

# Breakfast

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Pork sausages Grilled tomatoes Fried eggs Sauté potatoes	Grilled bacon Scrambled eggs Baked beans	Full English  Sausages Fried eggs Hash browns Baked beans Sautéed mushrooms	Pork sausages Poached eggs Fried bread Roasted flat mushrooms	Bagel bar  Toasted bagel with avocado, halloumi and tomato	Full English  Grilled bacon Fried eggs Hash browns Baked beans Sautéed mushrooms	Waffle with buttermilk fried chicken  Waffle with smoked streaky bacon, fried egg and maple syrup
<b>DAILY SPECIAL</b>	Chickpea scramble with roasted peppers and flatbread	Chorizo, roasted pepper, potato and spring onion hash		Ham and cheese croissant	Bacon, cheddar and fried egg bagel  Smoked salmon and lemon cream cheese bagel		Waffle with avocado and halloumi  Tater tots 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>	Tea, coffee and hot chocolate station Fresh fruit juices						

# Breakfast

Week two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Grilled bacon Baked beans Scrambled egg Sautéed mushrooms	Pork sausages Tomatoes Poached eggs Sautéed potatoes	Full English	Grilled bacon Poached eggs Roasted flat mushrooms	Singapore Nasi Lemak - Coconut rice with fried egg, sambal and cucumber	Full English	<b>Brunch</b>  Sourdough toast with chipotle baked beans, chimichurri and fried eggs
<b>DAILY SPECIAL</b>	Toasted flatbread with tapenade, avocado and feta	<b>Nourish</b> Carrot cake overnight oats  Cherry and cocoa nib overnight oats  Smoothie bowls		Croque madame - Toasted cheese and ham sandwich with fried eggs			
<b>DAILY BREAKFAST ITEMS</b>	Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings Selection of pastries						
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<b>HYDRATION</b>	Tea, coffee and hot chocolate station Fresh fruit juices						

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<b>HOT ITEMS</b>	Pork sausages Scrambled eggs Baked beans Grilled tomatoes	Bacon Poached eggs Mushrooms Sauté potatoes		Bacon Scrambled eggs Slow roasted tomatoes Sauté potatoes			<b>Brunch</b>  Chorizo, roasted pepper and fried egg sourdough baguette
<b>DAILY SPECIAL</b>	Turmeric eggs with wilted spinach, greek yoghurt and crispy onions	<b>Breakfast buddha bowl</b>  Smoked salmon quinoa Plum tomatoes Avocado Boiled eggs Spring onions Yuzu ponzu dressing Crispy onions	Full English  Sausages Fried eggs Hash browns Baked beans Sautéed mushrooms	Congee - Chinese rice porridge with selection of toppings	Omelette station  Cooked to order omelettes with selection of toppings  Sausages Baked beans Sauté mushrooms	Full English  Grilled bacon Fried eggs Hash browns Baked beans Sautéed mushrooms	Halloumi, roasted pepper and fried egg sourdough baguette  Tater tots Baked beans
<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>	Tea, coffee and hot chocolate station Fresh fruit juices						

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

# Lunch

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Main course one</b>	Garlic butter chicken legs with red wine, mushroom and baby onion sauce	Minced beef and onion pie	Crispy chilli pork with peppers, bean sprouts and onions	Spicy crispy chicken burgers with coleslaw	Meat free Friday MSC Certified sustainable breaded or battered fish with chunky chips, peas, mushy peas, lemon and tartar sauce Vegetable curry with pilau rice and naan bread	Crayfish "lobster" rolls with brioche bun, lemon mayonnaise and green salad
<b>Main course two</b>	Slow cooked beef with root vegetables, red wine and rosemary	Cumberland sausages with roasted apples and red onions	Sweet and sour chicken	BBQ Chicken wings with ranch dressing and coleslaw		Vegetarian prawn rolls with brioche bun, lemon mayonnaise and green salad
<b>Vegetarian</b>	Slow cooked quorn pieces with root vegetables, red wine and rosemary	Quorn mince and onion pie	Sweet and sour tofu	Spicy crispy tofu burgers with coleslaw		Sweet potato wedges Roasted tenderstem broccoli
<b>Sides</b>	Sauté potatoes Green beans Roasted squash	Mash potatoes Steamed peas Honey roasted carrots	Egg fried rice Roasted broccoli with soy, garlic and ginger Steamed greens	Roasted sweet potato BBQ Beans Sweetcorn		
<b>Plant based</b>	Chilli tofu baked rice with red onions and mushrooms Roasted squash Green beans Toasted sourdough bread	Gochujang mac and cheese with crispy onion crumb  Soy beans Soy roasted aubergines	Mushroom barley bake with balsamic mushrooms  Sautéed cabbage Garlic and parsley ciabatta	Tuscan gnocchi, spinach, cherry tomato, mixed bean and tarragon ragout  Roasted courgettes Homemade focaccia	Philly cheese "steak" subs  Fries Peas Coleslaw	
<b>Dessert</b>	Mixed fruit crumble with custard	Lemon, cream and meringue tarts	Banana cake with maple cream	Mixed berry and white chocolate cheesecake	Kit kat chocolate brownie	
<b>Every day</b>	Salad bar with dressings and toppings Pasta and jacket bar with sauces Fresh cut fruit, whole fruit , jelly and yoghurt pots					

# Lunch

Week two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Main course one</b>	Chinese pork chops with spring onions, ginger and coriander	Chicken tikka masala	BBQ Pulled pork with coleslaw and roasted sweet potato	Roast shoulder of pork with apple sauce and roast potatoes	Meat free Friday	Pulled pork tacos with salsa, guacamole and cheese
<b>Main course two</b>	Sweet chilli chicken and vegetable stir fry	Minced lamb biryani	Chicken fajitas with mexican rice, guacamole and sour cream	Beef, lentil and mushroom bolognese with wholemeal spaghetti		
<b>Vegetarian</b>	Sweet chilli tofu and vegetable stir fry	Paneer tikka masala	BBQ Jackfruit bap with coleslaw and roasted sweet potato	Quorn, lentil and mushroom bolognese with wholemeal spaghetti	MSC Certified sustainable breaded or battered fish with chunky chips, peas, mushy peas, lemon and tartar sauce	Jackfruit tacos with salsa, guacamole and cheese
<b>Sides</b>	Egg noodles Soy, honey roast carrots Soy beans and peas	Pilau rice Tandoori roasted cauliflower Green beans with toasted coconut	Roasted peppers Sweetcorn	Roasted squash Broccoli		
<b>Plant based</b>	Shish roasted vegetables Pitta bread Hummus Sumac slaw	Popcorn cauliflower with garlic mayonnaise BBQ Baked beans Sweet potato wedges Green beans	Mushrooms and butterbeans on sourdough toast  Roasted peppers Sauté potatoes	Spicy tomato orzo Roasted squash Broccoli Roasted pepper, red onion, olive and baby gem salad	Lemon, parsley and seaweed battered tofu Fries Peas	
<b>Dessert</b>	Mixed seed and fruit flapjack	Pineapple upside down cake with coconut custard	Mixed berry mess	Millionaires shortbread	Chocolate cake with chocolate sauce	
<b>Every day</b>	Salad bar with dressings and toppings Pasta and jacket bar with sauces Fresh cut fruit, whole fruit , jelly and yoghurt pots					

# Lunch

Week three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Main course one</b>	Cajun chicken legs with tomato salsa	Jamaican beef and sweet potato curry with rice and peas	Chicken, tomato and roasted pepper pasta bake	Mac and cheese bar	Meat free Friday MSC Certified sustainable breaded or battered fish with chunky chips, peas, mushy peas, lemon and tartar sauce	Pulled Cajun chicken quesadillas
<b>Main course two</b>	Braised beef chilli tacos with sour cream	Chicken and chorizo jambalaya	Smoked bacon and mushroom carbonara with wholemeal spaghetti	Mac and cheese topped with - BBQ Pulled turkey or Hickory maple pork steak or BBQ Pulled jackfruit		
<b>Vegetarian</b>	Quorn chilli tacos with sour cream	Jamaican sweet potato curry with rice and peas	Mushroom carbonara with wholemeal spaghetti	Roasted squash Broccoli		
<b>Sides</b>	Mexican rice Roasted vegetables Sweetcorn	Sautéed mixed greens Roasted cauliflower	Roasted carrots Green beans		Quorn sausages with chips and peas	Mexican rice BBQ Beans Broccoli
<b>Plant based</b>	Eat curious mince, mushroom and chickpea bolognese Wholemeal pasta Roasted vegetables Homemade focaccia	Hoi sin tofu bao buns with pickled vegetables, crispy onions and sriracha mayo Sticky rice Sautéed mixed greens	Tomato, mixed bean and olive filo pie with mixed seeds Roasted carrots Green beans	Tofu, fava bean and "chorizo" cassoulet Toasted sourdough bread Roasted squash Broccoli	Roasted vegetable and vegan cheddar pizza Fries Peas Red cabbage coleslaw	
<b>Dessert</b>	Jam and coconut sponge with custard	Apricot and white chocolate shortbread	Poached peach, raspberry and vanilla sundae	Banoffee tarts	Jam donuts	
<b>Every day</b>	Salad bar with dressings and toppings Pasta and jacket bar with sauces Fresh cut fruit, whole fruit, jelly and yoghurt pots					

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# Supper

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Jumbo sausage hotdog with pretzel bun, sauerkraut and crispy onions	Slow cooked pulled char siu pork bao bun with pickled cucumber and sriracha mayo	Individual beef, root vegetable and red wine pies	Kerelan beef masala	Slow cooked beef brisket with coriander, lime and chilli	Buttermilk fried chicken burger with selection of toppings and brioche bun	Rump steak with onion rings and peppercorn sauce
<b>Vegetarian</b>	Vegan sausage with pretzel bun, sauerkraut and crispy onions	Char siu tofu bao bun with pickled cucumber and sriracha mayo	Individual quorn, root vegetable and red wine pie	Chilli paneer	Grilled cauliflower steak with chimichurri sauce	Buttermilk fried halloumi burger with selection of toppings and brioche bun	Leek and cheddar quiche
<b>Sides</b>	Crispy potatoes Roasted peppers Peas	Sticky rice Soy beans Pickled slaw	Mash potatoes Roasted cauliflower Green beans	Basmati rice Aviayal (steamed veg in yoghurt and coconut) Aloo capsicum Popadoms	New potatoes with sea salt, chilli and parsley Roasted squash and chickpeas with herbs Corn on the cobs	Garlic and chilli sweet potato wedges BBQ Beans Coleslaw	Sauté potatoes Roasted cauliflower Green beans
<b>Dessert of the day</b>							
<b>Pasta or jacket potatoes with toppings</b>							

# Supper

Week two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Lamb kofta meatballs with pitta and mint yoghurt	Chicken Milinaese	Chilli king prawns with pak choi, spring onions and beansprouts	Korean Bibimbap Thinly sliced beef or tofu  Brown rice  Selection of vegetables  Fried eggs  Bibimbap sauce and toppings	Chicken tikka pizza	Beef and mushroom lasagna	Cumberland sausages with caramelised onion gravy
<b>Vegetarian</b>	Grilled halloumi with pitta and mint yoghurt	Tofu Milinaese	Chilli shiitake mushrooms with pak choi, spring onions and beansprouts		Paneer tikka pizza	Quorn and mushroom lasagna	Vegetarian sausages with caramelised onion gravy
<b>Sides</b>	Batata harra (spicy potatoes) Grilled vegetables Fattoush salad	Spaghetti with tomatoes, olives and basil Green beans Broccoli	Egg fried rice Stir fried greens Soy roasted broccoli Prawn crackers		Curry salted sweet potato wedges Garlic, coriander and chilli sweetcorn Coronation green apple slaw	Garlic bread Tomato, mozzarella and rocket salad Charred peppers	Mash potatoes Honey roasted roots Steamed peas
<b>Dessert of the day</b>							
<b>Pasta or jacket potatoes with toppings</b>							



# Supper

Week three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main course</b>	Turkish lamb lahmacun with slow roasted tomatoes, pickled onion and feta	Chilli beef cornbread pie	Slow cooked BBQ baby back ribs	Noodle bar	Korean fried chicken with pickled radish	Tapas King prawns with chilli and garlic	Beef burgers with crispy bacon, cheddar cheese and brioche bun
<b>Vegetarian</b>	Turkish vegetable lahmacun with slow roasted tomatoes, pickled onions and feta	Quorn chilli cornbread pie	BBQ Halloumi kebabs	Chicken gyozas Vegetable gyozas Miso broth Rice noodle salad	Korean fried tofu with pickled radish	Albondigas - meatballs in tomato sauce Spanish tortilla Padron peppers	Moving mountains burger with tomato, cheddar cheese and brioche bun
<b>Sides</b>	Pickled red cabbage Garlic hummus Roasted sweet potato	Roasted peppers Corn on the cob Mexican slaw	Loaded potato skins Cajun coleslaw BBQ Beans	Vegetables, toppings and sauces	Spicy cucumber salad Korean fried rice Crispy seaweed	Patatas bravas Smokey paprika peppers	Sweet potato fries Peas Coleslaw
<b>Dessert of the day</b>							
<b>Pasta or jacket potatoes with toppings</b>							