



Prep School Lunch Menu Week 1

FOUNDED IN 1997
HOLROYD HOWE
 FEEDING INDEPENDENT MINDS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|--|--------------------------------------|--|
| Main Meal | Sausage, Chips and Beans | Chicken Curry Steamed Rice, Mini Naan Bread | Roasted Turkey, Herb Gravy and Mini Yorkshires, Honey Glazed Carrots, Roasted Potatoes and Savoy Cabbage | Spaghetti Bolognese, and Broccoli | Breaded Fish Fingers, Pepperoni Pizza, Skinny Fries and Peas |
| Vegetarian | Veggie Sausage | Sweet Potato and Spinach Curry | Vegetarian Roast, Herb Vegetarian Gravy and Mini Yorkshires | Quorn Mince Spaghetti Bolognese | Vegetable Fingers, Margarita Pizza |
| Salad Bar & Veg | Daily Selection of Salads: Protein, Mixed Green and Vegan Fresh Vegetable Medley | | | | |
| Daily | Plain Pasta and Sauce, Jacket Potatoes and Baked Beans Served Fresh Whole Fruit Gluten Friendly, Vegan and Dairy Free Options available on request | | | | |
| Dessert | Flapjack | Marble Cake | Sticky Toffee Pudding | Peach Melba | Ice Cream |



Prep School Lunch Menu Week 2

FOUNDED IN 1997
HOLROYD HOWE
 FEEDING INDEPENDENT MINDS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|---|---|---------------------------------|---|
| Main Meal | Chicken Stew & New Potatoes | Pork Sausage and Gravy, Mash and Broccoli | Roasted Gammon, Gravy and Mini Yorkshires, Honey Glazed Carrots, Thyme Roasted Potatoes and Green Beans | Cottage Pie Fresh Veg Medley | Breaded Fish Fingers, Pizza Friday, Skinny Fries and Peas |
| Vegetarian | Vegetable Stew | Veggie Sausage and Vegetarian Gravy | Vegetarian Roast, Herb Vegetarian Gravy and Mini Yorkshires | Vegetarian Cottage Pie | Veggie Fingers |
| Salad Bar & Vegetables | Daily Selection of Salads: Protein, Mixed Green and Vegan Fresh Vegetable Medley | | | | |
| Daily | Plain Pasta and Sauce, Jacket Potatoes and Baked Beans Served Fresh Whole Fruit Gluten Friendly, Vegan and Dairy Free Options available on request | | | | |
| Dessert | Lemon Drizzle | Chocolate Sponge | Orange Sponge | Shortbread | Ice Cream |



Prep School Lunch Menu Week 3

FOUNDED IN 1997
HOLROYD HOWE
 FEEDING INDEPENDENT MINDS

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--|----------------------------------|--|---|---|
| Main Meal | Chicken Curry, Steamed Rice, Poppadums and Roasted Cauliflower | Turkey Casserole, Mash Potato | Roasted Gammon, Gravy and Mini Yorkshires, Honey Glazed Parsnips and Thyme Roasted Potatoes | Shepherd's Pie, Broccoli and Carrots | Breaded Fish Fingers Pizza Pepperoni, Chunky Chips and Peas |
| Vegetarian | Lentil and Butternut Squash Curry | Veg Casserole | Vegetarian Roast, Herb Vegetarian Gravy and Mini Yorkshires | Veggie Shepherd's Pie | Veggie Fingers Margarita Pizza |
| Salad Bar & Vegetables | Daily Selection of Salads: Protein, Mixed Green and Vegan Fresh Vegetable Medley | | | | |
| Daily | Plain Pasta and Sauce, Jacket Potatoes and Baked Beans Served Fresh Whole Fruit Gluten Friendly, Vegan and Dairy Free Options available on request | | | | |
| Dessert | Chocolate & Apple Cake | Pear Sponge | Carrot Cake | Chocolate Brownie | Ice Cream |



Prep School Snack Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|-----------------|-----------------------------|--------------------------------------|--------------------------|-----------------------|
| Week 1 | Seeded flapjack | Berry and Coconut Tray Bake | Apricot and Pumpkin Seed Granola Bar | Oatmeal & Raisin Biscuit | Corn Flake Rocky Road |



Boarders Snack Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|-----------------|-----------------|--------------------------------------|--------------------------|---------------|
| Week 1 | Seeded flapjack | Mini Pita Pizza | Apricot and Pumpkin Seed Granola Bar | Oatmeal & Raisin Biscuit | Sausage Rolls |