WEEKLY MENU

BREAKFAST	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRATION	Mixed fruit water	Citrus burst water	Mixed fruit water	Citrus burst water	Mixed fruit water	Mixed fruit water
HOT ITEMS	Grilled Sausage or Vegetarian sausage	Grilled Bacon Baked beans Vegetarian sausage Grilled tomatoes	Grilled Bacon or Vegetarian sausage	Grilled sausage Baked beans Vegetarian sausage Grilled tomatoes	Grilled sausages Baked beans Vegetarian sausages Grilled tomatoes	Grilled Bacon or Vegetarian sausage
DAILY SPECIAL	Belgium warm waffle American style pancake With toppings	Hash brown	Belgium warm waffle American style pancake with toppings	Hash brown	Hash brown	Belgium warm waffle American style pancake with toppings
DAILY BREAKFAST ITEMS	Cereal Bar Milk Porridge Yoghurt Granola Toast Preserves	Cereal Bar Granola Toast Preserves	Cereal Bar Milk Porridge Yoghurt Granola Toast Preserves	Cereal Bar Granola Toast Preserves	Cereal Bar Granola Toast Preserves	Cereal Bar Milk Porridge Yoghurt Granola Toast Preserves
FRESH FRUIT	Sliced melons and pineapple Whole fruit selection	Sliced grapefruit and orange Whole fruit selection	Sliced melons and pineapple Whole fruit selection	Sliced grapefruit and orange Whole fruit selection	Sliced grapefruit and orange Whole fruit selection	Sliced melons and pineapple Whole fruit selection

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

WEEKLY MENU

LUNCH	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN MEAL 1	Chicken Fajita with mixed vegetables, tomato salsa and grated cheese Herby rice	Katsu Curry chicken Stir fry vegetables Egg noodles	BBQ glazed Gammon steak with grilled pineapple. Cajun roast potato Green beans & peas	Catch of the day French Fries, baked beans, minted peas	Japanese style noodles broth with ground beef Selection of fresh vegetables	Roast chicken with roast potato, Yorkshire pudding, Savoy cabbage, carrots and gravy
MAIN MEAL 2	Chickpea and mushroom Fajita, tomato salsa and grated cheese Herby rice	Creamy Miso Mushroom Rice noodles Stir fry vegetables	BBQ Grilled Haloumi with grilled pineapple Cajun roast potato Green beans & peas	Fishless fingers Stuffed Portobello mushrooms with Mozzarella French Fries, baked beans, minted peas	Tofu Japanese noodles broth. Soy sauce, sweet chilli sauce	Feta and Spinach pie with roast potato, savoy cabbage, carrots and gravy
SALAD BAR (Tomato, cucumber, grated carrot, mixed leaves **available daily)**	Celery sticks, cous cous with fruit and fresh herbs	Green pesto pasta salad, coleslaw	Sweet chilli noodle salad, Greek salad	Celery sticks, courgette & sweet chilli salad, summer slaw	Celery sticks, Feta and beetroot	Asian noodle salad, Tomato Mozzarella
DESSERT 1	Fruit jelly pot Home made cake of the day	Lemon meringue Pie pot Home made cake of the day	Cheesecake Home made cake of the day	The Woodrow Ice Cream Factory	Cheesecake Home made cake of the day	Home made fruit crumble
DESSERT 2	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Fruit pots and yoghurt pots	Whole fresh fruit Mixed fruit bowl and yoghurt pots
HYDRATION	Mixed fruit water	Citrus burst water	Mixed fruit water	Citrus burst water	Citrus burst water	Mixed fruit water

VE
FEEDING INDEPENDENT MINDS

WEEKLY MENU

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN MEAL 1	Fresh basil and tomato pasta with grated cheese	Burger Night Burger in a bun	Hot Dog with jumbo sausage & fried onions	Woodfire Pepperoni pizza	Chicken fillet in a burger bun	Woodfire Pepperoni pizza
MAIN MEAL 2	Creamy spinach sauce & Parmesan cheese pasta	Burger Night Handmade vegan burger in a bun	Hot Dog with vegetarian sausage & Fried onions	Margarita pizza Chefs' choice pizza of the day	Handmade vegan burger in a bun with caramelized onions	Margarita pizza Chefs' choice pizza of the day
ON THE SIDE	Green beans Garlic bread slice	French fries Sliced tomato and red onion Burger relish	Potato wedges Grated cheese Sweetcorn	Tortillas & Corn on the cob	Cajun fries, sliced red onion Burger relish	Tortillas & Corn on the cob
SALAD BAR	Simple mixed salad	Simple mixed salad	Simple mixed salad	Simple mixed salad Coleslaw, grated carrots	Simple mixed salad Sliced tomato, shredded iceberg	Simple mixed salad Coleslaw, grated carrots
DESSERT	Jam sponge Whole fresh fruit	Chocolate cake Whole fresh fruit	Marble cake Whole fresh fruit	Chocolate and berries flapjack Whole fresh fruit	Toffee sponge Whole fresh fruit	White chocolate cake Whole fresh fruit
FRESH WHOLE FRUIT SELECTION						

SUPPER SUPPER SUPPER SUPPER

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS