

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Junior School

Junior Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Halal Option Available Daily	Roast Cumberland Sausages with Gravy	'Classic' Beef Lasagne	Slow Braised Turkey Casserole	Sweet & Sour Chicken	Fish Bar Friday
Key Stage 2 Option	Chicken Tikka Masala with Rice	Vegetarian Thai Green Curry with Rice	Roast Loin of Pork	Creamy Courgette, Spinach & Parsley Pasta	Baked Macaroni Cheese
Vegetarian Option	Butternut Squash & 5 Bean Ragu	'Tex Mex' Chilli Burrito with Sour Cream	Broccoli, Potato & Cheddar Cheese Gratin	Bao Bun with Tofu & Sweet Chilli Slaw	Harissa Roast Sweet Potato with Couscous & Yoghurt Dressing
On the Side	Buttered Carrots & Broccoli Herby New Potatoes	Wilted Greens Baked Potatoes Garlic Bread	Roasted Roots Gravy Lyonnais Potatoes	Sticky Rice Baby Corn, Mange Tout & Sugar Snap Peas	Beans Mushy Peas French Fries
Fruit & Dessert	Melon & Orange	Wild Berry Eton Mess	Fresh Fruit Salad	Vanilla Shortbread	Rice Pudding

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Junior Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Halal Option Available Daily	Hunters Chicken	Beef & Vegetable Short Crust Pie	Honey, Rosemary & Thyme Roast Chicken	Pulled Pork	WGS' Burger Bar Crispy Chicken
Key Stage 2 Option	Tomato & Basil Pasta Bake with Mozzarella Cheese	Slow Roast Pork & Chickpea Stew	Fisherman's Pie	Veggie Shepherd's Pie	Farmhouse Pork
Vegetarian Option	Vegetable Biryani with Mint Yoghurt Dressing	Onion & Shredded Vegetable Bhaji, with Mango Chutney	Sweet Potato Tortilla	Three Cheese, Caramelised Onion & Potato Tart	Spicy Bean Burger on a Pretzel Bun
On the Side	Buttered Peas & Carrots Parmentier Potatoes	Broccoli & Swede Chive Mashed Potato	Braised Cabbage & Leeks Baked New Potatoes Gravy	Mangetout & Green Beans Steamed Rice	Smoky BBQ Beans French Fries Buttered Corn on the Cob
Fruit & Dessert	Jelly Pots	Melon & Grapes	Yoghurt Pots	Cranachan	Peach Cobbler with Custard

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Junior Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Mild Chicken Curry	Chicken Stew with Herby Dumplings	Lamb & Chicken Kebab Meat (plain option available)	Beef Stir Fry	WGS' Pizzeria Selection of Meat & Vegetarian Pizza
Halal Option Available Daily					
Key Stage 2 Option	Three Cheese & Sun Dried Tomato Tart	Italian Style Pork & Beef Meatballs Marinara	'Posh' Fish Roll with Tartar Sauce	Avocado, Mozzarella & Cherry Tomato, Filo Parcels	
Vegetarian Option	5 Bean Chilli	Vegan Bolognese	Katsu Aubergine with Sticky Rice	Teriyaki Tofu with Vegetables	
On the Side	Masala Potatoes Carrots & Sweetcorn	Leafy Greens & Peas Potato Gratin	Toasted Pittas Broccoli & Kale Sautéed Potatoes	Bok Choy, Chinese Cabbage & Carrots Noodles	Potato Wedges Spaghetti Hoops
Fruit & Dessert	Pineapple & Orange	Mixed Fruit Jelly	Banoffee Pie	Melon & Kiwi	Cookie Dough