

BREAKFAST

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Bacon Sauté potatoes Baked beans Poached eggs	Sausages Slow roasted tomatoes Scrambled eggs Baked beans	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Grilled flat mushrooms Poached eggs Baked beans	Continental breakfast	Full English Sausages Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Brunch Cumberland sausage, habanero sauce, pink pickled onions Grilled halloumi, habanero sauce, avocado salsa, pink pickled onions Mini potato rosti Baked beans Fried eggs
DAILY SPECIAL	Croissant roll Roasted banana Vanilla cream Cherry compote	Toasted sourdough Crumbled feta Avocado Chorizo Crispy onions		Nasi Lemak Coconut rice Fried egg Sambal & cucumber Malay pulled tea	Selection of meats Selection of cheeses Smoked salmon Bagels Freshly cooked omelettes Matcha latte Raspberry syrup		
DAILY BREAKFAST ITEMS	Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings Selection of pastries						
FRUIT	Fresh fruit platter and whole fruits						
HYDRATION	Drinks station with tea, coffee, hot chocolate and fruit juices (iced coffee / smoothies)						

BREAKFAST

Week two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Bacon Sauté potatoes Poached eggs Baked beans	Sausages Baked beans Fried eggs Sauté mushrooms	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Sausages Slow roasted tomatoes Scrambled eggs Baked beans	Open muffins with sausage patties, fried egg and cheddar cheese	Full English Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Brunch Eggs benedict croissant roll (ham, cheese or smoked salmon) Chilli lime grilled pineapple Coconut yoghurt Crispy potatoes Grilled tomatoes
DAILY SPECIAL	Breakfast smoothie bowls Fresh fruit Berries Coconut Honey Toasted granola	Turkish eggs Garlic yoghurt Harissa oil Grilled flatbread		Toasted bagels Fried eggs Hot honey drizzle Chorizo crumb	Pancakes Blueberry jam, Blueberries Vanilla cream		
DAILY BREAKFAST ITEMS	Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings Selection of pastries						
FRUIT	Fresh fruit platter and whole fruits						
HYDRATION	Drinks station with tea, coffee, hot chocolate and fruit juices (iced coffee / smoothies)						

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HOLROYD HOWE

FEEDING INDEPENDENT MINDS

BREAKFAST

Week three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Bacon Baked beans Grilled flat mushrooms Poached eggs	Sausages Sauté potatoes Baked beans Scrambled egg	Full English	Sausages Grilled flat mushrooms Baked beans Scrambled egg	Waffles Hot honey halloumi Crisped bacon	Full English	Brunch
DAILY SPECIAL	Brioche rolls Caramelized pork Pink pickled onions Sriracha sauce Smoked salmon Avocado Lemon mayonnaise	Chocolate dipped Croissants Matcha, strawberry & oatmilk smoothies	Bacon Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Banana Bread Greek yoghurt Toasted coconut Maple syrup	Or Waffles Berry compote Vanilla cream	Sausages Hash browns Baked beans Mushrooms Tomatoes Fried eggs	Scrambled eggs Nduja Smokey tomatoes Sourdough Scrambled eggs Plant based Nduja Smokey tomatoes Sourdough Crispy potatoes BBQ Beans
DAILY BREAKFAST ITEMS	Toast station with spreads and preserves Selection of cereals Porridge with toppings Homemade granola and toppings Selection of pastries						
FRUIT	Fresh fruit platter and whole fruits						
HYDRATION	Drinks station with tea, coffee, hot chocolate and fruit juices (iced coffee/ smoothies)						

LUNCH

Week one	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Hickory maple glazed chicken legs	Grilled Cumberland sausages	Beef Madras	Jerk spiced chicken with rainbow slaw	MSC certified sustainably sourced breaded fish	Light Lunch Selection of meats, cheeses, sandwich fillings and picnic style food Salads Breads Sauces Fries
Main course two	Penang Nua Beef Curry	Turkish spiced beef with flatbreads and green relish	Makhani chicken (Indian butter chicken)	Jerk spiced pork with rainbow slaw	MSC certified sustainably sourced battered fish	
Meat free	Hickory maple glazed eat curious pieces with red peppers and spring onions	Meat free sausages with onion & herb mash	Makhani Paneer	Plantain & bean burger	Sweet potato katsu curry	
Sides	Lime leaf scented rice Sweetcorn Roasted broccoli with lemon and garlic	Brooklyn mash (bacon, onion & herbs) Charred spring onions and carrots Onion gravy	Steamed white rice Green beans Ghobi 65 Coriander roasted carrots Mango chutney Naan	Rice & peas Chilli grilled sweetcorn Pickles Fried plantain	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Teriyaki glazed tofu Brown rice Grilled spring onions & peppers	BBQ plant balls with roasted sweet potato and sour cream Charred spring onions and red peppers	Gochujang cauliflower with sticky rice Green beans Coriander roasted carrots	Eat curious kung pao with ginger and spring onions Fragrant rice	Tofu Caesar Salad Roasted tofu Baby gem lettuce Croutons Crisped onions Garlic mayonnaise	
Dessert	Banana and chocolate crumble with vanilla custard	Matcha & lemon drizzle cake	baked NY cheesecake	Roasted pineapple cake with ginger	Chocolate chip cookies	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, Jelly pots, Yoghurt pots and dessert pots					

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LUNCH

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Jamaican beef curry	Hot honey chicken burnt lemon & pickled onions	Garlic & parmesan crumb chicken	Malay spiced red chicken with coconut rice	MSC certified sustainably sourced breaded fish	Light Lunch Selection of meats, cheeses, sandwich fillings and picnic style food Salads Breads Sauces Fries
Main course two	Lemon pepper buffalo chicken thighs	Slow cooked pork collar with char siu glaze	Beef in black bean sauce, spring onions ginger & noodles	Classic beef lasagne with garlic herb crumb	MSC certified sustainably sourced battered fish	
Meat free	Spiced sweet potato and coconut curry	Hot honey halloumi, burnt lemon & pickled onions	Tofu in black bean sauce, spring onions ginger & noodles	Roasted vegetable lasagne with garlic herb crumb	Margarita Pizza	
Sides	White rice Collard beans with red onions Roasted carrots	Roasted sweet potato Charred corn, peppers & onions, Fire pit slaw	Creamy penne pasta Lemon scented peas Garlic roasted carrots	Sweetcorn Green beans	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Lemon pepper buffalo tofu with ranch dressing and chives	Harissa roasted chickpeas, fire roasted peppers, tomato and basil Classic hummus	Creamy pumpkin gnocchi with feta lemon scented peas Steamed broccoli Garlic bread	Eat curious plant based lasagne with garlic and herb crumb Green beans Roasted squash	Grilled flat breads Vegan feta Smokey tomatoes Crispy onions Balsamic	
Dessert	Caramelized apple cake with butterscotch sauce	Biscoff cheesecake	Mixed berry pavlova	Victoria sponge with raspberry jam	Cornflake brownies	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, Jelly pots, Yoghurt pots and dessert pots					

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LUNCH

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main course one	Turkish spiced chicken Flatbreads Green relish & garlic yoghurt	Roasted chicken legs with lemon & thyme	Salt Beef Bagels with melted cheese and pickles	Beef bolognaise with spaghetti	MSC certified sustainably sourced breaded fish	Light Lunch Selection of meats, cheeses, sandwich fillings and picnic style food Salads Breads Sauces Fries
Main course two	"fire pit" Chipotle beef with black beans	Meatball bake with tomato, mozzarella, garlic and basil crumb	Roast pork with Bramley apple and chilli	Smoked salmon linguine, broccoli, lemon and chive cream sauce	MSC certified sustainably sourced battered fish	
Meat free	Turkish spiced halloumi Roasted vegetables Flatbreads	Veggie meatball bake with tomato, mozzarella, garlic and basil crumb	Tofu rice bowl Honey and soy glazed chestnut mushrooms Tea stained egg	Spelt wild mushroom risotto with garlic focaccia croutons	Butternut squash Makhani	
Sides	Jewelled cous cous Balsamic roasted courgettes Charred sweetcorn	Crushed new potatoes Lemon and herb dressing Grilled carrots & red onions	Roasted sweet potatoes Pickles / sauerkraut / beef tomatoes Roasted peppers	Garlic focaccia Roasted Mediterranean vegetables Sweetcorn	Chunky chips Garden peas Mushy peas Lemon wedges Tartare sauce	
Plant based	Vegan doner kebab Pitta bread Coriander slaw Pickled cucumber Tomatoes Garlic yoghurt dip	Eat curious paella tomato, basil and gordal olive "Pan con tomate" Piquillo pepper salad	Smokey tofu Rueben Toasted sourdough Vegan cheese and pickles	Tapas eat curious pieces with plant based chorizo Tomato sauce Garlic & butterbeans	Buddah bowl Falafels Butterbeans Picked red cabbage Spaghetti carrot Avocado Crispy kale Balsamic vinegar Hummus Toasted grains	
Dessert	Orange cake with cardamom cream	Rocky road	Sticky lemon pudding	Chocolate flapjack	Dipped donuts	
Every day	Salad bar with dressings and toppings Pasta and jacket potatoes with tomato sauce, cheese, baked beans and daily changing sauces Deli bar – Selection of sandwiches, baguettes, wraps and bagels Whole fruits, Jelly pots, Yoghurt pots and dessert pots					

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FEEDING INDEPENDENT MINDS

DINNER

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main course	Greek style slow cooked lamb	Chicken shish kebab with hummus and pomegranate	Mexican pulled pork tacos Sour cream Guacamole	Grilled Tuna niçoise	Chorizo and roasted vegetable calzone	Tandoori chicken burger with masala mayonnaise	Roast beef Yorkshire pudding Gravy
Meat free	Butternut squash and bean stifado with crumbled feta	Halloumi kebabs with hummus & pomegranate	Mixed bean tacos Sour cream Guacamole	Grilled tofu niçoise	Feta cheese and roasted pepper stromboli	Tandoori paneer burger with masala mayonnaise	Whole roasted butternut squash (rosemary and garlic butter) with feta & red onion
Sides	Oregano & lemon scented potatoes Charred red onion & peppers	Griddled flat breads Garlic sauce Mixed salad Charred vegetables	Mexican rice Rainbow slaw Sweet n salty buttered corn cobs	Hasselback sweet potatoes with parsley butter	Garlic and parmesan roasted gnocchi Balsamic green beans	Masala fries Tomato & red onion salad Coconut slaw Mango lassi	Roast potatoes Cauliflower cheese Honey roasted parsnips
EVERY DAY	Dessert of the day Selection of salads and Fruit						

DINNER

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main course	Chicken fajitas in tortilla basket Sour cream & chives Jalapenos	Crispy calamari bao bun with tartare sauce and spring onion	Beef meatballs slow cooked in red wine & tomato sauce	Moqueca Brazilian style fish stew	Middle eastern style slow cooked chicken Grilled khobez Mint yoghurt dressing	Stone baked pizza Nduja, mozzarella & basil	Slow roasted pork belly Bramley apple Pork crackling
Meat free	Quorn fajita in tortilla basket Sour cream & chives Jalapenos	Teriyaki tofu bao bun with spring onion	Plant based meatballs in red wine & tomato sauce	Brazilian style vegetable stew	Middle eastern style halloumi Grilled khobez Mint yoghurt dressing	Stone baked pizza Nduja (Plant based) , mozzarella & basil	Slow roasted swede with maple glaze
Sides	Mexican spiced rice Sweetcorn Roasted courgettes and lemon	Rice noodles Pickled cucumber Stir fried vegetables	Wholemeal Spaghetti Grilled miso buttered cabbage Roasted peppers Parmesan & little gem salad	Mixed vegetable rice Buttered corn cobs with paprika and coriander Roast broccoli	Beetroot slaw with preserved lemon and pomegranate Zaatar roasted chickpeas & peppers	Chicken wings Fire roasted corn cobs Caesar salad Cream soda	Roast Potatoes Chilli roasted pumpkin Cauliflower Cheese
EVERY DAY	Dessert of the day Selection of salads and Fruit						

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FEEDING INDEPENDENT MINDS

DINNER

Week Three	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main course	Pesto grilled chicken, red pepper, tapenade & rocket focaccia	Slow cooked pork donburi bowl	Chicken biriyani	Meats Mezze sharing boards	Chicken katsu curry	Tapas Chorizo in tomato & red wine sauce	Harissa & preserved lemon roasted chicken
Meat free	Smokey tomatoes, mozzarella & rocket focaccia	Honey and miso glazed mushrooms donburi bowl	Vegetable biriyani	Vegetable mezze sharing boards	Sweet potato katsu curry	Garlic and herb tortilla	Harissa & preserved lemon roasted butternut squash
Sides	Sauté potatoes with olives and capers Green beans with parmesan and garlic Panzanella salad	Asian vegetables Fried egg Steamed brown rice Pickled ginger & radish	Poppadum Spiced cauliflower Cucumber raita	Toasted flatbreads Hummus Baba ganoush Cacik	Sticky rice Steamed broccoli & soy beans Selection of pickled vegetables	Sweet potato patatas bravas Giant butterbeans with garlic & basil Gordal olives Pan con tomate Non alcoholic sangria	Sumac & thyme roasted potatoes Buttered greens and chickpeas Light gravy
EVERY DAY	Dessert of the day Selection of salads and Fruit						