



HOLMWOOD HOUSE SCHOOL MENU - LUNCH



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Turkey Curry	Beef Cottage Pie	Roast Chicken	Coated Fish Filets (fish/gluten)	Spaghetti Meatballs (gluten)
Vegetarian	Roast Vegetable Curry	Roast Vegetable & Lentil Pie	Glazed Quorn Fillet	Roast Vegetable Tart (gluten)	Vegetable Balls (gluten/soya)
Sides	Spiced Cauliflower Peas Braised Rice Sliced Table Bread (gluten)	Green Beans Baked Beans Mashed Potatoes Sliced Table Bread (gluten)	Broccoli Carrots Roast Potatoes Sliced Table Bread (gluten)	Garden Peas Leeks French Fries Sliced Table Bread (gluten)	Carrots Sweetcorn Spaghetti Sliced Table Bread (gluten)
Salad Bar	A selection of freshly prepared salads, vegetables and grains				
Jacket Station	Freshly prepared jacket potatoes with either baked beans, cheese, tuna or chef's special				
Dessert	Fruit Sponge (gluten/egg) Custard(milk) Fruit Bowl	Strawberry Mousse (milk) Fruit Bowl	Pear and plum Crumble (gluten) Cream (milk) Fruit Bowl	Pancakes with Berry Compote (gluten/egg/milk) Fruit Bowl	Pineapple Upside Down Cake (gluten) Lemon Custard (milk) Fruit Bowl



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Hunters Chicken (milk)	Sweet & Sour Pork with Prawn Crackers (crustacean/sulphites)	Roast Turkey	Pork Sausages & Onion gravy (gluten)	Chilli Con Carne
Vegetarian	BBQ Quorn Fillet (gluten)	Sweet & Sour Mushroom and Veg with Prawn Crackers	Stuffed Peppers	Plant Based Sausages and Onion Gravy (gluten)	Vegetable & Bean Chilli
Sides	Corn on the Cob Green beans New Potatoes Sliced Table Bread (gluten)	Peas Cauliflower Noodles (gluten/egg) Sliced Table Bread (gluten)	Parsnips Carrots Roast Potatoes Sliced Table Bread (gluten)	Broccoli Swede Mash potatoes Sliced Table Bread (gluten)	Garden Peas Courgettes Steamed Rice Sliced Table Bread (gluten)
Salad Bar	A selection of freshly prepared salads, vegetables and grains				
Jacket Station	Freshly prepared jacket potatoes with either baked beans, cheese, tuna or chef's special				
Dessert	Mixed Fruit Crumble (gluten) Custard(milk) Fruit Bowl	Crispy Corn Cakes (gluten/milk) Fruit Bowl	Holmwood Rice Pudding (milk) Fruit Bowl	Yogurt with topping (milk) Fruit Bowl	Warm Syrup Sponge (gluten/egg) Cream(milk) Fruit Bowl

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognaise Pasta Bake (gluten/milk)	Fish 'n Chips (gluten/fish)	Roast Pork with Apple Sauce	Fragrant Chicken Curry	Wholemeal Spelt Grain Pepperoni Pizza (gluten/milk)
Vegetarian	Macaroni Cheese (gluten/milk)	Fishless Fingers (gluten)	Vegetable Tart	Roast Vegetable Curry	Wholemeal Spelt Grain Margarita Pizza (gluten/milk)
Sides	Carrots Green Beans Garlic Bread (gluten) Sliced Table Bread (gluten)	Garden Peas Sweetcorn Chips Sliced Table Bread (gluten)	Red Cabbage Carrots Roast Potatoes Sliced Table Bread (gluten)	Spinach Cauliflower Rice Sliced Table Bread (gluten)	Green Beans Baked Beans Potato Wedges Sliced Table Bread (gluten)
Salad Bar	A selection of freshly prepared salads, vegetables and grains				
Jacket Station	Freshly prepared jacket potatoes with either baked beans, cheese, tuna or chef's special				
Dessert	Warm Plum Cake (gluten/egg) Fruit Bowl	Chocolate Crispy Slice (gluten/milk) Fruit Bowl	Apple & Berry Crumble (gluten) Custard(milk) Fruit Bowl	Raspberry & Vanilla Cheesecake (gluten/milk) Fruit Bowl	Chef's House Mousse (milk) Fruit Bowl

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Butcher's Beef Burgers In a Bun (gluten)	Chicken Arrabiata with Peppers and Tomatoes	Roast Gammon	Braised Beef Stroganoff (milk)	Pork Escalope (gluten)
Vegetarian	Veggie Burger (gluten)	Mixed Vegetable Cassoulet	Plant Based Pie (gluten)	Roast Vegetable & Mushroom Stroganoff (milk)	Quorn Escalope (gluten)
Sides	Coleslaw Sweetcorn Wedges Sliced Table Bread (gluten)	Broccoli Courgette Tagliatelle (gluten) Sliced Table Bread (gluten)	Green Beans Carrots Roast Potatoes Sliced Table Bread (gluten)	Peas Sweet corn Steamed Rice Sliced Table Bread (gluten)	Broccoli Carrots Roast Potatoes Sliced Table Bread (gluten)
Salad Bar	A selection of freshly prepared salads, vegetables and grains				
Jacket Station	Freshly prepared jacket potatoes with either baked beans, cheese, tuna or chef's special				
Dessert	Fruit Bake with Berry Sauce (gluten) Fruit Bowl	Yoghurt With Fruit Topping (milk) Fruit Bowl	Cornflake Tart (gluten) Fruit Bowl	Spotted Dick (gluten/egg) Custard (milk) Fruit Bowl	Holmwood Trifle with Jelly, Cake and Custard (gluten/milk/egg) Fruit Bowl

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cumberland Sausages (gluten/milk)	Rich Beef Bolognaise	Fish Goujons with tartar sauce (gluten/Fish)	Roast Pork	Chicken Fajitas (gluten)
Vegetarian	Plant Based Sausages (gluten)	Plant Based Quorn in tomato sauce	Fishless Fingers	Sweet Potato Tart (gluten)	Quorn Fajitas (gluten)
Sides	Carrots Peas Mashed Potatoes Sliced Table Bread (gluten)	Broccoli Green Beans Spaghetti (gluten) Sliced Table Bread (gluten)	Mushy Peas Baked Beans Chips Sliced Table Bread (gluten)	Parsnips Carrots Roast Potatoes Sliced Table Bread (gluten)	Coleslaw Sweetcorn Potato Wedges Sliced Table Bread (gluten)
Salad Bar	A selection of freshly prepared salads, vegetables and grains				
Jacket Station	Freshly prepared jacket potatoes with either baked beans, cheese, tuna or chef's special				
Dessert	Apple & Rhubarb Crumble (gluten) Cream (milk) Fruit Bowl	Pear Sponge (gluten/egg) Chocolate Custard (milk) Fruit Bowl	Yoghurt with Fruit Topping (milk) Fruit Bowl	Chef's Choice Cheesecake (gluten/milk) Fruit Bowl	Caramelised Banana Cake (gluten/egg) Fruit Bowl