garlic Bread	Chilli Tortilla Chips, Sour Cream, Homemade Tomato Salsa & Guacamole	Homemade Chilli and Garlic Slaw		Homemade bread rolls	Homemade soup of the day	
DESSERT	Rocky Road	Churros Dusted with Cinnamon Sugar & Warm Chocolate Sauce	Homemade Cheesecake	Panna Cotta	Melon Platter	Natural Yogurt with Granola & Mixed Berry Pots	Homemade lemon tart
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						
	Each dish has been made with halal Produce or will have a halal alternative to it. 						

DINNER

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mains	<p>Pulled beef Ragu Or Mushroom Ragu With Penne Pasta</p> <p>---</p> <p>Garlic Focaccia & Lemon & Herb Dressed Green Beans</p>	<p>Breaded Chicken Or Marinated Tofu With Noodles</p> <p>---</p> <p>Chicken Or Vegetable Broth, Bok Choi & Chinese Leaf</p>	<p>Tomato, Chorizo & mushroom Gnocchi Or Pesto, Mushroom & Pea Gnocchi</p> <p>---</p> <p>Roasted Courgette, red onion, aubergine & cherry tomato.</p>	<p>Teriyaki Chicken Or Teriyaki Tofu With Stir Fry Rice</p> <p>---</p> <p>Sesame Broccoli, Edamame Beans & soy Soft boiled eggs</p>	<p>Ham Or Glamorgan Sausage With Triple Cooked Chips</p> <p>---</p> <p>Fried Eggs, Peas & Pineapple Slices</p>	<p>Spicy chicken & mixed bean Enchiladas Or Mixed bean & Pepper enchiladas</p> <p>---</p> <p>Cajun corn on the cobs & Spicy warm potato salad</p>	<p>Fresh catch of the day Or Grilled halloumi With Fresh Basil Risotto</p> <p>---</p> <p>Warm Chilli Broccoli</p>
Specials	Spinach & Apple Salad		Garlic Flatbread			Homemade soup of the day	Warm Niçoise Salad
DESSERT	Mixed Berry & Oat Crumble with Cream	Coconut rice pudding	Ice cream pots	Tiramisu	Warm Carrot cake	Milkshakes	Chocolate Cookies
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						
	Each dish has been made with halal Produce or will have a halal alternative to it. 						

DINNER

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mains	Turkey Schnitzel Or Breaded vegan Chicken With Creamy Mash Potato & Mustard Gravy --- Green beans, Honey Roast Carrots	Fresh Thai Red Coconut & Fish Curry Or Thai Red Chickpea curry With Jasmine Rice --- Stir Fried Veggies	Beef lasagne Or Vegetarian lasagne --- Paprika Coated Cauliflower	Chicken Thigh Served with a Creamy Mushroom Sauce Or Quorn Pieces Served with a Creamy Mushroom Sauce With Rice --- Steamed Broccoli	Steak with chimichurri On Patatas Bravas Or Pea and Halloumi Hot Potato salad --- Sweetcorn & honey roasted parsnips	Greek herbed Pulled chicken Or Grilled Hallumi With Flat Bread --- Crispy Lettuce, Tomato, Cucumber, Pickled Cabbage, Cajun Fries, Roasted Courgette and Peppers	Roast Beef Or Roasted Mushroom & Pea Gnocchi --- Roast Potatoes, Roast Carrots, Cauliflower Cheese & Stuffing Balls
Specials			Homemade garlic bread			Minted yogurt dip	Homemade soup of the day with crusty rolls
DESSERT	Apple Strudel Served with Whipped Cream	Panna Cotta	Homemade Pancakes With selection of toppings	Warm Chocolate Cake Served with Fresh Cream	Banoffee Pie	Ice cream pots	Mixed Berry Cheesecake
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						
	Each dish has been made with halal Produce or will have a halal alternative to it. 						

SALAD BAR

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SALAD ITEMS	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber
COMPOSITES	Tuna pasta salad & Coleslaw	Tuna pasta salad & Coleslaw	Moroccan Couscous & Watermelon and Feta	Moroccan Couscous & Watermelon and Feta	Honey mustard potato salad & Pearl barley and red onion	Honey mustard potato salad & Pearl barley and red onion	Nicoise Salad & Summer Corn and avocado
SELECTION OF DRESSINGS							

FOUNDED IN 1997

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FEEDING INDEPENDENT MINDS

SALAD BAR

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SALAD ITEMS	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber
COMPOSITES	Nicoise Salad & Summer Corn and avocado	Tuna pasta salad & Coleslaw	Tuna pasta salad & Coleslaw	Moroccan Couscous & Watermelon and Feta	Moroccan Couscous & Watermelon and Feta	Honey mustard potato salad & Pearl barley and red onion	Honey mustard potato salad & Pearl barley and red onion
SELECTION OF DRESSINGS & TOPPINGS							

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SALAD BAR

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SALAD ITEMS	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber	Lettuce Tomato Cucumber
COMPOSITES	Nicoise Salad & Summer Corn and avocado	Nicoise Salad & Summer Corn and avocado	Tuna pasta salad & Coleslaw	Tuna pasta salad & Coleslaw	Moroccan Couscous & Watermelon and Feta	Moroccan Couscous & Watermelon and Feta	Honey mustard potato salad & Pearl barley and red onion
SELECTION OF DRESSINGS & TOPPINGS							

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