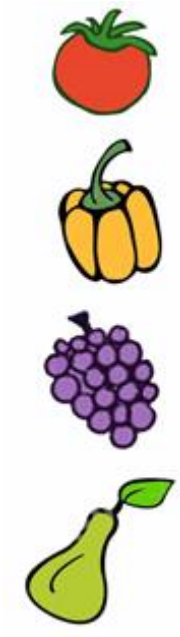
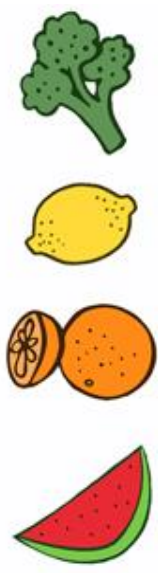


# Holyrood Swinton Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Vegetable crudités with fresh fruit				
<b>Lunch</b>	Vegetable Chow Mein	Vegetarian <b>or</b> Beef chilli with rice	Moroccan lamb or Ratatouille & potato wedges	Vegetable or Chicken & lentil broth	Fish cake or Veg cake with sweet potato mash & mixed vegetables
<b>Starter or Pudding</b>	Vegetable spring rolls	Yoghurt	Pitta bread, carrot sticks & hummus	Oaty apple crumble & custard	Yoghurt
<b>Afternoon Snack</b>	Vegetable sticks, breadsticks, rice cakes				
<b>Light Tea</b> (all served with Fresh Fruit)	Crackers & cheese	Crumpets & cheese sticks	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 Swinton Menu



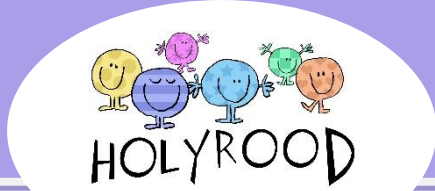
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Vegetable crudités with fresh fruit				
<b>Lunch</b>	Tuna or Vegetable pasta	Chicken or Vegetable & lentil curry with rice	Lancashire hot pot (lamb or veggie) with red cabbage	Roasted vegetable cous-cous with tomato & herb sauce	Roast dinner (chicken or quorn) with seasonal vegetables
<b>Starter or Pudding</b>	Mandarin oranges	Naan bread	Yoghurt	Potato wedges & dips	Sponge cake
<b>Afternoon Snack</b>	Vegetable sticks, breadsticks, rice cakes				
<b>Light Tea</b> (all served with Fresh Fruit)	Potato cakes	Toasted bagels	Crackers & cheese	Soup with pitta bread	Selection of sandwiches



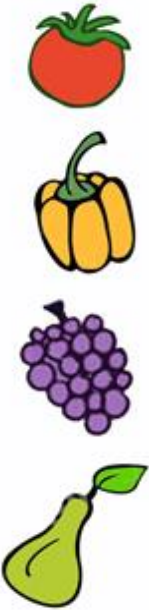
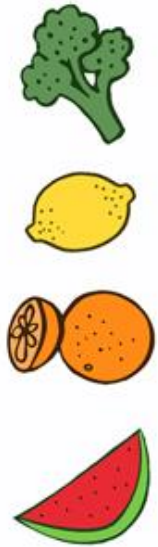
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# Holyrood Swinton Menu



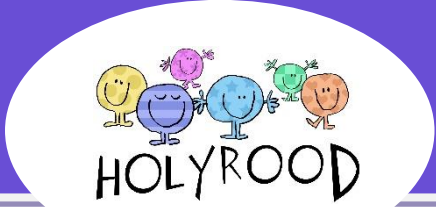
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Vegetable crudités with fresh fruit				
<b>Lunch</b>	Fish fingers or Veg cake with new potatoes, peas & parsley sauce	Corned beef or bean hash with red cabbage	Chicken or Vegetable & barley broth	Pasta Bolognese (beef or veggie mince) with salad	Cheese & onion pie, mashed potato & baked beans
<b>Starter or Pudding</b>	Yoghurt	Cinnamon rice pudding	Herby dumplings	Garlic bread	Fresh fruit salad
<b>Afternoon Snack</b>	Vegetable sticks, breadsticks, rice cakes				
<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 Swinton Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Vegetable crudités with fresh fruit				
<b>Lunch</b>	Vegetable risotto with tomato sauce	Chicken or vegetable tagine with cous-cous	Meat & Potato pie (beef or Quorn) with carrot & swede mash	Sausages (pork or vegetarian) with mashed potatoes & cabbage	Pasta Bolognese (beef or quorn)
<b>Starter or Pudding</b>	Peaches	Vegetable crudités & breadsticks with dip	Ice cream	Yoghurt	Bruschetta
<b>Afternoon Snack</b>	Vegetable sticks, breadsticks, rice cakes				
<b>Light Tea</b> (all served with Fresh Fruit)	Crumpets with soft cheese	Selection of sandwiches	Crackers & cheese	Selection of sandwiches	Beans on toast



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