



WEEK THREE

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Pea, Potato, & Spinach with Crème fraiche	Hearty Mexican bean broth with salsa & crushed nacho's	Cream of Parsnip & Leek	Tomato & butter beans with Rocket	Spiced Roasted Carrot & coriander	"DELI"	SUNDAY BRUNCH
MAIN COURSE ONE	Vegetable & Chickpea Korma with Mini Poppadom's	Chunky Beef & Root Vegetable Pie topped Puff Pastry	Classic Roasted Chicken with Rich Gravy & Stuffing	Sweet & Sour pork with prawn Crackers	Battered Fish with Tartare & Lemon Wedge Fish fingers	Assorted Baguettes & Bagel	2oz Beef Burger Bacon Pork or Chicken Sausage
MAIN COURSE TWO	Mushroom, Squash, Spinach & Coconut Tomato Curry	Tomato, Pepper & Basil Risotto with Parmesan	Creamy Mushroom & spinach lasagne	Sweet Chilli Vegetables & Tofu	Walking Taco Bags Vegetable & Mixed Bean Quesadillas	Pulled Beef Mozzarella Cheese Streaky Bacon Roast peppers Guacamole	Vegetable Sausage Skinny Fries Fried Egg Onion Rings
ON THE SIDE	Steamed Rice Mango Chutney Tomato, onion & Coriander salad Fine Green beans	Minted new Potatoes Braised Red Cabbage Peas	Herby Roast Diced Potato Savoy Cabbage Sweetcorn	Egg Noodles Baton Carrots Broccoli	Chunky Chips Peas Chip Shop Curry Sauce	Jacket Potatoes Deli Salads	Baked Beans Plum Tomato Toast
JACKET & PASTA BAR	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers	Jacket Potatoes or Pasta with fresh sauces & toppers		
HOT DESSERT	Chocolate Sponge with Chocolate Sauce	Pear & Plum Crumble with Custard	Raspberry & white Chocolate cake with Cream	Apple & Blackcurrant Pie with Cream	Rice Pudding & Fruit Coulis	Mango & Coconut Mousse	



FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS