

Week 1 Breakfast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PORRIDGE AVAILABLE UPON REQUEST						
TODAY'S SPECIAL	Cinnamon Swirls	Smashed Avocado on Toast	Loaded Breakfast Omelettes	Pain Au Chocolat	Cheesy Breakfast Bagels	Belgian Waffles with Berries
FROM THE COUNTER	Bacon Scrambled Egg Tomatoes	Hash Browns Poached Egg Baked Beans	Sausages Fried Egg Mushrooms	Bacon Boiled Eggs Baked Beans	Hash Browns Scrambled Egg Mushrooms	Sausages Poached Egg Grilled Tomatoes
FRUIT	Whole Fruit	Melon Selection	Pineapple Wedges & Pink Grapefruit	Mixed Berries	Whole Fruit	Melon Selection
 BAKERY	Banana & Oat Muffin	Apple & Multi Seed Muffin	Sultana & Date Loaf	Chia & Oat Scones	Cinnamon & Pear Muffins	Banana & Cranberry Energy Bar
CEREALS	Coco Pops Rice Crispies Granola	Weetabix Corn Flakes Shreddies	Cheerios Rice Crispies Granola	Rice Crispies Granola Shreddies	Frosties Corn Flakes Shreddies	Coco Pops Rice Crispies Granola
BREADS	Brown & Wholemeal Bloomer Seeded Bagels	Brown & Wholemeal Bloomer Crumpets	Brown & Wholemeal Bloomer English Muffins	Brown & Wholemeal Bloomer Seeded Bagels	Brown & Wholemeal Bloomer Crumpets	Brown & Wholemeal Bloomer English Muffins
JUICES & DRINKS	Orange Juice Cucumber & Mint Water	Apple Juice Lemon & Lime Water	Orange Juice Watermelon & Basil Water	Apple Juice Cucumber & Mint Water	Orange Juice Apple & Elderflower Water	Apple Juice Orange & Pineapple Water
BREAKFAST POT	Summer Berry Overnight Oats Layer Pot	Granola Topped Banana & Greek Yoghurt Pot	Banana, Berry & Apple Smoothie	Pineapple & Coconut Layered Overnight Oats	Raspberry, Yoghurt & Banana Smoothie	Yoghurt & Berry Granola Pot

Week 2 Breakfast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PORRIDGE AVAILABLE UPON REQUEST						
TODAY'S SPECIAL	Cinnamon Swirls	Mushroom & Cherry Tomato Bruschetta	Wholemeal French Toast	Chocolate Twist	Breakfast Quesadillas	Pancakes with Yoghurt & Berries
FROM THE COUNTER	Sausage Scrambled Egg Tomatoes	Hash Browns Poached Egg Baked Beans	Sausages Fried Egg Mushrooms	Bacon Boiled Eggs Baked Beans	Bacon Scrambled Egg Mushrooms	Hash Browns Poached Egg Grilled Tomatoes
FRUIT	Whole Fruit	Melon Selection	Pineapple Wedges & Pink Grapefruit	Mixed Berries	Whole Fruit	Melon Selection
 BAKERY	Banana & Oat Muffin	Apple & Multi Seed Muffin	Sultana & Date Loaf	Chia & Oat Scones	Cinnamon & Pear Muffins	Banana & Cranberry Energy Bar
CEREALS	Coco Pops Rice Crispies Granola	Weetabix Corn Flakes Shreddies	Cheerios Rice Crispies Granola	Rice Crispies Granola Shreddies	Frosties Corn Flakes Shreddies	Coco Pops Rice Crispies Granola
BREADS	Brown & Wholemeal Bloomer Seeded Bagels	Brown & Wholemeal Bloomer Crumpets	Brown & Wholemeal Bloomer English Muffins	Brown & Wholemeal Bloomer Seeded Bagels	Brown & Wholemeal Bloomer Crumpets	Brown & Wholemeal Bloomer English Muffins
JUICES & DRINKS	Orange Juice Cucumber & Mint Water	Apple Juice Lemon & Lime Water	Orange Juice Watermelon & Basil Water	Apple Juice Cucumber & Mint Water	Orange Juice Apple & Elderflower Water	Apple Juice Orange & Pineapple Water
BREAKFAST POT	Summer Berry Overnight Oats Layer Pot	Granola Topped Banana & Greek Yoghurt Pot	Banana, Berry & Apple Smoothie	Pineapple & Coconut Layered Overnight Oats	Raspberry, Yoghurt & Banana Smoothie	Yoghurt & Berry Granola Pot

Week 3 Breakfast

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PORRIDGE AVAILABLE UPON REQUEST						
TODAY'S SPECIAL	Cinnamon Swirls	Mushroom & Cherry Tomato Bruschetta	Breakfast Quesadillas	Smashed Avocado on Toast	Chocolate Twist	Pancakes with Yoghurt & Berries
FROM THE COUNTER	Sausage Scrambled Egg Tomatoes	Hash Browns Poached Egg Baked Beans	Sausages Fried Egg Mushrooms	Bacon Boiled Eggs Baked Beans	Bacon Scrambled Egg Mushrooms	Hash Browns Poached Egg Grilled Tomatoes
FRUIT	Whole Fruit	Melon Selection	Pineapple Wedges & Pink Grapefruit	Mixed Berries	Whole Fruit	Melon Selection
 BAKERY	Banana & Oat Muffin	Apple & Multi Seed Muffin	Sultana & Date Loaf	Chia & Oat Scones	Cinnamon & Pear Muffins	Banana & Cranberry Energy Bar
CEREALS	Coco Pops Rice Crispies Granola	Weetabix Corn Flakes Shreddies	Cheerios Rice Crispies Granola	Rice Crispies Granola Shreddies	Frosties Corn Flakes Shreddies	Coco Pops Rice Crispies Granola
BREADS	Brown & Wholemeal Bloomer Seeded Bagels	Brown & Wholemeal Bloomer Crumpets	Brown & Wholemeal Bloomer English Muffins	Brown & Wholemeal Bloomer Seeded Bagels	Brown & Wholemeal Bloomer Crumpets	Brown & Wholemeal Bloomer English Muffins
JUICES & DRINKS	Orange Juice Cucumber & Mint Water	Apple Juice Lemon & Lime Water	Orange Juice Watermelon & Basil Water	Apple Juice Cucumber & Mint Water	Orange Juice Apple & Elderflower Water	Apple Juice Orange & Pineapple Water
BREAKFAST POT	Summer Berry Overnight Oats Layer Pot	Granola Topped Banana & Greek Yoghurt Pot	Banana, Berry & Apple Smoothie	Pineapple & Coconut Layered Overnight Oats	Raspberry, Yoghurt & Banana Smoothie	Yoghurt & Berry Granola Pot



STAMFORD

Week 1 Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAMFORD CLASSIC	Sausage & Mash Thyme Roast Carrots & Parsnips Garlic Green Beans Onion Gravy	Classic Beef Lasagne Homemade Garlic Bread Pesto Peas Lemon Roast Courgette	Garlic & Sage Roast Pork Loin Crispy Roast Potatoes Cauliflower Cheese Spring Cabbage Herby Gravy	Turkey Parmo Mini Baked Potatoes Roast Mediterranean Vegetables Sautéed Kale	Battered Fish French Fries Buttered Peas Baked Beans Tartar Sauce		
	Chicken Makhana Curry Cardamom Rice Chapati Fenugreek Broccoli Raita & Mango Chutney	Sticky Teriyaki Pork Mixed Vegetable Chow Mein Ginger & Garlic Stir Fry Prawn Crackers	Lemon & Oregano Greek Chicken Gyros Tzatziki & Hummus Broccoli with Feta & Olive	Jamaican Jerk Beef Rice & Peas Spiced Corn Collard Greens Mango Salsa	Pulled Beef Loaded Fries Guacamole, Salsa, Sour Cream Queso Sauce		
VEGETARIAN/ PLANT BASED	Aubergine & Chick Pea Dhal Cardamom Rice Chapati Fenugreek Broccoli, Raita & Mango Chutney	Red Pepper & Spinach Lasagne Homemade Garlic Bread Pesto Peas Lemon Roast Courgette	Sweet Potato & Lime Falafel Flatbread Tzatziki & Hummus Broccoli with Feta & Olive	Jamaican Jerk Tofu Rice & Peas Spiced Corn Collard Greens Mango Salsa	Black Bean Chilli Nacho Bowl Guacamole, Salsa, Sour Cream Queso Sauce		
ALTERNATIVE OFFER	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and Pepperoni & Cheese Paninis	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	
SOUP, SALAD & SANDWICHES	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	
HOT & COLD DESSERT	Chocolate Dipped Shortbread Dessert Pots	Sticky Lemon Cake Dessert Pots	Banoffee Pie Dessert Pots	Steamed Syrup Sponge Dessert Pots	White Chocolate & Cranberry Flapjack Dessert Pots	Chef's Choice Dessert	

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HOLROYD HOWE

FEEDING INDEPENDENT MINDS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAMFORD CLASSIC	Hunters Chicken Garlic & Parsley New Potatoes Sautéed Savoy Herby Carrots	Slow Cooked Beef Bolognese Herby Pasta Rosemary Focaccia Roast Broccoli Roast Squash	Breaded Katsu Chicken Sticky Rice Wok Fried Green Naan Bread Turmeric Cauliflower	Slow Cooked Texan Pulled Pork Sub Rolls Cajun Roast Potatoes Slaw Green Beans	Battered Fish French Fries Buttered Peas Baked Beans Tartar Sauce		
STREET FOOD SHACK	Lebanese Beef Kofta Cumin Yoghurt Khobez Flatbread Harissa Peas Grated Carrot	Chorizo, Chick Pea & Courgette Paella Rosemary Focaccia Coriander Pesto Roast Squash	Chimichurri Pork & Avocado Burrito Sour Cream Baked Sweet Potato Corn	Chicken Yuk Sung Poke Bowl Steamed & Pickled Vegetables Selection of Dressings	Loaded Hot Dogs Crispy Onions, Bacon Bits, Queso Sauce French Fries Baked Beans		
VEGETARIAN/ PLANT BASED	Spiced Halloumi & Vegetable Kebabs Cumin Yoghurt Khobez Flatbread Harissa Peas Grated Carrot	Courgette & Red Pepper Balls Herby Pasta Homemade Focaccia Roast Broccoli Roast Squash	Black Bean & Avocado Burrito Sour Cream Baked Sweet Potato Corn Ribs	Quorn Yuk Sung Poke Bowl Steamed & Pickled Vegetables Selection of Dressings	Vegan Loaded Dogs Crispy Onion, Queso Sauce French Fries Baked Beans		
ALTERNATIVE OFFER	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and Pepperoni & Cheese Paninis	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	
SOUP, SALAD & SANDWICHES	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	
HOT & COLD DESSERT	Dessert pots Apricot Seeded Flapjack	Dessert pots Spiced Toffee Apple Crumble & Custard	Dessert pots Lemon Drizzle Cake	Dessert pots Salted Caramel Oat Cookies	Dessert pots Boost It Brownie	Chef's Choice Dessert	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
STAMFORD CLASSIC	Sage & Lemon Chargrilled Pork Loin Herby Diced Potato Spring Cabbage Roast Roots Salsa Verde	Classic Mac & Cheese Garlic Focaccia Crispy Onions, Bacon Bits Pesto Peas Sautéed Ka	Chicken Kiev Herb Mash Lemon Green Beans Ratatouille	Slow Cooked Cottage Pie Carrot & Swede Mash Thyme Roast Broccoli Onion Gravy	Battered Fish French Fries Buttered Peas Baked Beans Tartar Sauce			
	Chicken Tinga Tacos Birria Dressing Herby Diced Potato Charred Corn Salsa, Sour Cream & Guacamole	Spiced Loaded Lamb Pitta Tzatziki Baked Sweet Potato Tomato Salsa Green Beans	Bang Bang Crispy Pork Sweet Chilli Noodles Wok Fried Greens Prawn Crackers Kale	Detroit Style Pizza Slice Baked Potato Wedges Cowboy Beans Green Beans	Piri Piri Chicken Burger Pretzel Roll Sriracha Mayo French Fries Buttered Peas			
VEGETARIAN/ PLANT BASED	Pulled Aubergine Tacos Herby Diced Potato Charred Corn Salsa, Sour Cream & Guacamole	Vegan Mac & Cheese Garlic Focaccia Crispy Onions Pesto Peas Sautéed Kale	Bang Bang Tofu Sweet Chilli Noodles Wok Fried Greens Kale	Vegan Detroit Style Pizza Baked Potato Wedges Cowboy Beans Thyme Roast Broccoli	Bhaji Burger Pretzel Roll Coriander Yoghurt French Fries Buttered Peas			
ALTERNATIVE OFFER	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and pasta with homemade sauce	Freshly baked jackets and Cheese & Ham Panini	Freshly baked jackets and pasta with homemade sauce			Freshly baked jackets and pasta with homemade sauce
SOUP, SALAD & SANDWICHES	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup	A selection of freshly made sandwiches, salads & soup			A selection of freshly made sandwiches, salads & soup
HOT & COLD DESSERT	Dessert Pots Marble Cake & Chocolate Sauce	Dessert pots Plum & Berry Cobbler with Cream	Dessert pots Chocolate chip cookies	Dessert pots Carrot Cup Cakes	Dessert pots Blueberry Crumble Bar	Chef's Choice Dessert		



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAMFORD CLASSIC	Philli Cheesesteak Baguette Crispy Diced Potatoes Roasted vegetables Spicy Beans	Chicken & Leek Pie Herby Mash Roast Carrots Savoy Cabbage 	Pulled Pork Sub Rolls Sweet Potato Wedges Spicy Beans Charred Corn		Beef Meatballs Herby Pasta Pesto Green Beans Homemade Garlic Bread	Chicken Shawarma Chilli Sauce Salt & Pepper Chips Green Beans	Classic Roast Chicken & Yorkshire Pudding Roast Potatoes Roast Carrots Cauliflower Cheese Onion Gravy 
	Pork Chop Suey Egg Noodles Bok Choi Crispy Fried Egg Soy & Honey Dressing	Beef & Black Bean Enchiladas Cheesy Nachos Pico De Gallo Lime & Chilli Broccoli	Harissa Chicken Burgers Sweet Potato Wedges Spicy Beans Charred Corn				
VEGETARIAN/ PLANT BASED	Tofu Chop Suey Egg Noodles Bok Choi Crispy Fried Egg Soy & Honey Dressing	Olive & Halloumi Caesar Toasted Flatbread Roast Courgettes Baked Squash	Pulled Aubergine & Black Bean Sub Rolls Sweet Potato Wedges Spicy Beans Charred Corn		Sweet Potato Chick Pea Balls Herby Pasta Pesto Green Beans Homemade Garlic Bread	Five Spice Cauliflower & Mint Yoghurt Kebab Chilli Sauce Salt & Pepper Chips Green Beans	Caramelised Onion & Brie Tart Roast Potatoes Roast Carrots Cauliflower Cheese Onion Gravy
SALAD	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings
ALSO AVAILABLE	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Loaded Jackets	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce
DESSERT	Pear & Ginger Crumble & Custard	Churros & Chocolate Sauce	Boost It Flapjack	 Chocolate Orange Brownie	Loaded Fruit Pavlovas	Pineapple Upside Down Cake & Cream	Lemon Posset & Shortbread




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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAMFORD CLASSIC	Pork Schnitzel Herby Mash Sautéed Cabbage Roasted Roots Peppercorn Sauce	Chicken Fajitas Salsa, Sour Cream & Guacamole Harissa Sweet Potato & Courgette	Loaded Mac and Cheese Bar Thyme focaccia Garlic green beans Roasted cauliflower	Proper Burgers Theme	Thai Chicken Curry Fragrant Rice Prawn Crackers Sautéed Broccoli Spring Rolls	Jerk Pork Kebabs Jamaican Rice Spring Greens Spicy Cabbage	Chicken and Chorizo Jambalaya Crusty Bread Ratatouille Crispy Kale
 STREET FOOD SHACK	Build Your Own Ramen Egg noodles Rainbow stir fried vegetables with beansprouts	Spicy Beef Rendang Rainbow Rice Broccoli Pakoras Raita Turmeric Greens	Pulled Turkey Club Sandwich Cajun Slaw Black Pepper Wedges Cobb Salad	Proper Burgers Theme			
VEGETARIAN/ PLANT BASED	Build Your Own Ramen Egg noodles Rainbow stir fried vegetables with beansprouts	Roast Pepper Falafel & Hummus Salsa, Sour Cream & Guacamole Harissa Sweet Potato & Courgette	Vegan Mac & Cheese Bar Thyme focaccia Garlic green beans Roasted cauliflower	Proper Burgers Theme	Tofu Thai Green Curry Fragrant Rice Prawn Crackers Sautéed Broccoli Spring Rolls	Jerk Spiced Vegetable Kebabs Jamaican Rice Spring Greens Spicy Cabbage	Roasted Vegetable Paella Crusty Bread Ratatouille Crispy Kale
SALAD	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings
ALSO AVAILABLE	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Loaded Jackets	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce
DESSERT	Chocolate & Cherry Muffins	Salted Caramel Sponge	Vanilla & Berry Pannacotta	Chocolate Dipped Shortbread	S'Mores Pots	Jamaican Ginger Cake	Apple & Rhubarb Pie & Custard



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAMFORD CLASSIC	Albondigas Patatas Bravas Garlic Greens Tomato Salsa	Loaded Hot Dogs French fries Cowboy Beans Corn	Classic Spaghetti Bolognese Garlic Bread Pesto Peas Olive & Feta Salad	Nando's Style Chicken Vegetable Rice Roast Courgettes & Peppers	Crispy Korean Beef Sweet & Sour Chicken Balls Egg Fried Rice Charred Greens	Southern Fried Chicken Loaded Potato Skins Asian Slaw Mexican Corn	Slow Cooked Beef & Roast Root Vegetable Pie Crispy Roast Potatoes Savoy Cabbage Gravy
	Spanish Chicken Goujons Patatas Bravas Garlic Greens Tomato Salsa	New York Deli Pastrami Bagel French fries Classic Slaw Corn	Fish Tacos Guacamole Sweet Potato Green Beans	Pork Noodle Pad Thai Prawn Crackers Crispy Noodles Shredded Vegetables			
VEGETARIAN/ PLANT BASED	Caramelised Onion Quesadillas Patatas Bravas Garlic Greens Tomato Salsa	Vegan Hot Dogs French fries Cowboy Beans Corn	Crispy Fried Bean Tacos Guacamole Sweet Potato Green Beans	Crispy Tofu Pad Thai Crispy Noodles Shredded Vegetables	General Tso's Cauliflower Spring Rolls Egg Fried Rice Charred Greens	Southern Fried Broccoli Loaded Potato Skins Asian Slaw Mexican Corn	Courgette, Leek & Cheddar Pie Crispy Roast Potatoes Savoy Cabbage Gravy
SALAD	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings	A selection of salads & dressings
ALSO AVAILABLE	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Loaded Jackets	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce	Soup of the day with freshly baked bread Pasta and sauce
DESSERT	Blackberry Crumble Bar	White Chocolate Blondie	Salted Caramel Cheesecake	Tiramisu Pots	Ice Cream Cookie Sandwiches	Rocky Road	Banana Muffins



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