

# Summer SV Menu

HOLROYD HOWE

FOUNDED IN 1997  
FEEDING INDEPENDENT MINDS

| <i>Week 1</i>              | <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>  | <i>Thursday</i>   | <i>Friday</i>  |
|----------------------------|--|--|---|---|--|
| <i>Morning Snack</i>       | Selection of Whole Fruit   | Homemade Banana Rusks  | Selection of Whole Fruit  | Mixed Fruit Oat Rusks   | Mixed Melon Slices   |
| <i>Lunchtime Main Meal</i> | Penne Pasta in a Fresh Tomato & Basil Sauce Topped with Mozzarella           | Creamy Chicken & Mushroom Pie with a Puff Pastry Crust                           | Beef Chilli Con Carne with Mixed Beans  | Slow Roasted Boneless Turkey Breast   | Homemade Breaded Catch of the Day                                      |
| <i>Lunchtime Meat Free</i> | Penne Pasta in an Oat Milk & Spinach Béchamel Sauce Topped with Vegan Cheese | Garden Mixed Vegetable Pie with a Puff Pastry Crust                              | Five Bean & Mixed Vegetable Chilli  | Roasted Mixed Pepper Quiche   | Five Bean & Coriander Burger with Tomato & Onion Salsa                 |
| <i>On the Side</i>         | Oven Roasted Vegetable Ratatouille   | Steamed Cauliflower & Sweetcorn  | Mixed Pepper & Carrot Rainbow Rice, Green Beans & Snow Peas   | Sweet Potato Mash, Broccoli, Braised Red Cabbage with Apple & Gravy                               | Roasted New Potatoes, Peas & Sweetcorn                                 |
| <i>Dessert</i>             | Coconut Rice Pudding Served with Sliced Banana                               | Greek Yoghurt Served with a Fruit Compote  | Sugar Free Poached Pears with Vanilla Whipped Cream   | Beetroot Brownie Bites  | Seasonal Mixed Fruit Salad   |
| <i>Afternoon Snack</i>     | Cucumber Sticks, Pitta Bread Pieces & Five-Bean Hummus                       | Soft Cheese Spread with Crackers<br>Or<br>Dairy-Free Cheese Slices with Crackers | Selection of Finger Sandwiches  | Dairy-Free Cheese & Carrot Scones   | Cucumber & Sliced Mixed Pepper, Chickpea Hummus & Pitta Pieces         |
| <i>Afternoon Tea</i>       | Carrot & Sweet Potato Soup<br><br>Served with Freshly Baked Garlic Pieces    | Jacket Potato Halves<br><br>Served with Baked Beans                              | Spaghetti with a Fresh Tomato, Mixed Pepper & Basil Sauce<br><br>Served with Grated Cheese or Dairy-Free Cheese | Homemade Pork, Chicken or Vegetable Patties<br><br>Served with Chunky Potato Wedges & Baked Beans | Broccoli & Potato Soup<br><br>Served with a Homemade Rosemary Focaccia |

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| <i>Week 2</i>              | <i>Monday</i>   | <i>Tuesday</i>   | <i>Wednesday</i>                                   | <i>Thursday</i>   | <i>Friday</i>   |
|----------------------------|---|--|--|---|---|
| <i>Morning Snack</i>       | Selection of Whole Fruit  | Homemade Banana Rusks  | Selection of Whole Fruit                           | Mixed Fruit Oat Rusks   | Mixed Melon Slices  |
| <i>Lunchtime Main Meal</i> | Macaroni Cheese   | Lightly Spiced Chicken & Red Lentil Curry  | Beef & Red Lentil Bolognese with Spaghetti         | Garlic & Thyme Roasted Chicken Thighs   | Fresh Salmon Fillets  |
| <i>Lunchtime Meat Free</i> | Vegan Macaroni Cheese   | Lightly Spiced Sweet Potato, Butternut Squash & Red Lentil Curry   | Cauliflower & Red Lentil Bolognese with Spaghetti  | Roasted Butternut Squash & Spinach Rolls  | Jacket Potatoes with Baked Beans & Grated or Dairy-Free Cheese  |
| <i>On the Side</i>         | Garden Peas & Roasted Carrots   | Steamed Rice & Cauliflower & Broccoli  | Sweetcorn, Roasted Courgette & Garlic Bread Pieces | Medley of Roasted Sweet Potato, Carrots, Parsnips, Steamed Broccoli & Gravy                               | Creamy Mash Potato with Spinach & Fine Beans                    |
| <i>Dessert</i>             | Seasonal Mixed Fruit Salad  | Greek Yoghurt with a Homemade Fruit Coulis   | Raisin Shortbread Bites                            | Apple & Cinnamon Crumble  | Low Sugar Orange Fruit Jelly                                    |
| <i>Afternoon Snack</i>     | Sliced Mixed Pepper & Cucumber Sticks, Pitta Bread Pieces & Beetroot Hummus                   | Soft Cheese Spread with Crackers<br>Or<br>Dairy-Free Cheese with Crackers                                | Selection of Finger Sandwiches                     | Dairy-Free Cheese & Courgette Scones  | Cucumber & Carrot Sticks, Pitta Bread Pieces & Five-Bean Hummus |
| <i>Afternoon Tea</i>       | Mixed Vegetable Stir Fry with Egg Noodles<br>Or<br>Mixed Vegetable Stir Fry with Rice Noodles | Sausage Patties, Cumberland Sausages<br>Or<br>Quorn Sausages Served with Sweet Potato Mash & Baked Beans | Mixed Vegetable Soup with Wholemeal Pitta Bread    | Traditional Beef Cottage Pie Topped with Mash Potato<br>Or<br>Mixed Vegetable Pie Topped with Mash Potato | Tomato, Spinach & Mozzarella Pasta Bake                         |

# Summer SV Menu

| <i>Week 3</i>              | <i>Monday</i>   | <i>Tuesday</i>   | <i>Wednesday</i>                                     | <i>Thursday</i>  | <i>Friday</i>   |
|----------------------------|---|--|--|--|---|
| <i>Morning Snack</i>       | Selection of Whole Fruit  | Homemade Banana Rusks  | Selection of Whole Fruit                             | Mixed Fruit Oat Rusks  | Mixed Melon Slices  |
| <i>Lunchtime Main Meal</i> | Mixed Pepper & Fresh Basil Tomato Sauce with Egg Free Spaghetti | Diced BBQ Chicken Thighs   | Traditional Beef Cottage Pie Topped with Mash Potato | Chicken & Fresh Tomato Whole Wheat Pasta Bake Topped with Mozzarella | Homemade Breaded Catch of the Day   |
| <i>Lunchtime Meat Free</i> | Jacket Potatoes with Baked Beans & Grated or Dairy-Free Cheese  | Chunky BBQ Quorn Pieces with Diced Mixed Vegetables  | Root Vegetable Cottage Pie Topped with Mash Potato   | Fresh Tomato Whole Wheat Pasta Bake Topped with Dairy-Free Cheese    | Grilled Halloumi & Mixed Pepper Topped Pitta Breads   |
| <i>On the Side</i>         | Roasted Courgette and Aubergine                                 | Steamed Long Grain Rice<br>Roasted Carrots & Peas  | Cauliflower,<br>Green Beans & Gravy                  | Steamed Broccoli, Roasted Carrots & Garlic Bread Bites               | Roasted New Potatoes,<br>Peas<br>&<br>Sweetcorn   |
| <i>Dessert</i>             | Fresh Fruit Salad   | Greek Yoghurt with a Homemade Fruit Puree  | Fresh Mixture of Diced Melon                         | Vanilla Infused Rice Pudding   | Carrot Cake Bites   |
| <i>Afternoon Snack</i>     | Cucumber Sticks, Pitta Pieces & Beetroot Hummus                 | Soft Cheese Spread with Crackers<br><br>Or<br>Dairy-Free Cheese Spread with Crackers                   | Selection of Finger Sandwiches                       | Sweet Potato & Carrot Savoury Muffins                                | Cucumber & Sliced Mixed Peppers, Pitta Pieces & Chickpea Hummus   |
| <i>Afternoon Tea</i>       | Chickpea, Spinach & Lentil Coconut Dahl with Basmati Rice       | Beef Lasagne Topped with Mozzarella or Red Lentil & Pearl Barley Lasagne Topped with Dairy-Free Cheese | Chinese Style Quorn Stir Fry with Rice & Peas        | Tomato & Red Lentil Soup<br><br>With Homemade Focaccia Pieces        | Chicken & Mushroom Puff Pastry Pie<br>Or<br>Mixed Vegetable Puff Pastry Pie<br>Served with Creamy Sweet Potato Mash |