

Sixth Form Lunch Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread
Main course	Beef Madras 	Selection of Sausages Pork, Beef, Chicken	 POSH PIES Posh Pies From classic British Pies to International Flavours	Pizza Day Selection of Homemade Pizza	Hand Battered Fish & Sausages
Main course	Chickpea & Vegetable Curry	Vegetarian Sausages			Vegetable Stir fry with Honey, Sesame Roasted Tofu & Rice
Sides	Pilau Rice Naan Bread Fine Green Beans Aloo Gobir	Creamy Mash Peas & Carrots Onion Gravy	New Potatoes with Garlic, Parsley & Lemon Steamed Broccoli Roast Swede & Parsnips	Coleslaw Potato Salad Corn on the Cob	Mushy Peas Minted Peas Chips Tartare Sauce
Pasta and Jackets	Jacket Potato Baked Beans Cheese	Gnocchi & Peppers with Thyme Frico	Jacket Potato with Mediterranean Vegetables & Crumbled Feta	Penne Pasta with Tomato & Mozzarella	Loaded Jacket Potato
Desserts	Jam & Coconut Sponge	Fruit Crumble with Custard	Ginger Cake	Strawberry Mousse	Honey and Raisin Flapjacks

FOUNDED IN 1997

HOLROYD HOWE
FEEDING INDEPENDENT MINDS



Sixth Form Lunch Menu

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread
Main course	Beef Bolognese	Thai Green Chicken Curry 	Roast Gammon	 World Cuisine Various International Days Visiting: Malta Germany Poland Egypt Zimbabwe	Hand Battered Fish & Sausages
Main course	Lentil & Vegetable Bolognese	Vegetarian Thai Green Curry 	Cheese & Onion Quiche		Vegetarian Sausages
Sides	Garlic Bread Spaghetti Fine Green Beans	Steamed Rice Mange Tout & Sweetcorn Pak Choi	Boiled Potatoes Roast Swede & Parsnips Parsley sauce		French Fries Mushy Peas Tartare Sauce Curry Sauce
Pasta and Jackets	Jacket Potato with Cheese & Baked Beans	Pasta Arrabbiata	Cheese & Tomato Stuffed Jacket Potato		Creamy Mushroom Pasta
Desserts	Caramel Mousse	Chocolate Sponge with Chocolate Sauce	Stove Top Rice Pudding		Blueberry Muffins

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Sixth Form Lunch Menu

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread	Homemade Soup of the Day & Freshly Baked Bread
Main course	Beef Chilli 	Chicken Pasta Bake	Traditional Cottage Pie	Mexican Chicken Burrito with Rice 	Hand Battered Fish & Sausages
Main course	Three Bean Chilli 	Mediterranean Pasta Bake	Vegetarian Cottage Pie	Bean & Cheese Burrito with Rice 	Mediterranean Vegetable Frittata
Sides	Tortilla Chips Rice Coleslaw	Garlic Bread Courgettes Sweetcorn	Savoy Cabbage Fine Green Beans	Salsa Mixed salad Corn on The Cob	Tartare Sauce Chips Mushy Peas Baked Beans
Pasta and Jackets	Jacket Potato with Cottage Cheese & Chives	Falafel & Salad Pitta Bread	Sweet 'n' Sour Vegetable Pasta	Plant Chicken with Pea Risotto	Jacket Potato with Coronation Chicken
Desserts	Sultana & Orange Traybake	Jam Doughnuts	Eves Pudding with Cream	Chocolate Mousse	Strawberry Muffins.