

KS2 and Senior

W/C 19 September
2022


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP PLANT BASED 	Bank Holiday	Butternut squash	Autumn minestrone	Cauliflower	Red pepper and tomato
MAIN PLANT BASED 	Bank Holiday	Plant Based Mild sweet potato, chickpea and spinach curry	Plant Based Vegetable wellington and creamy mushroom sauce	Plant Based Macaroni cheese topped with crispy cauliflower and roasted tomatoes	Plant Based Stonebaked margarita pizza
HOT MAIN MEAL	Bank Holiday	Mild chicken and coconut curry	Braised beef brisket, slow cooked roasted onion gravy and yorkshire pudding	Deep filled lamb lasagne	Hand battered catch of the day or oven baked fishfingers with tartare sauce
ON THE SIDE 	Bank Holiday	Steamed rice	Roast potatoes	House baked garlic and herb bread	Chunky chips
ON THE SIDE 	Bank Holiday	Turmeric roasted cauliflower	Glazed carrots	Mediterranean vegetables	Garden peas
ON THE SIDE 	Bank Holiday	Seasonal mixed vegetables	Steamed cauliflower and peas	Broccoli and sweetcorn	Seasonal vegetables
THEATRE STATION 'LIVE COOKING'	Bank Holiday	Warm Caesar Salad Crispy bacon, grilled chicken, mushrooms or feta cheese, rustic croutons, shaved parmesan, new potatoes and caesar dressing	Ramen Bar Marinated tofu or shredded chicken, noodles and Asian style vegetables in an aromatic soup	Sliders BBQ pulled pork or spicy bean burgers, shredded iceberg and coleslaw	Chop Chop Salad Sweetcorn fritters, avocado and tomato salsa and poached eggs
SPUDS / PASTA BAR 	Bank Holiday	Jacket Potato	Pasta of the day	Jacket Potato	Pasta of the day
ADD ON 	Bank Holiday	Baked Beans	Tomato Sauce	Baked Beans	Tomato Sauce
ADD ON 	Bank Holiday	Cheese	Cheese	Cheese	Cheese
HOUSE BAKE 	Bank Holiday	House baked cookies and shortbread	Fruits of the forest cheesecake	Carrot cake	Chocolate and orange cake

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

PLANT BASED 