

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Meatballs & Pasta with Tomato sauce	Chicken Madras	Bacon Chop	Black Bean Chicken Stir Fry	Fish Friday
	Macaroni Cheese	Chickpea & Mushroom Tikka	Leek & Potato Quiche	Sweet & Sour Vegetable Stir Fry	Brie, Spinach & Mushroom Gnocchi
SIDES	Sweetcorn Broccoli	Rice, Roasted Cauliflower, Green Beans & Mango Chutney	Cajun Roasted New Potatoes, Carrots & Creamed Cabbage	Noodles, Corn on the Cob, Broccoli	Chips, Baked Beans, Peas, Ketchup & Tartare Sauce
DESSERT	Fresh fruit Salad	Jelly & Cream	Yoghurt Bar & Toppers	Apple & Pear Crumble Custard	Peach Melba Pancake
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

WC 02/11, 23/11

SNACKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheese & Tomato Pinwheel	Toasted Crumpet	Fruit Flapjack	Croissant	Cheese & Crackers
AFTERNOON SNACK	Date Cereal Bar	Fruit & Sweet Dip	Filled Baguettes	Crudities, Pretzels & Dips	Fruit Biscuit

WC 02/11, 23/11

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MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Greek Pastitsio	Taco Tuesday Smoked Chicken	Pork Sausages	Piri Piri Chicken	Fish Bar
	Vegetable Lasagne	Taco Tuesday Spicy Bean	Vegetarian Sausages	Sweet Potato Falafel	Mushroom, Spinach & Feta Frittata
SIDES	Cauliflower, Peas	Rice, Broccoli, Roasted Corn	Creamy Mashed Potato, Carrots, Cabbage, Gravy	Spiced Cous cous, Roasted Vegetables & Green Beans	Chips, Baked Beans, Peas, Tartare Sauce & Ketchup
DESSERT	Chocolate Mousse	Fruit Salad	Cinnamon & Apple Crumble & Custard	Smoothie Bowl	Jelly & Cream
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

WC 09/11, 30/11

SNACKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted Brioche	Super Juice Smoothie	Vegetable & Potato Rosti	Welsh Rarebit Focaccia	Toasted Bagel
AFTERNOON SNACK	Cheese Twist	Oat Bar	Filled Baguettes	Pitta Bread, Crudites & Dips	Seeded Flapjack

WC 09/11, 30/11

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS



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 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Pizza Bar Pepperoni, Mushrooms, Pineapple & Pesto	Chicken Fillet with Katsu Sauce	Roast Gammon	THEME DAY	Beef Burger
		Sweet Potato, Chickpea & Spinach Korma	Roast Tomato & Pesto Gnocchi Bake		Vegetable Bean Burger
SIDES	Sweet Potato Wedges, Broccoli & Corn on the Cob	Rice, Green Beans & Roasted Cauliflower	Garlic & Thyme Roasted Potatoes, Carrots, Parsnips & Gravy		Chips, Baked Beans, Peas, Ketchup & Mayonnaise
DESSERT	Fruit Salad	Yoghurt Bar & Toppers	Manor Cheese Board		Banana & Oat Loaf
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

WC 16/11, 07/12

SNACKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Sausage Roll	Fruit Smoothie	Blueberry Pancake	THEME DAY	Pesto Focaccia
AFTERNOON SNACK	Lemon & Poppy Seed Biscuit	Filled Roll	Flapjack	THEME DAY	Croissant

WC 16/11, 7/12