

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Junior School

Junior Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Roast Cumberland Sausages	Beef Bolognese	Roast gammon	Chinese Style Chicken	Breaded Sustainable white Fish
Halal Option Available Daily					
Key stage 2 option	Piri Piri Chicken with Braised Rice	Ham & Cheese carbonara	Sweet Potato, Beetroot & Freekah Wellington		
Vegetarian option	Baked Glamorgan Sausages	Quorn Bolognese	Ratatouille stuffed peppers with basil pesto	Macaroni Cheese	Margarita Pizza
On the side	Green Beans & Steamed carrots Steamed New Potatoes	Peas & Cauliflower Spaghetti	Broccoli & Steamed Carrots Roast New Potatoes Gravy	Sweetcorn Wheat Noodles	Baked Beans Mushy Peas Chunky chips
Fruit & yoghurt	Watermelon & Grapes	Fruit jelly with whipped cream	Fruit Salad	Eton mess	Cookies & Cream Cake

Junior School

Junior Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Halal Option Available Daily	Moroccan style Turkey Casserole	Roasted Italian Chicken Thighs	Beef Sausages	Slow Braised Beef Stroganoff	Homemade Chicken goujons
Key stage 2 option	Flaked Fish & Shredded Vegetable Taco	Tomato Cous Cous & Vegetable Stuffed Sweet Potato	Chicken & Leek pie	Aloo Gobi & Raita	Hot Dogs
Vegetarian option	Tomato & Basil Pasta Bake	Vegetable Moussaka	Quorn Sausages	Potato Gnocchi in Tomato sauce	5 Bean, Cheesy chilli nachos
On the side	Steamed Carrots Herby Cous Cous	Garden Peas & broccoli Baked potato wedges	Cauliflower Mashed Potato Gravy	Baby corn & Sugar Green Beans Steamed Rice	Smokey BBQ Beans French Fries
Fruit & yoghurt	Pineapple & Melon	Vanilla Shortbread	Melon & Orange	Strawberry Trifle	Rocky road

Junior School

Junior Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Halal Option Available Daily	Roast Chicken Sausages with Gravy	Classic Beef Lasagne	Chicken Chasseur	BBQ Pulled Pork	Sweet chilli & coriander chicken
Key stage 2 option	Tuna Pasta Bake	Three Cheese & Sundried Tomato risotto	Cottage Pie	Green Lentil & Vegetable Chilli	Spicy Bean Burger on a Pretzel Bun, with Avocado Mayo
Vegetarian option	Baked Vegetable lasagne	Pea & Asparagus Tart	Cheese & Potato Pie	Homemade Lebanese Style Falafel	
On the side	Carrots & Mange Tout Roasted Baby Potatoes	Sweetcorn & Wilted Greens Steamed New Potatoes Garlic Bread	Parsnips & Carrots Parmentier Potatoes Gravy	Peas Fragrant Rice Tortilla Wraps	Baked Beans Seasoned Fries
Fruit & cold dessert	Pineapple & Watermelon	Yoghurt & Granola Pots	Grapes & Galia melon	Vanilla Rice Pudding	Lemon Drizzle Sponge with Custard