

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Lunch



All dishes highlighted in green have one or more of the key features to make it a Future Proof Food dish.

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup – from the hot counter	White onion soup with germolata	Tomato, roasted garlic and chilli oil	Sweetcorn, chicken and tarragon chowder	Mushroom with herb crumble	Potato and watercress with herby leeks
Main course one	Lamb and lentils bhuna	Souel fried chicken	Beef, mushroom and shallot pie with puff pastry	Cauliflower buffalo wings with vegan chilli mayo	Battered sustainable fish with tartare sauce & lemon wedge
Main course two - one pot	Courgettes, spinach and cherry tomato gratin	Korean BBQ sweet potato and chickpea	Squash and spring green hash, spinach and poached egg.	Grilled turkey steak with pepper and tomato sauce	Fish and lime risotto
On the side	Lime, chilli & coriander rice, nigella baked carrots, sauté spring greens	All in a brioche bun Bang bang cucumber salad Pickled slaw Salt and pepper baked potato wedges	Garlic and thyme new potatoes, roast broccoli, caraway crushed swede	Herby mashed potato, sauté leeks and peas baked parsnips and apple	Chipped potatoes Steamed peas & baked beans
Jacket or pasta	Jacket potato with mushroom and bean chilli	Chunky tomato and basil rigatoni	Jacket potato with baked beans, cheese and tuna	Italian sausage stew	Jacket potato with baked bean, cheese and tuna
Hot or cold dessert	Peach and raspberry cake with custard	Butterscotch bananas and date pancakes	Toasted seed greek style baklava	Chocolate fudge cake with cream	Vegan steamed lemon sponge
Fruit & yoghurt pots	Cantaloupe and raspberry pot Granola yoghurt	Pineapple & pear pot Mango yoghurt	Honeydew melon and orange pot Banoffee yoghurt	Kiwi and galia melon pot Raspberry yoghurt	Red and green grapes pot Passionfruit yoghurt