

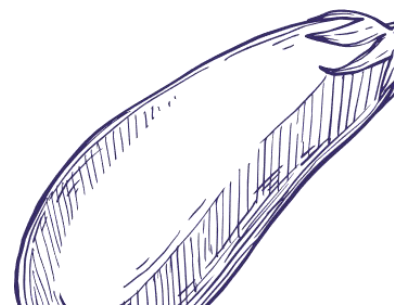


Supper

WEEK ONE

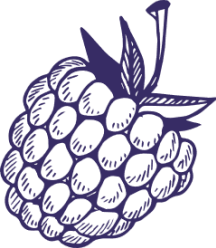
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Turkey Ragu Pasta Bake	<i>Soup of the Day</i> Katsu Chicken	Minced Beef Chilli with Taco Shells & Guacamole	<i>Soup of the Day</i> Herby Roasted Chicken Drumsticks with Stuffing	Rib shack ribs served with Far West Mafia Sauce	Diced Chicken Slow Cooked Chasseur	Roast Gammon & Gravy
MAIN COURSE TWO	Cheese & Broccoli Pasta Bake	No Nut Vegetable Satay	Sticky Sweet Chilli Tofu with peppers & Mushrooms	Aubergine Parmigiana	Mac 'N' Cheese	Roasted stuffed pepper	Vegi-Mince & Vegetable Cassoulet
ON THE SIDE	Saute Mushroom Garlic Slice Rawslaw	Basmati Rice Sweetcorn n Peas	Potato wedges Tossed beans	Herby roast Potatoes Baton Carrot Peas	Curly fries Easy Keeper Slaw BBQ Beans	Saute New Potatoes Pan fried Courgette	Roast Potatoes Cauliflower cheese Garden peas
DESSERT	Simply Vanilla Cheesecake	Berry Upside Cake	Gypsy Tart	Sticky Toffee Date Pudding with toffee sauce	Strawberry mousse Pot	Fruit Bar with Greek yoghurt	Peach & raspberry Melba Cake
							
SELECTION OF WHOLE FRUITS & DESSERT POTS							



FOUNDED IN 1997



HOLROYD HOWE

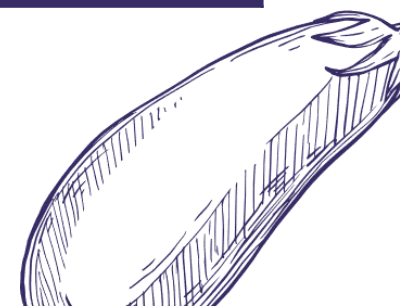
FEEDING INDEPENDENT MINDS



Supper

WEEK TWO



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Chicken Fajitas, Guacamole & Tomato salsa	<i>Soup of the Day</i> Turkey Escalope with creamy Mushroom Sauce	Chicken & Chorizo Jambalaya drizzled with Sriracha Hot Chilli & lime mayonnaise	<i>Soup of the Day</i> Italian Spiced Meatballs with Tomato & Coriander sauce	Chicken, Root Vegetables Broccoli & Cranberry Gravy	Homemade Sausage Roll	Roast Chicken Leg & Gravy
MAIN COURSE TWO	Asian style Vegetable Pakora	Beef Tomato filled with Mushroom & spinach Sauce	Roasted Vegetable Gnocchi	Vegetable & Lentil Bolognaise	Spanakopita Potato, Spinach & Feta in Filo	Flat Field Stuffed Mushroom	Vegetable Ragu Lasagne
ON THE SIDE	Wraps Mini Cob's Rawslaw	Seasoned Roast Potatoes Cauliflower Peas	Ciabatta Garlic bread Saute Courgette	Spaghetti Tomato, olive & Rocket salad	New Potatoes with Roasted Garlic, Parsley & lemon Honey roasted Carrots	Saute Potatoes Peas Baked Beans	Roast potatoes Sliced Carrots Sweetcorn
DESSERT	St Ed's Mess	Chocolate Fudge Cake with Cream	Granola Flapjack	Kentish Apple Cake & cream	Toffee yoghurt frozen pot	Fruit Bar with Greek yoghurt	Meringue Nest with Fruit & Cream
							
SELECTION OF WHOLE FRUITS & DESSERT POTS							





Supper

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Chorizo Butchers Sausage with onion gravy	<i>Soup of the Day</i> Southern Fried Chicken	Pulled pork in a Bap with apple sauce	<i>Soup of the Day</i> Classic Beef lasagne	Howe's fried lemon chicken with buttermilk dressing	Beef Burger in a Bun (with or without cheese)	Roast Turkey & Gravy
MAIN COURSE TWO	Vegetable Sausages with onion gravy	Portuguese Baked Eggs	Sweetcorn & Courgette Fritters	Vegetable Lasagne	Mac 'n' cheese	Spicy Bean Burger with Caramelized onion	Glamorgan Leek Sausages
ON THE SIDE	Creamed Potato Peas Baked beans	Potato Wedges Roasted Fennel seed carrots	New Potatoes Onion rings Caesar salad	Garlic bread Sweetcorn House salad	Smashed sweet potato Pickled slaw of cabbage & radish Rolled corn on the cobs in onion Crust, and chopped salad	Shoestring fries BBQ Beans	Roast Potatoes Baton carrots Stem Broccoli
DESSERT	Carrot cake with Cream cheese Frosting	Churro's & Sauces	Fruit salad & cream	Toffee and chocolate mandarin mousse	Frozen Raspberry Yoghurt Pot	Fruit Bar with Greek yoghurt	American Pancake Bar
							
SELECTION OF WHOLE FRUITS & DESSERT POTS							



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