

Junior School

Junior Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Halal Option Available Daily	Crispy Fish Fingers with Soft Tortillas & Pickled Vegetables	Roast Chicken with Red Pepper & Basil Ragu	Pork Bangers with Gravy	Pork Meatballs with Tomato Sauce	Hot Dog
Vegetarian Option	Tomato, Cheese & Spinach Penne	Courgette, Spinach & Cherry Tomato Gratin	Cauliflower Mac 'n' Cheese	Sweet Potato, Kale & Five Bean Hash	Vegetable Burger with Sweetcorn Relish
On the Side	Steamed Potatoes Diced Root Vegetables	Spaghetti Roast Broccoli & Sweetcorn	Herby Mash Sautéed Leeks, Peas & Baked Parsnips	Rice Buttered Cabbage & Carrots	Skin on Fries Mushy Peas Baked Beans
Fruit & Yoghurt	Fresh Fruit Pots Yoghurt Station	Fresh Fruit Pots Yoghurt Station	Fresh Fruit Pots Yoghurt Station	Fresh Fruit Pots Yoghurt Station	Fresh Fruit Pots Yoghurt Station

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Junior Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Halal Option Available Daily	Cumberland Sausages	Roast Chicken Thighs with Tomato Pesto	Maple Baked Gammon	Sticky Sweet Chilli Chicken	Cheese & Tomato Pizza Grilled Beef Burger Chips Baked Beans
Vegetarian Option	Asparagus & 3 Cheese Frittata	Creamy Mushroom & Parmesan Macaroni	Broccoli, Cauliflower & Squash, Herby Crumble	Roast Tomato & Cheddar Cheese Pasta Bake	
On the Side	New Potatoes Steamed Broccoli & Carrot Rings	Pasta Shells Wilted Seasonal Greens	Thyme Roasties Smashed Carrots & Swede	Egg Noodles Peas	
Fruit & Yoghurt	Fresh Fruit Pots Yoghurt Station	Fresh Fruit Pots Yoghurt Station	Fresh Fruit pots Yoghurt station	Fresh Fruit Pots Yoghurt Station	Fresh Fruit Pots Yoghurt Station

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Junior School

Junior Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Halal Option Available Daily	Chicken Thighs with Sweetcorn & Basil Relish	Classic Beef Lasagne	Pork Sausage Ring with Gravy	Mild Chinese Chicken Curry	Southern Fried Chicken
Vegetarian Option	Roast Courgette, Red Pesto & Cheese Tart	Mozzarella, Beef Tomato & Avocado Ciabatta	Vegan Mince, Lentil & Root Vegetable Cottage Pie	Vegetable Stew	Crispy Sweet Potato, Cheddar Cheese & Leek Nuggets
On the Side	Steamed New Potatoes Mixed Vegetables	Sautéed Potatoes Cabbage, Leeks & Peas	Herb Roast Potatoes Honey Roast Carrots & Green Beans	Fragrant Rice Lemony Peas & Steamed Cauliflower	Fries Crushed Minted Peas
Fruit & Yoghurt	Fresh Fruit Pots Yoghurt Pots	Fresh Fruit Pots Yoghurt Pots	Fresh Fruit Pots Yoghurt Pots	Fresh Fruit Pots Yoghurt Pots	Fresh Fruit Pots Yoghurt Pots