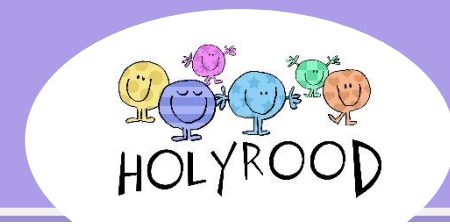
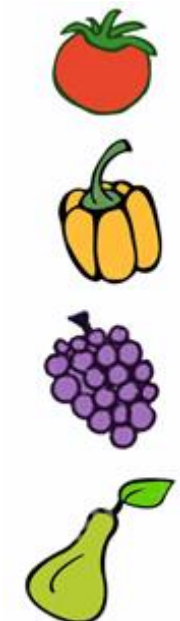
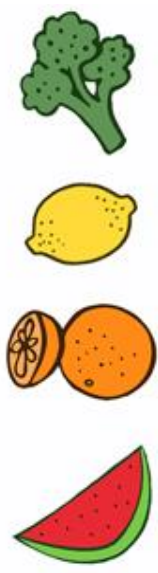


# Holyrood Prestwich Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toast & fresh fruit				
<b>Lunch</b>	Vegetable Chow Mein	Jacket Potato with Vegetarian Chilli	Moroccan lamb or Rataouille with rice	Vegetable & lentil broth	Fishcakes or Vegcake with sweet potato mash & mixed vegetables
<b>Starter or Pudding</b>	Sliced pears	Jelly	Pitta bread & carrot sticks with hummus	Oaty apple crumble & custard	Yoghurt
<b>Afternoon Snack</b>	Vegetable crudité's & breadsticks with dips				
<b>Light Tea</b> (all served with Fresh Fruit)	Crackers & cheese	Crumpets & soft cheese	Selection of sandwiches	Potato cakes	Selection of sandwiches



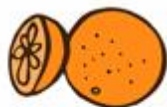
All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)



# Holyrood Prestwich Menu



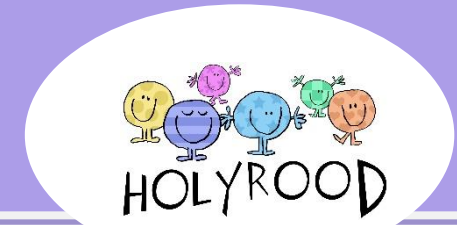
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toast & fresh fruit				
<b>Lunch</b>	Tuna or Tomato pasta	Chicken or Vegetable & lentil curry with rice	Lancashire hotpot (lamb or vegetable) with red cabbage	Roast vegetable cous-cous with tomato & herb sauce	Roast chicken or Quorn dinner with seasonal vegetables
<b>Starter or Pudding</b>	Mandarin oranges	Naan bread	Yoghurt	Ice cream/sorbet	Sponge cake
<b>Afternoon Snack</b>	Vegetable crudités & breadsticks with dips				
<b>Light Tea</b> (all served with Fresh Fruit)	Potato cakes	Bagels with a selection of spreads	Crackers & cheese	Homemade soup with pitta bread	Selection of sandwiches



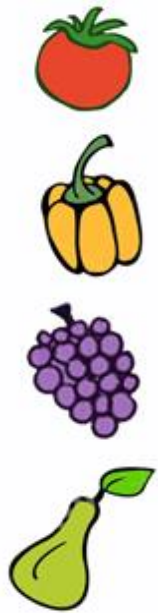
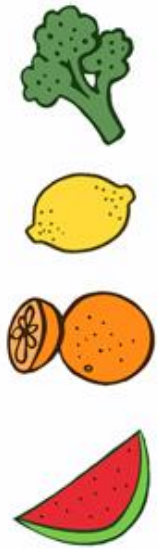
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# Holyrood Prestwich Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toast & fresh fruit				
<b>Lunch</b>	Fish fingers or Vegcake, new potatoes, peas & parsley sauce	Chicken & Barley or Vegetable & Lentil broth	Pasta Bolognese (beef or veggie) with mixed salad	Corned beef/bean hash with red cabbage	Cheese & onion pie, mashed potato & baked beans
<b>Starter or Pudding</b>	Yoghurt	Cinnamon rice pudding	Jelly	Garlic bread	Fresh fruit salad
<b>Afternoon Snack</b>	Vegetable crudités & breadsticks with dips				
<b>Light Tea</b> (all served with Fresh Fruit)	Selection of sandwiches	Crumpets & soft cheese	Crackers & cheese	Selection of sandwiches	Homemade soup with pitta bread



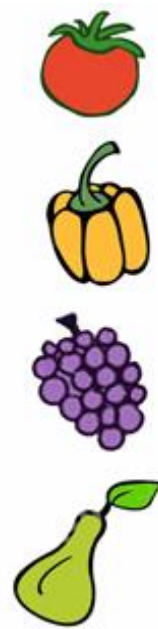
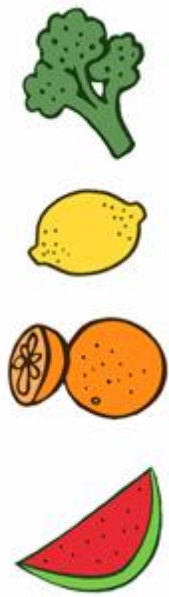
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# Holyrood Prestwich Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toast & fresh fruit				
<b>Lunch</b>	Vegetable risotto with herb & tomato sauce	Chicken or Vegetable tagine with cous-cous	Meat & potato pie (beef or veggie) with mashed carrots & swede	Pork or Vegetarian sausages with mashed potato, cabbage & onion gravy	Tuna or Vegetable pasta
<b>Starter or Pudding</b>	Peaches	Vegetable crudites with breadsticks & dip	Ice cream/sorbet	Yoghurt	Chocolate pudding with white sauce
<b>Afternoon Snack</b>	Vegetable crudités & breadsticks with dips				
<b>Light Tea</b> (all served with Fresh Fruit)	Crumpets & soft cheese	Selection of sandwiches	Crackers & cheese	Selection of sandwiches	Baked beans with bread & butter



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