



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled bacon, baked beans and hash browns and fried eggs Smoothies	American pancakes, mixed berries, crispy bacon, poached eggs Pain au chocolat Overnight Oat Pots	Breakfast sausage, toasted muffins, poached eggs and mushrooms Boost it Breakfast Muffins	Waffles with crispy bacon and maple syrup Smoothies	Cinnamon Rolls Scrambled egg, grilled tomatoes and Bacon Boost it Breakfast Muffins	Pain au chocolat Pancakes with berries and yoghurt French toast with Sausage	
<b>PORRIDGE &amp; CEREAL STATION, TOAST &amp; SPREADS, YOGHURTS, WHOLE AND CUT FRUIT</b>							
<b>STAMFORD CLASSIC</b>	Chicken and Chickpea Jalfrezi	Sausage and Mash	Beef Chow Mein	Spaghetti Carbonara	Stamford Friday Fakeaway!!! Fish 'n' Chips Chicken Kiev	Chilli Beef Burritos	
<b>STAMFORD VEGETARIAN/ PLANT BASED</b>	Cauliflower and Chick Pea Bhuna	Vegetarian Sausage & Mash	Broccoli & Crispy Tofu Stir Fry	Vegan Meatball Marinara	Spicy Bhaji Burger	Spiced Chick Pea & Hummus Wraps	
<b>SIDES</b>	Turmeric Rice Naan Bread Wok Fried Greens	Roast Carrots & Parsnips Peas Onion Gravy	Egg Noodles Mushroom Stir Fry Prawn Crackers	Homemade Focaccia Garlic Green Beans Roast Squash	Skinny Fries Buttered Peas Baked Beans	Charred Corn Salsa, Guac & Sour Cream	
<b>JACKET OR PASTA</b>	Freshly baked jackets and pasta with homemade sauce						
<b>SOUP, SALAD &amp; SANDWICHES</b>	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	
<b>HOT &amp; COLD DESSERT</b>	Dessert Pots Apple and blackberry oat crumble & custard	Dessert Pots Chocolate Banana Loaf Cake	Dessert Pots Sticky Lemon Cake	Dessert Pots Multi Seed Caramel Cookies	Dessert Pots Melting Moments	Dessert Pots Chocolate & Berry Mousse	

FOUNDED IN 1997

## HOLROYD HOWE

FEEDING INDEPENDENT MINDS





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled sausages, baked beans and hash browns and fried eggs Smoothies	Waffles with crispy bacon and maple syrup and scrambled eggs Boost it Breakfast Muffins	Streaky bacon, toasted muffins, poached eggs and mushrooms Overnight Oat Pots	Bacon and cheese turnovers Sausage and Egg Muffins Hash Browns	Chocolate Twists Scrambled egg, grilled tomatoes and sausages Boost it Breakfast Muffins	Pain au chocolat Pancakes with berries and yoghurt French toast with bacon	
<b>PORRIDGE &amp; CEREAL STATION, TOAST &amp; SPREADS, YOGHURTS, WHOLE AND CUT FRUIT</b>							
<b>STAMFORD CLASSIC</b>	Slow Cooked Beef Chilli con Carne	Chicken Cacciatore	Classic Roast Pork & Stuffing	Beef Lasagne	Stamford Fakeaway!! Fish 'n' Chips Loaded Hot Dogs	Chimmichurri Chicken Pittas	
<b>STAMFORD VEGETARIAN/ PLANT BASED</b>	Mushroom & Mixed Bean Chilli	Loaded Stuffed Peppers	Mushroom & Spinach Wellington	Roast Pepper & Spinach Lasagne	Plant Based Loaded Dogs	Greek Salad Topped Pittas	
<b>SIDES</b>	Mexican red rice Texan style sweetcorn Peppers and onions	Herby Pasta Roast Squash Lemon Roast Broccoli	Roast root vegetables Kale Skin-On Potatoes	Garlic Bread Pesto Courgettes Spring Greens	Skinny fries Buttered peas Baked Beans	Herby Diced Potatoes Caesar Salad Green Beans	
<b>JACKET OR PASTA</b>	Freshly baked jackets and pasta with homemade sauce						
<b>SOUP, SALAD &amp; SANDWICHES</b>	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	
<b>HOT &amp; COLD DESSERT</b>	Dessert pots Spiced Toffee Apple Cake	Dessert pots Chocolate sponge with chocolate sauce	Dessert pots Cranberry & White Chocolate Flapjack	Dessert pots Salted Caramel Oat Cookies	Dessert pots Lemon Drizzle Cake	Dessert pots Strawberry Shortcake	

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FEEDING INDEPENDENT MINDS





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Bacon and cheese turnovers Sausage and Egg Muffins Hash Browns	Streaky bacon, toasted muffins, poached eggs and mushrooms Smoothies	Waffles with crispy bacon and maple syrup and fried eggs Overnight Oat Pots	Grilled sausages, baked beans and hash browns and fried eggs Boost it Breakfast Muffins	Selection of pastries Scrambled egg, grilled tomatoes and sausages Overnight Oat Pots	Pain au chocolat Pancakes with berries and yoghurt French toast with bacon	
<b>PORRIDGE &amp; CEREAL STATION, TOAST &amp; SPREADS, YOGHURTS, WHOLE AND CUT FRUIT</b>							
<b>STAMFORD CLASSIC</b>	Crispy Chilli Pork	Chicken and Red Pepper Fajitas	Classic Beef Bolognese	Butter Chicken	Stamford Fakeaway!! Fish 'n' Chips Loaded Pizza Slices	A selection of toasties	
<b>STAMFORD VEGETARIAN/ PLANT BASED</b>	General Tso's Crispy Cauliflower	Chargrilled Aubergine and Tuscan Bean Cassoulet	Broccoli, Lemon & Feta Pasta Bake	Chick Pea & Spinach Dahl	Vegetarian Pizza Slices	Cheese & Tomato Toasties	
<b>SIDES</b>	Sweet Chili Noodles Stir Fried Vegetables Prawn Crackers	Persian Wedges Spicy Corn Lemon Roast Broccoli	Herby Pasta Roasted Med Veg Onion Focaccia	Coriander Rice Chapatis Turmeric Spiced Greens	Skinny Fries Mushy Peas Garden Peas	Homemade Spicy Wedges Caesar Salad Basil Pesto Salad	
<b>JACKET OR PASTA</b>	Freshly baked jackets and pasta with homemade sauce						
<b>SOUP, SALAD &amp; SANDWICHES</b>	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	
<b>HOT &amp; COLD DESSERT</b>	Dessert Pots  Marble Cake & Chocolate Sauce	Dessert pots  Tangy Lemon Bars	Dessert pots  Chocolate chip cookies	Dessert pots  Treacle Tart & Cream	Dessert pots  Summer Berry Cheesecake	Dessert pots  Stamford Mess	



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FEEDING INDEPENDENT MINDS





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SUPPER MAIN CHOICE ONE</b>	Beef Meatballs	Chicken Caesar Salad	Pulled Pork Sub Rolls		Teriyaki Beef	Chicken Shawarma	Classic Roast Chicken & Yorkshire Pudding
<b>SUPPER MAIN CHOICE TWO</b>	Pork Chop Suey	Classic Cottage Pie	Spicy Chicken Burgers				
<b>VEGETARIAN CHOICE</b>	Sweet Potato Chick Pea Balls	Olive & Halloumi Caesar	Pulled Aubergine & Black Bean Sub Rolls		Sweet Sticky Broccoli & Mushroom Stir Fry	Five Spice Cauliflower & Mint Yoghurt Kebab	Caramelised Onion & Brie Tart
<b>SIDES</b>	Penne Pasta Pesto Green Beans Garlic Bread	Toasted Flatbread Roast Courgettes Baked Squash	Sweet Potato Wedges Spicy Beans Charred Corn	Harissa Spiced New Potatoes Roast Broccoli Garlic Hummus	Egg Fried Rice Pak Choi & Chinese Leaf Spring Rolls	Chilli Sauce Salt & Pepper Chips Green Beans	Roast Potatoes Roast Carrots Cauliflower Cheese Onion Gravy
<b>SALAD</b>	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
<b>SOUP AND PASTA</b>	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 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
<b>DESSERT</b>	Lemon & Poppy Seed Muffins	Summer Berry Pavlova Pots	Boost It Flapjack	Chocolate Orange Brownie	Banoffee Pie	Pineapple Upside Down Cake & Cream	Lemon Posset & Shortbread



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## HOLROYD HOWE

FEEDING INDEPENDENT MINDS





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SUPPER MAIN CHOICE ONE</b>		Philli Cheesesteak Baguette			Thai Chicken Curry	Jerk Pork Kebabs	Chicken and Chorizo Jambalaya
<b>SUPPER MAIN CHOICE TWO</b>		Mexican Spiced Pork Chop					
<b>VEGETARIAN CHOICE</b>		Roast Pepper Falafel & Hummus			Tofu Thai Green Curry	Jerk Spiced Vegetable Kebabs	Roasted Vegetable Paella
<b>SIDES</b>	Egg noodles Rainbow stir fried vegetables with beansprouts	French fries Roasted vegetables Spicy Beans	Thyme focaccia Garlic green beans Roasted cauliflower		Fragrant Rice Prawn Crackers Sautéed Broccoli	Jamaican Rice Spring Greens Spicy Cabbage	Crusty Bread Ratatouille Crispy Kale
<b>SALAD</b>	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
<b>SOUP AND PASTA</b>	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 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
<b>DESSERT</b>	Chocolate & Cherry Muffins	Salted Caramel Sponge	Blueberry & Granola Fool	Chocolate Dipped Shortbread	Ice Cream Milkshakes	Jamaican Ginger Cake	Apple & Rhubarb Pie & Custard



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FEEDING INDEPENDENT MINDS





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SUPPER MAIN CHOICE ONE</b>	Albondigas	Loaded Hot Dogs	Fish Tacos	Beef & Aubergine Mousakka	Nando's Style Chicken	Pork Noodle Pad Thai	Roast Pork & Suffing
<b>SUPPER MAIN CHOICE TWO</b>	Chicken & Chick Pea Paella	Mexican Pulled Beef	Sticky BBQ Chicken	Pork & Apple Kebabs			
<b>VEGETARIAN CHOICE</b>	Caramelised Onion Quesadillas	Vegan Hot Dogs	Crispy Fried Bean Tacos	Aubergine Parmigiana	Lemon & Herb Sweet Potato	Super Veggie Noodle Bowls	Roasted Vegetable Paella
<b>SIDES</b>	Patatas Bravas Garlic Greens Tomato Salsa	French fries Cowboy Beans Corn	Guacamole Sweet Potato Green Beans	Toasted Flatbread Greek Salad Kale	Vegetable Rice Roast Courgettes & Peppers	Prawn Crackers Crispy Noodles Shredded Vegetables	Roast New Potatoes Roasted Summer Vegetables Spring Cabbage
<b>SALAD</b>	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
<b>SOUP AND PASTA</b>	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 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
<b>DESSERT</b>	Blackberry Crumble Bar	White Chocolate Blondie	Caramel & Rhubarb Cake	Tiramisu Pots	Ice Cream Cookie Sandwiches	Rocky Road	Banana Muffins



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FEEDING INDEPENDENT MINDS