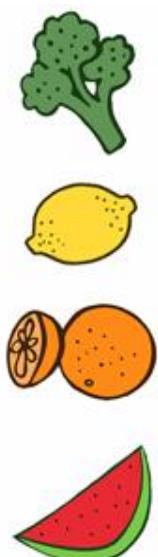


Holyrood Haydock Menu



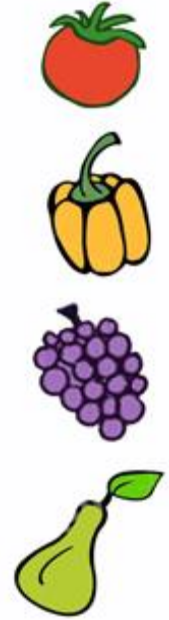
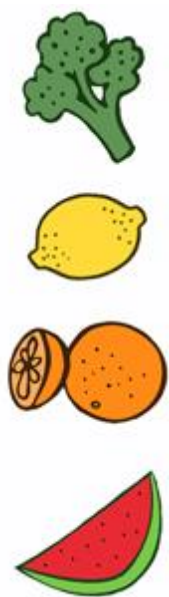
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Vegetable Chow Mein	Corned beef hash or Bean hash with cabbage	Chicken or Vegetable curry with naan bread and a selection of dips	Lamb cobbler or Lancashire Hotpot with beetroot or red cabbage	Fish with new potatoes, peas & parsley sauce
Pudding	Yoghurt	Jelly	Angel Delight	Fresh Fruit Salad	Pear Crumble
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Selection of sandwiches	Crumpets & cheese sticks	Soup with pitta bread	Crackers with a selection of dips & spreads	A variety of filled wraps



All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)



Holyrood Haydock Menu

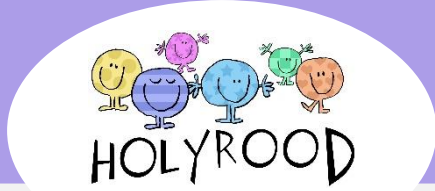


Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Penne Arrabiatta	Shepherd's Pie with carrots & swede	Moussaka with roast vegetable cous-cous or potato wedges with a variety of dips	Sausage, colcannon & onion gravy	Roast dinner
Pudding	Orange Sponge Cake	Yoghurt Crumble	Fresh Fruit	Bananas & Custard	Apple Sponge Cake
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Toasted bagels with cream cheese	Beans on toast	Selection of sandwiches	Soup with bread & butter	Crackers with a selection of dips & spreads

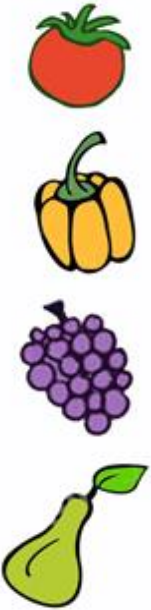
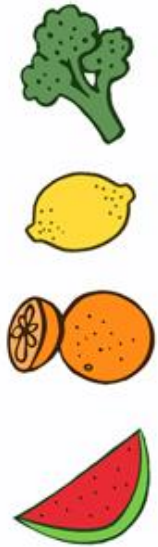
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Holyrood Haydock Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Jacket potato with a variety of fillings & salad	Beef or Bean Goulash with cabbage	Chicken & Barley or Vegetable & Lentil broth	Pasta with meatballs or Bolognese sauce with garlic bread & salad	Fisherman's pie or fishcakes with sweet potato & sweetcorn
Pudding	Yoghurt	Fresh Fruit Salad	Jelly with Fruit	Custard	Rice Pudding
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Soup with crusty rolls	Selection of sandwiches	Toasted crumpets	Crackers with a selection of dips & spreads	Selection of sandwiches



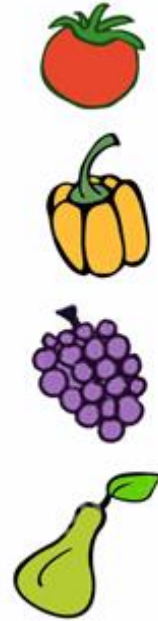
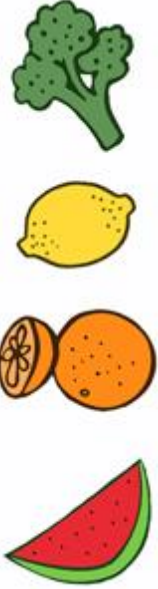
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Holyrood Haydock Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Broccoli & Cauliflower bake or Tuna bake	Chicken or Vegetable Chilli with fluffy rice	Beef & Vegetable Stew with dumplings	Lasagne or Tagine with bruschetta	Cheese & Onion pie or Quiche with mashed potatoes & beans
Pudding	Peach Tart	Ice Cream/Sorbet	Yoghurt	Fresh Fruit	Blueberry Muffins
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Toasted crumpets or Pancakes	Crackers with a selection of dips & spreads	Selection of sandwiches	Toasted bagels with a selection of spreads	Soup with bread & butter



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