LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS **TO NOURISH, NURTURE AND SUSTAIN**	Spaghetti bolognaise	 Taste of the Caribbean Theme day Jerk chicken	Roasted vegetable and chickpea tagine	Breaded Pork escalope	Chefs' sustainable catch of the day Pizza bar
	Cheese, tomato and spinach quiche	Hash stacks	Red pesto pasta bake	Pumpkin and caramelized onion wellington	Spiced bean and chickpea cake
SIDES	Garlic bread Vegetable medley	Rice and peas And tasting table to explore the islands	Herby cous-cous Roasted carrots and courgettes	Roasted new potatoes Ratatouille broccoli and cauliflower	Oven baked chunky chipped potatoes Minted green peas Baked beans
EVERYDAY	Scillian lemon cake	Assorted yoghurt pot bar freshly fruit platters	Carrot and orange cake	Assorted yoghurt pot bar freshly fruit platters	Assorted home bakes
	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta, jacket bars and senior specials				

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association