

Junior School Lunch Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Macaroni Cheese Topped with Roasted Butternut Squash	Selection of Burgers On the Bun	Roasted Chicken Thighs with Ancienne Mustard 	Beef Meat Balls H In Tomato Sauce or	Fish & Fennel Pie
	Borlotti Beans & Pumpkin Mediterranean Stew With Rice	Sweet Potato & Beans Patty	Shitake Mushrooms & Quinoa Stuffed Pepper	Chickpeas Vegan Balls in Tomato Sauce Spaghetti Petit Pois	Crispy Marinated Tofu
SIDES	Roasted Vegetables Cavolo Nero Basil Pesto Garlic Bread	Potato Wedges TexMex Vegan Coleslaw Sweetcorn	Mashed Potatoes Batons Carrots Hispy Cabbage Gravy	Roasted Celeriac Black Olive Bread	Purple Broccoli Sprouts Chips Green Beans
DESSERT	Citrus Drizzle Cake	Apricots & Cream Tart	Coconut Rice Pudding	Panna Cotta & Berries	Homemade Scones with Jam & Cream
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

Junior School Lunch Menu

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
 MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Pizza Margherita	Chicken Tagine	Roasted Honey Mustard Gammon	Not too much Chili con Carne	Brunch ! Sausages Bacon
	Roasted Red Peppers & Sweetcorn Pizza	Chickpeas, Spinach & Butternut Tagine 	Courgette, Pea & Ricotta Frittata	Not too much Chili con Beans & Sweet Potatoes  Steamed Rice	Scrambled Egg Roasted Tomatoes Mushrooms
SIDES	Tender Steam Broccoli Skin On Julienne Fries Curly Kale	Braised Rice Roasted Vegetables Flat Bread Yogurt & Mint Dressing	Roasted Potatoes Braised Red Cabbage Green Beans Gravy Yorkshire Pudding	Pineapple & Tomato Salsa Sweet Chili Cauliflower Corn Tortillas Corn on the Cob Sour Cream & Lime	Hash Browns Brown Sauce Baked Beans
DESSERT	Churros with Sauce Selection	Carrot & Orange Cake	Chocolate Tiramisu Pots	Banana & Dates Loaf	Super Seedy Flapjack
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS



Junior School Lunch Menu

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Vegetarian Lasagne	Sausage Roll	Traditional Roast Beef 	 Mint Lamb Kofta Vegan Chickpea Falafel & Hummus	Omega 3 Fish Fingers
	Broad Beans & Mint Risotto	Vegan Sausage Roll	Spinach, Feta & Olives Puff Pastry Pie	Curcuma Rice Wholemeal Pitta Bread Labneh Sauce Broccoli Pickle Cabbage	Stacked Halloumi & Roasted Vegetables
SIDES	Garden Peas Sweet Potato Wedges Rosemary Focaccia Parmesan Shaves	New Potato Salad Steamed Greens Cauliflower Onion Chutney	Crushed Carrots & Swede Savoy Cabbage Roasted Potatoes Yorkshire Pudding Gravy		French Fries Garden Peas Sweetcorn Ketchup Tartare Sauce Lemon
DESSERT	Rhubarb & Strawberry Sponge	Lemon Posset with Lavender Short Bread	Wholemeal Fruit Crumble with Custard	Semolina Cake with Strawberries Compote	Gluten Free Chocolate Brownie
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

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