








## Junior Menu












All dishes highlighted have one or more of the key features to make it a Future Proof Food dish.



All dishes highlighted have been requested by our pupils.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread
Main course one	Chicken Chow mien	 Locally Sourced Pork Sausage Creamy Potato & Balsamic & Caramelised Onion Gravy	Roast British Turkey	 Spaghetti Bolognese with Garlic & Rosemary Focaccia	<u><b>King's Chip Shop Friday</b></u> Battered or Breaded Sustainable Fish & Chips
Vegetarian	 Vegan Summer Vegetable Sweet & Sour	Vegan Sausage, Creamy Potato & Balsamic & Caramelised Onion Gravy 	Cumin Spiced Sweet Potato & Mushroom Wellington with Kale Pesto 	Courgette, Spinach & Baby Leek Gratin	<u><b>King's Chip Shop Friday</b></u> Chef Anne's Shortcrust Cheese & Onion Pie
On the side	Broccoli Fragrant Prawn Crackers Lime & Coriander Rice	Steamed Garden Peas Creamy Mash Balsamic & Caramelised Onion Gravy	Thyme roast potato Cauliflower Cheese Honey Roast Carrots Gravy Cranberry Thyme & rosemary stuffing	Garlic & Rosemary Focaccia Sautéed Greens	Chunky chips Chip Shop Curry Sauce Mushy Peas Tartare sauce
Served Salad Bar / Deli Bar	Lettuce Cucumber Tomato Sweetcorn Pasta Tuna Mayonnaise Grated Cheese	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Peas Chicken Pesto Pasta	Lettuce Cucumber Tomato Grated Carrot Sliced Ham Grated Cheese	Lettuce Cucumber Tomato Grated Carrot
Jacket Potato Bar	Jacket Potato With Tuna Mayo, Sweetcorn & Spring Onion	Jacket Potato & Beans	Jacket Potato with Italian Sausage Stew	Jacket Potato with Thyme & Parmesan Mushroom	Jacket Potato with Beans & Cheese
Dessert Station	Sticky Toffee Pudding with Toffee Sauce 	Lemon Drizzle & Cream	Chocolate & Beetroot Brownie 	Peach & Raspberry Crumble Cake	Steamed Chocolate Pudding & Chocolate Sauce
Fruit & Yoghurt Pots	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread
Main course one	Chef Sams's Spiced Mexican Beef Taco	Turkey Stroganoff, Baby Onions & Herbs	 Honey Roast Gammon	Chicken Tikka Masala	
Vegetarian	Mixed Bean Quesadilla 	Grilled Vegetable Moussaka	 Vegetable & Lentil Bake	Aubergine, Bombay Potato & Coconut Curry 	
On the side	Soft Shell & Hard Shell Taco Sweetcorn Mexican Style Rice Salsa Guacamole	Herb Farfalle Green Beans Shallot & Radish Dressing	Pineapple relish Gravy Garlic & thyme New potato Steamed Broccoli	Braised Turmeric Rice Spiced Vegetable Dahl Sweetcorn	
Served Salad Bar (counter 2 & 4)	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Sweetcorn Pasta Olives Feta	Lettuce Cucumber Tomato Sliced Chicken Bacon Pasta Mayonnaise	Lettuce Cucumber Tomato Sweetcorn Grated Carrot Noodles Hoisin Beef	
Jacket Potato Bar	Jacket Potato With Baked beans & cheddar cheese	Jacket Potato with Tuna Mayo	Jacket Potato  with red pepper & tomato pesto	Jacket Potato with Chicken Tikka	Jacket Potato Baked Beans & Cheese
Dessert Station	Mixed Fruit Sponge & Custard	Banana & Chocolate Bread & Toffee Sauce	Lemon Polenta Cake & Cream	Blondie	Chocolate Chip Cookies
Fruit & Yoghurt Pots	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt



FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS










Juniors



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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main course one	<b>Meat Free Monday</b> Black bean, Sweet Potato Stew 	 Traditional Beef Lasagne	 Slow Roast British Beef Brisket	Chicken & Chorizo Paella	<u>Pizza Bar</u> Meat Feast Pizza
Vegetarian	Meat Free Chilli 	Pea, Goats Cheese & Basil Puff Pastry Bake	Mac 'n' Cheese with parmesan crumb  	Cauliflower,  Mushroom & Haricot Bean Pie	Margarita Pizza Vegan Pizza 
On the side	Steamed rice Sweet Potato Wedges Broccoli Sweetcorn	Italian Herb Potato Hispi Cabbage Garlic Bread	Fluffy Yorkshire Pudding Roasted Potato Roasted Root Vegetables Gravy	Potato Bravas Mediterranean Vegetable Green Beans	Seasoned fries Chop house salad Caesar salad Baked beans Kings slaw
Served Salad Bar / Deli Bar (counter 2)	Lettuce Cucumber Tomato Sweetcorn Roasted Mediterranean Vegetables Halloumi	Lettuce Cucumber Tomato Sliced Chicken Croutons Parmesan Caesar Sauce	Lettuce Cucumber Tomato Sweetcorn Chicken Pasta Green Pesto	Lettuce Cucumber Tomato Sweetcorn Tuna Pasta New Potatoes Mayonnaise	Lettuce Cucumber Tomato Sweetcorn
Jacket or pasta	Jacket Potato & Beans & Cheese	Jacket Potato & Roasted Tomato, Lemon & Broccoli 	Jacket Potato & Creamy Squash, Pea & Basil	Jacket Potato & Chorizo & Cherry Tomato Stew	Jacket Potato & Beans
Dessert Station	Apple & Vanilla Oat Crumble	'Brookies'	Apple Flapjack	Lemon & Lime Drizzle	Triple Chocolate Pudding
Fruit & Yoghurt Pots	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt





Extras	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Club</b>	Toast Cereal Crumpets	Toast Cereal Potato Cakes	Toast Cereal Pancakes	Toast Cereal Crumpets	Toast Cereal Potato Cakes
<b>Morning Snack</b>	Watermelon Wedges	Whole Banana	Trio of Apple Wedges	Fruit Salad Pot	Satsumas Halves
<b>Lunch Table Crudités</b>	Carrot & Cucumber Sticks	Cherry Tomato & Apple Slices	Humous & Pitta Slices	Olives & Carrot Sticks	Cucumber Sticks & Cherry Tomato
<b>Afternoon Snack</b>	Tray Bake of the day 20mmx30mm or Full Size Cupcake	Cheese & Biscuits	Tray Bake of the day 20mmx30mm or Full Size Cupcake	Bread Sticks & Dip	Tray Bake of the day 20mmx30mm or Full Size Cupcake
<b>After School Club</b>	Tuna, Cheese or Ham Sandwich. Whole Fruit Biscuits	Tuna, Cheese or Ham Sandwich. Whole Fruit Biscuits	Tuna, Cheese or Ham Sandwich. Whole Fruit Biscuits	Tuna, Cheese or Ham Sandwich. Whole Fruit Biscuits	Tuna, Cheese or Ham Sandwich. Whole Fruit Biscuits