# WEEKLY MENU

| BREAKFAST | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| HYDRATION | Mixed fruit water | Citrus burst water | Mixed fruit water | Citrus burst water | Mixed fruit water | Mixed fruit water |
| HOT ITEMS | Freshly baked pastries | Grilled sausages<br>Vegetarian sausages<br>Baked beans<br>Grilled tomatoes<br>Boiled egg | Belgium warm waffle<br>American style pancake<br>with toppings | Grilled bacon<br>Vegetarian sausages<br>Baked beans<br>Grilled tomatoes<br>Boiled egg | Grilled sausages<br>Baked beans<br>Vegetarian sausages<br>Grilled tomatoes<br>Boiled egg | Freshly baked pastries |
| DAILY SPECIAL | Boiled egg | Hash Brown | Boiled egg | Hash Brown | Hash brown | Boiled egg |
| DAILY BREAKFAST ITEMS | Weetabix/Porridge<br>Cereal Bar<br>Yoghurt, dairy free alternatives available<br>Granola<br>Toast, wholemeal available<br>Preserves | Weetabix/Porridge<br>Cereal Bar<br>Yoghurt, dairy free alternatives available<br>Granola<br>Toast, wholemeal available<br>Preserves | Weetabix/Porridge<br>Cereal Bar<br>Yoghurt, dairy free alternatives available<br>Granola<br>Toast, wholemeal available<br>Preserves | Weetabix/Porridge<br>Cereal Bar<br>Yoghurt, dairy free alternatives available<br>Granola<br>Toast, wholemeal available<br>Preserves | Weetabix/Porridge<br>Cereal Bar<br>Yoghurt, dairy free alternatives available<br>Granola<br>Toast, wholemeal available<br>Preserves | Weetabix/Porridge<br>Cereal Bar<br>Yoghurt, dairy free alternatives available<br>Granola<br>Toast, wholemeal available<br>Preserves |
| FRESH FRUIT | Sliced melons and pineapple<br><br>Whole fruit selection | Sliced grapefruit and orange<br><br>Whole fruit selection | Sliced melons and pineapple<br><br>Whole fruit selection | Sliced grapefruit and orange<br><br>Whole fruit selection | Sliced grapefruit and orange<br><br>Whole fruit selection | Sliced melons and pineapple<br><br>Whole fruit selection |

BREAKFAST BREAKFAST BREAKFAST

FOUNDED IN 1997
HOLROYD HOWE
PERSONAL INDEPENDENT MINDED

# WEEKLY MENU

| LUNCH | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| MAIN MEAL 1 | Chicken & tomato pasta with fresh basil & herbs<br>Garlic bread<br>Green beans | Honey & Garlic BBQ Chicken wrap with roasted baby potatoes & seasonal vegetables<br>Grated cheese | Creamy chicken ala King with Basmati rice<br>Broccoli | Fish and chips<br>Lemon wedge<br>Garden peas | Beef Shawarma in wrap with fresh tomato salsa<br>Basmati rice<br>Pickled red onion, yoghurt and garlic dressing | Marinated roast chicken with Yorkshire pudding,<br>Roast potatoes<br>Carrots & Savoy cabbage<br>Gravy |
| MAIN MEAL 2 | Bean & root vegetable Bolognese with Penne pasta<br>Garlic bread<br>Green beans | Sweet potato and chickpea puff pie<br>Roasted baby potatoes & seasonal vegetables<br>Grated cheese | Buternut bean Feta and spinach bake<br>Basmati rice<br>Broccoli | Feta cheese, aubergine and courgette bake<br>Chips<br>Lemon wedge<br>Garden peas | Chickpea and Paneer cheese Shawarma in wrap with fresh tomato salsa<br>Basmati rice<br>Pickled red onion, yoghurt and garlic dressing | Leek and lentil pie<br>Roast potatoes<br>Carrots & Savoy cabbage<br>Gravy |
| SALAD BAR (Tomato, cucumber, grated carrot, mixed leaves, Coleslaw **available daily)** | Autumn mixed salad | Sweetcorn and cherry tomato salad | Dill fennel and carrot salad | Lime slaw | Mexican sweetcorn salad<br>Selection of hot and spicy sauces | Red cabbage salad |
| DESSERT 1 | Apple & cinnamon crumble | Seasonal fruit jelly pot | Cherry flap jack | Fruit cheesecake pots | Strawberry mousse | Chocolate cake pots |
| DESSERT 2 | Whole fresh fruit and Fruit pots and yoghurt pots available during daily service | | | | | |
| HYDRATION | Mixed fruit water | Citrus burst water | Mixed fruit water | Citrus burst water | Citrus burst water | Mixed fruit water |

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# WEEKLY MENU

| DINNER | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| MAIN MEAL 1 | Minced beef with kidney beans and tomato sauce<br>Steamed rice | Pizza night:<br>Pepperoni Pizza with Mozzarella and Rocket | Burger Night:<br>Beef burger in a bun<br>Sliced cheese | Cumberland sausage or halal chicken sausage<br>Caramelised red onions<br>Creamy herb mash<br>Gravy | Pizza night:<br>Pepperoni Pizza with Mozzarella and Rocket | Breaded chicken in bun<br>Seasoned potato wedges<br>Fresh and crunchy coleslaw |
| MAIN MEAL 2 | Aubergine and Cannellini beans Moussaka<br>Yoghurt mint dressing<br>Steamed rice | Pizza night:<br>Roasted summer vegetable and Feta cheese<br>Chefs' choice pizza of the night | Burger Night:<br>Handmade vegan burger in a bun<br>Sliced cheese | Vegan sausage & caramelised red onions<br>Creamy herb mash<br>Gravy | Pizza night:<br>Roasted summer vegetable and Feta cheese<br>Chefs' choice pizza of the night | Sweet potato and spinach Cheddar burger in bun<br>Seasoned potato wedges<br>Fresh and crunchy coleslaw |
| ON THE SIDE | Buttered carrots | Yoghurt and fresh mint Coleslaw<br>Tortillas chips | Potato wedges<br>Sliced tomatoes | Savoy cabbage | Yoghurt and mint Coleslaw<br>Tortillas chips | Selection of BBQ and hot & spicy sauces |
| SALAD BAR (Lettuce, Cucumber, Tomato, Grated Carrot) | Greek salad | Mediterranean Orzo salad | Ceasar salad | Marinated Paneer chickpea salad | Mediterranean Orzo salad | Roast vegetable couscous salad |
| DESSERT | Raspberry jam sponge<br>Whole fresh fruit | Carrot cake<br>Whole fresh fruit | Chocolate cake with chocolate sauce<br>Whole fresh fruit | Popcorn pots<br>Whole fresh fruit | Oat cookie<br>Whole fresh fruit | Fruit salad pot with fresh cream<br>Whole fresh fruit |
| FRESH WHOLE FRUIT SELECTION | | | | | | |