PREP LUNCH

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit
CLASSIC	Chicken Bolognaise	BBQ Pulled Pork	Roast Beef Yorkshire Pudding Roast Gravy	Sweet N Sour Chicken Prawn Crackers	Filet O Fish
NOURISH	Lentil Bolognaise	BBQ Pulled Soy Wheat	Roast Beet & Lentil Bake	Sweet N Sour Soya	Filet O Fishless (Pea Protein)
SIDES	Trio of Pasta Courgettes Broccoli	Nachos Peas Butternut Squash Cheese Sauce	Roast Potato Honey Roast Carrots Green Beans	Noodles Sweetcorn Stem Broccoli	Fries Onion Rings Baked Beans
JACKET/PASTA BAR	Mash Potato Beans, Cheese	Mash Potato Beans, Cheese	Wholemeal Pasta, Tomato Sauce, Cheese	Mash Potato, Beans, Cheese	Pasta, Squash Cream, Cheese
DESSERT	Lemon Drizzle	Pan Au Chocolate & Raspberry Pudding	Apple & Pear Crumble	Yum Yums	Fruit of the Forest Cheesecake
AFTERNOON SNACK	Shortbread	Popcorn	Date Cookie	Chocolate & Apple Puffs	Pumpkin Flapjack
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Citrus Water	Watermelon & Mint Water	Citrus Water	Watermelon & Mint Water	Citrus Water

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

PREP LUNCH

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit
CLASSIC	Pork Meatballs & Tomato Sauce	Jerk Chicken	Beef Corn dogs	Meat & Cheese Pizzas	Katsu Plaice
NOURISH	Soya Balls	Jerk Seitan	Quarn Corn Dogs	Margareta Pizzas	Katsu Chickpeas
SIDES	Wholemeal Pasta Green Beans Carrots	Apricot Couscous Garden Peas Cauliflower	Tatertots Corn on the Cob Baked Beans	Roast Butternut Squash Broccoli	Brown Rice Cauliflower Peas
JACKET/PASTA BAR	Mash Potato Beans, Cheese	Mash Potato Beans, Cheese	Wholemeal Pasta, Pesto, Cheese	Mash Potato Beans, Cheese	Wholemeal Pasta, Tomato Sauce, Cheese
DESSERT	Apple Brownie	Waffles, Yoghurt, Honey & Spiced Pear	Sticky Date Cake & Toffee Sauce	School Cake	Dunkin Doughnuts
AFTERNOON SNACK	Shortbread	Popcorn	Date Cookie	Chocolate & Apple Puffs	Pumpkin Flapjack
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Citrus Water	Watermelon & Mint Water	Citrus Water	Watermelon & Mint Water	Apple Blackcurrant & Orange

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Soil Association

PREP LUNCH

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit	Milk/Water & Fruit
CLASSIC	Chicken Sausage & Gravy	Buttermilk chicken	Brunch	Greek Lemon & Oregano Chicken	Battered Fish Tartare Sauce
NOURISH	Quorn Dogs	Buttermilk Pea Protein	Soy Brunch	Lemon & Herb Chickpea & Spinach Bake	Fishless Fingers
SIDES	Mash Potato Carrots Green Beans	Mac n Cheese Corn on the Cob Broccoli	Tomato Mushrooms Baked Beans	Cous Cous Cauliflower Carrots	Chips Peas Baked Beans
JACKET/PASTA BAR	Mash, Potato Beans, Cheese	Wholemeal Pasta, Pesto, Cheese	Wholemeal Pasta, Tomato Sauce, Cheese	Mash Potato Beans, Cheese	Pasta, Squash Cream Cheese
DESSERT	Pear Brookie	Crepes & Banana Toffee Sauce	Chocolate & Orange Cake	Cookies & Peaches	Winter Eton Mess
AFTERNOON SNACK	Shortbread	Popcorn	Date Cookie	Chocolate & Date Puffs	Pumpkin Flapjack
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Citrus Water	Watermelon & Mint Water	Citrus Water	Watermelon & Mint Water	Apple Blackcurrant & Orange

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