

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 Three	Monday	Tuesday	Wednesday	Thursday	Friday
Soup – from the hot counter	Squash & roasted red onion	Spring minestrone	Creamy cauliflower and leek soup	Tomato & oregano	Honey roast carrot & apple
Main course one	Lamb shepherds pie with mashed potato	Pepperoni pizza, Salsiccia e friarielli pizza	Mexican mixed bean burrito	Broccoli, roast red onion & butterbean bake	Gnocchi with roast red peppers, cherry tomatoes & basil
Main course two - one pot	Tomato, red onion & goats cheese tartlets	Vegan margherita pizza	Beef burrito	Chicken curry	Pollack, salmon & spinach pie with mash top
On the side	Mashed potato, Steamed broccoli and sauté Spring greens	Skinny fries, Selection of side salads	Mexican Style corn, tex mex crispy potatoes	Steamed rice Baked sweet potato and parsnips, Turmeric roasted cauliflower	Roasted carrots Peas & Green beans
Jacket or pasta	Jacket potato with chunky beef chilli	Pasta alla norma	Jacket potato with sweet potato & kidney bean stew	Fuseli pasta with creamy Smoked bacon & mushroom	Jacket potato with baked beans & cheddar cheese
Hot or cold dessert	Lemon Cheesecake	Tiramisu	Churros	Chocolate pudding with chocolate sauce	Peach & raspberry sponge
Fruit & yoghurt pots	Cantaloupe melon & raspberry pot Mango yoghurt	Pineapple & pomegranate pot Honey yoghurt	Watermelon pot Berry yoghurt	Pineapple & berry pot Blueberry yoghurt	White grape pot Mango yogurt