


# BREAKFAST


Week 1c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAILY SPECIAL</b>	Cumberland sausage fried eggs  golden hash browns  baked beans	crispy bacon scrambled eggs  toasted bagel  plum tomatoes	boiled eggs sauté avocado mushroom  warm croissants	bacon topped with poached egg  potato waffles baked beans	 ultimate omelette bar  range of fillings baked beans	griddled pork sausages  boiled eggs pain au chocolate	<b>Bethany Brunch Bar</b>          <b>Chefs Selection</b>
<b>DAILY BREAKFAST ITEMS</b>	<ul style="list-style-type: none"> <li>-fresh yoghurt and cereal with a selection of toppings</li> <li>-toasting station: deli breads, spreads &amp; preserves</li> <li>-selection of fresh bagels, muffins and bread</li> </ul>						
<b>HYDRATION AND FRUIT</b>	A daily selection of fresh fruit juices, flavoured water and cut fruit						

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

# BREAKFAST



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAILY SPECIAL</b>	black pudding slices served with soft fried eggs  hash browns baked tomatoes	 toasted bacon & cheese flat breads  potato waffles baked beans	sizzling pork sausages creamy scrambled eggs  griddled tomatoes	bubble & squeak cakes topped with bacon & cheese BBQ sauce	ultimate omelette bar  selection of fillings baked beans sauté potatoes	continental breakfast bar  croissants pain au chocolat  selection cold meats cheeses	<b>Bethany Brunch Bar</b>   <b>Chefs Selection</b>
<b>DAILY BREAKFAST ITEMS</b>	-fresh yoghurt and cereal with a selection of toppings -toasting station: deli breads, spreads & preserves -selection of fresh bagels, muffins and bread						
<b>HYDRATION AND FRUIT</b>	A daily selection of fresh fruit juices, flavoured water and cut fruit						

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# BREAKFAST

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAILY SPECIAL</b>	bacon & cheese flat bread melt  hash browns scrambled egg baked beans	 <u>egg</u> royal/Florentine poached eggs with spinach or smoked salmon buttered mushrooms	bacon fried slice  boiled eggs baked beans sliced tomatoes	sausage pattie breakfast muffin topped with cheese  plum tomatoes	ultimate omelette bar  variety of fillings  waffles baked beans	 bacon  scrambled eggs  hash browns mushrooms baked beans	<b>Bethany Brunch Bar</b>   <b>Chefs Selection</b>
<b>DAILY BREAKFAST ITEMS</b>	-fresh yoghurt and cereal with a selection of toppings -toasting station: deli breads, spreads & preserves -selection of fresh bagels, muffins and bread						
<b>HYDRATION AND FRUIT</b>	A daily selection of fresh fruit juices, flavoured water and cut fruit						




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# LUNCH

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	beef and kidney bean chilli with nachos 	 oregano chicken, spinach and feta filo pie	creamy roasted pepper pasta bake	 chicken and mung bean tikka masala	hot dog bar  selection of British sausages with bun  or  crispy battered pollock	spicy chicken and peppers quesadilla	sunday brunch chef's choice
	paprika tofu and mixed bean tacos	butternut squash and cheddar quiche	lentil and aubergine ragu with spaghetti	tandoori chickpea and cauliflower steak with toasted seeds	BBQ pulled jackfruit and tofu bao bun	black bean and halloumi enchiladas	
<b>SIDES</b>	sour cream tomato salsa peamole coriander rice roasted broccoli	roasted pepper couscous and bulgar wheat  tzatziki minted peas and spring greens	fresh baked rosemary focaccia  peppers and sweetcorn	poppadom  pilaf rice  carrot and courgette medley	skin on fries peas baked beans caramelised onions	Caesar salad spicy rice sweetcorn	
<b>DESSERT</b>	spiced banana cake and custard	apple cinnamon turnover	chocolate crispy cake slice	strawberry cheesecake	selection of cookies	iced topped cup cakes	strawberry yogurt mousse
<b>EVERY DAY</b>	we offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots pasta or jacket bar with a choice of sauces and toppings						




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# LUNCH

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	fajita spiced chicken or Cajun fish finger wrap	<b>pizza deli day</b> wholemeal pitta pizza Cheese & tomato panini toasties Wild farmed flour deep pan pepperoni	 slow cooked beef and lentil bolognaise	<b>Bethany BBQ</b> paprika chicken thighs  Cumberland sausages	handmade beef, lentil and bean burgers or  crispy battered fish goujons	minted lamb kofta kebabs	Sunday brunch chefs' choice
	refried bean quesadilla with avocado		pea & butterbean ragu	halloumi pepper and mushroom kebabs	golden roasted vegetable pastry plait	stuffed chargrilled peppers	
<b>SIDES</b>	spicy tomato rice  shredded cabbage slaw	roasted oregano wedges  buttered sweetcorn	aubergine, peppers and courgette roasted in a tomato sauce  selection of pasta  fresh herb focaccia bread	warm new potato and spring onion salad  corn on the cob	selection of bread buns  skin on fries  mushy peas and baked beans	sumac couscous  carrot hummus  tahini lemon dressing  Greek salad	
<b>DESSERT</b>	apple cinnamon crumble and custard	Eton mess with fresh berries	selection of ice cream	caramel bananas and custard	triple chocolate cookies	peaches and cream	sweet pancakes with various toppings
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots pasta or jacket bar with a choice of sauces and toppings						

# LUNCH

Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	selection of British sausages	 <u>deli day, your way</u>  Chicken Gyros tuna mayo egg and cress three cheese	oat and panko breaded chicken thigh	<u>pasta bar</u> selection of different pasta and gnocchi  with creamy cheese, spicy tomato or rocket pesto sauce	BBQ pulled chicken in a bun or battered fish	crispy golden mac and cheese	Sunday brunch chef's choice
	leek and vegetable sausages		oat crumbed aubergine with a tomato sauce		spicy black bean burger 		
<b>SIDES</b>	crushed new potato caramelised onions baked beans peas	all served with griddled wraps  with a seasonal salad bar	coconut lemongrass rice  katsu curry sauce  green beans and carrot	range of toppings  sweetcorn	skin on fries soft bread rolls peas and baked beans	Ceasar salad  spicy tomato drizzle	
<b>DESSERT</b>	sticky toffee pudding with custard	chocolate brownie slice	fresh berry trifle	rice pudding with mango sorbet	warm blueberry muffins	fruity flap jack	coconut cream slice
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots pasta or jacket bar with a choice of sauces and toppings						

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FEEDING INDEPENDENT MINDS

# SUPPER

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	oriental salt & pepper chicken  sticky chilli tempeh served on homemade flat bread yogurt dressing	<b>loaded jacket bar</b>  beef and bean chilli chicken and lentil curry baked beans cheese	golden toasted cheese topped Shepards pie   loaded mixed bean and cheese quesadilla	braised pork & beef curious meatballs with sweet & sour sauce  charred sweetcorn risotto 	warm golden scotch eggs  beef & sweet potato pasties  spiced carrot falafel burger	<b>Saturday night takeaway</b>  <b>Chef's choice</b>  <b>loaded stuffed pizza pockets</b>	warm flatbread stuffed with tuna avocado salad melted cheese  home made vegetable burger in brioche bun
<b>SIDES</b>	triple cooked chunky chips  stir fried cabbage creamy curry sauce	selection of fresh salad leaves  cool salsa	fresh greens sweetcorn	spaghetti penne pasta olives butterbeans steamed broccoli	freshly made salads dressings	<b>sweet potato chips</b>	crispy golden onion rings corn on the cob
<b>DESSERT</b>	A selection of home-made dessert pots, bakes, yoghurt bar and fruit						

# SUPPER


Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	curious beef lasagna   Ceasar salad with oversized whole meal croutons  golden crisp aubergine parmigiana	king prawn tikka masala  aromatic rice  roasted root vegetable curry	grilled chicken satay skewers  charred flat bread  roasted butternut and corn frittata	honey roasted gammon steak  glazed pineapple slice  fried eggs  shakshuka	tenderized beef brisket shish kebab with tzatziki  quorn & pepper kebab skewer	 <b>Saturday night takeaway</b>  <b>Chef's choice</b>  <b>breaded chicken</b>	slow cooked hoisin chicken thighs  grilled tofu topped with honey and plum sauce egg fried noodles
<b>SIDES</b>	stir fried courgette	naan bread warm broad bean salad	celeriac slaw selection of salads	chunky sweet potato wedges stir fried cabbage	spicy tomato salad sweet chilli dipping sauce sweetcorn	<b>loaded jacket skins</b> <b>sweet chilli dip</b>	bean sprout Stir fry mixed vegetables
<b>DESSERT</b>	A selection of home-made dessert pots, bakes, yoghurt bar and fruit						

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# SUPPER

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	Roasted Chicken Leg With Pesto Sauce	 Classic Beef and Onion Pie	Creamy Chicken and Chorizo Pasta Bake	Slow Cooked Beef Madras	Lamb & Curious Chicken Stuffed Pittas	<b>Saturday Night Takeaway</b>	Duck & Vegetable Gyoza
	Roasted Butternut Steak and spiced chickpeas With Sunflower seed Crust	Roasted Vegetable and Miso Puffs	Crostini Topped with Avocado Poached Egg	Home Made Charred Naan	Leek & Stilton Tart	<b>Chefs Choice</b>	Plain Chow Main Sweet & sour Sauce
<b>SIDES</b>	Fragrant Couscous Salad	Minted New Potatoes Fresh Greens	Giant Crotons Summer Rainbow Salad	Garlic Infused Rice Peas	Chipotle Dressed Leaves	<b>Loaded Nacho Box With Beef Chilli</b>	Soya Sauce Prawn Crackers Stir fried bean sprout chop suey
<b>DESSERT</b>	A selection of home-made dessert pots, bakes, yoghurt bar and fruit						

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