






Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 Macaroni cheese with bacon bits	Main 1 Cajun Beef Chilli	Main 1 Pork sausage 	Main 1 Chicken katsu curry	Main 1 Pepperoni pizza 
Main 2 Four cheese macaroni	Main 2 Five bean chilli (vg) 	Main 2 Quorn sausage (v)	Main 2 Tofu katsu curry	Main 2 Cheese, tomato & basil pizza (v)
On the side Garlic bread, broccoli & green beans	On the side Tortilla chips, steamed rice, salsa, sour cream & grilled corn 	On the side Mashed potato, steamed carrots, peas, caramelised onions & gravy	On the side Steamed rice, sweet chilli greens, mini spring rolls	On the side Skin on fries, baked beans & house salad
Dessert Rainbow Sprinkle cake	Dessert Honey flapjack	Dessert Apple crumble & custard 	Dessert Fresh fruit & yogurt	Dessert Fruit ice lollies



Week 1

FOUNDED IN 1997

HOLROYD HOWE








FUELING INDEPENDENT MINDS



CHOOSE ME HELPS US FIGHT FOOD WASTE

Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 Beef bolognese with wholewheat penne	Main 1 Soy & honey pork chow mein	Main 1 Roast chicken breast	 Main 1 Turkey korma	Main 1 Fish fingers 
Main 2 Vegetable bolognese with wholewheat penne	Main 2 Eat cruious & vegetable chow mein	Main 2 Herb roasted quorn fillet	Main 2 Vegetable & lentil dahl (v) 	Main 2 Fishless finger wraps
On the side Garlic bread, broccoli & sweetcorn 	On the side Steamed rice, prawn crackers	On the side Roasted new potatoes, steamed carrots, garden peas, gravy 	On the side Pilau Rice, naan bread, mango chutney, green beans	On the side Skin on fries, baked beans & garden pea 
Dessert Frosted carrot cake	Dessert Fresh fruit & yogurt	Dessert Vanilla shortbread & sliced peaches	Dessert Raspberry & white chocolate muffins 	Dessert Chocolate rice kirspy cake



Lunch









<p>Monday</p> <p>Main 1</p> <p>Ham & bacon carbonara</p>	<p>Tuesday</p> <p>Main 1</p> <p>Lamb tagine</p>	<p>Wednesday</p> <p>Main 1</p> <p>Beef mince & vegetable pie</p>	<p>Thursday</p> <p>Main 1</p> <p>Chicken fajitas</p>	<p>Friday</p> <p>Main 1</p> <p>Pork hot dogs</p>
<p>Main 2</p> <p>Roasted squash, butterbean & tomato gnocchi bake</p>	<p>Main 2</p> <p>Vegetable tagine</p>	<p>Main 2</p> <p>Vegetable & lentil pie (v)</p>	<p>Main 2</p> <p>Halloumi & Mediterranean vegetable wraps</p>	<p>Main 2</p> <p>Vegan hot dogs</p>
<p>On the side</p> <p>Garlic bread, broccoli & peas</p>	<p>On the side</p> <p>Flatbreads, morrocan couscous, mint yogurt, carrot salad</p>	<p>On the side</p> <p>Mash potatoes, steamed carrots & green beans, gravy</p>	<p>On the side</p> <p>Coriander rice, sweetcorn, iceberg, wraps</p>	<p>On the side</p> <p>Skin on fries, baked beans & slaw</p>
<p>Dessert</p> <p>Lemon drizzle</p>	<p>Dessert</p> <p>Fresh fruit & yogurt</p>	<p>Dessert</p> <p>Jam sponge & custard</p>	<p>Dessert</p> <p>Eton mess</p>	<p>Dessert</p> <p>Chocolate brownie</p>



Week 3

Lunch











Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 Macaroni cheese with bacon bits	Main 1 Cajun Beef Chilli	Main 1 Pork sausage 	Main 1 Chicken katsu curry	Main 1 Pepperoni pizza 
Main 2 Four cheese macaroni	Main 2 Five bean chilli (vg) 	Main 2 Quorn sausage (v)	Main 2 Tofu katsu curry	Main 2 Cheese, tomato & basil pizza (v)
On the side Garlic bread, broccoli & green beans	On the side Tortilla chips, steamed rice, salsa, sour cream & grilled corn 	On the side Mashed potato, steamed carrots, peas, caramelised onions & gravy	On the side Steamed rice, sweet chilli greens, mini spring rolls	On the side Skin on fries, baked beans & house salad
Dessert Rainbow Sprinkle cake 	Dessert Honey flapjack	Dessert Apple crumble & custard 	Dessert Fresh fruit & yogurt	Dessert Fruit ice lollies

Lunch



RGS
WORCESTER
FAMILY OF SCHOOLS



Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 Beef bolognese with wholewheat penne	Main 1 Soy & honey pork chow mein	Main 1 Roast chicken breast	 Main 1 Turkey korma	Main 1 Fish fingers 
Main 2 Vegetable bolognese with wholewheat penne	Main 2 Eat cruious & vegetable chow mein	Main 2 Herb roasted quorn fillet	Main 2 Vegetable & lentil dahl (v) 	Main 2 Fishless finger wraps
On the side Garlic bread, broccoli & sweetcorn 	On the side Steamed rice, prawn crackers	On the side Roasted new potatoes, steamed carrots, garden peas, gravy 	On the side Pilau Rice, naan bread, mango chutney, green beans	On the side Skin on fries, baked beans & garden pea 
Dessert Frosted carrot cake 	Dessert Fresh fruit & yogurt	Dessert Vanilla shortbread & sliced peaches	Dessert Raspberry & white chocolate muffins 	Dessert Chocolate rice kirspy cake

Week 2

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS



PSST...

CHOOSING ME HELPS US FIGHT FOOD WASTE

Lunch









<p>Monday Main 1 Ham & bacon carbonara</p>	<p>Tuesday Main 1 Lamb tagine</p>	<p>Wednesday Main 1 Beef mince & vegetable pie</p>	<p>Thursday Main 1 Chicken fajitas</p>	<p>Friday Main 1 Pork hot dogs</p>
<p>Main 2 Roasted squash, butterbean & tomato gnocchi bake</p>	<p>Main 2 Vegetable tagine</p>	<p>Main 2 Vegetable & lentil pie (v)</p>	<p>Main 2 Halloumi & Mediterranean vegetable wraps</p>	<p>Main 2 Vegan hot dogs</p>
<p>On the side Garlic bread, broccoli & peas</p>	<p>On the side Flatbreads, morrocan couscous, mint yogurt, carrot salad</p>	<p>On the side Mash potatoes, steamed carrots & green beans, gravy</p>	<p>On the side Coriander rice, sweetcorn, iceberg, wraps</p>	<p>On the side Skin on fries, baked beans & slaw</p>
<p>Dessert Lemon drizzle</p>	<p>Dessert Fresh fruit & yogurt</p>	<p>Dessert Jam sponge & custard</p>	<p>Dessert Eton mess</p>	<p>Dessert Chocolate brownie</p>



Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 Macaroni cheese with bacon bits	Main 1 Cajun Beef Chilli	Main 1 Pork sausage 	Main 1 Chicken katsu curry	Main 1 Pepperoni pizza 
Main 2 Four cheese macaroni	 Main 2 Five bean chilli (vg)	Main 2 Quorn sausage (v)	Main 2 Tofu katsu curry	Main 2 Cheese, tomato & basil pizza (v)
On the side Garlic bread, broccoli & green beans	On the side Tortilla chips, steamed rice, salsa, sour cream & grilled corn 	On the side Mashed potato, steamed carrots, peas, caramelised onions & gravy	On the side Steamed rice, sweet chilli greens, mini spring rolls	On the side Skin on fries, baked beans & house salad
Dessert Rainbow Sprinkle cake 	Dessert Honey flapjack	Dessert Apple crumble & custard 	Dessert Fresh fruit & yogurt	Dessert Fruit ice lollies