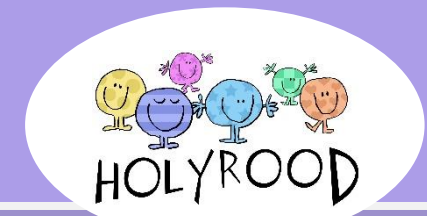
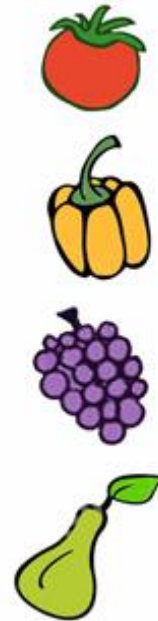
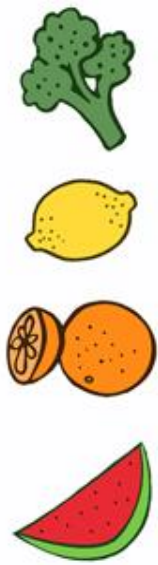


# Holyrood Salford Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Orange segments	Pineapple	Sliced pears	Sliced melon	Satsumas
<b>Lunch</b>	Vegetable Chow Mein	Corned beef hash with red cabbage	Chicken curry with rice	Minced beef & onion pie with new potatoes & mixed vegetables	Fish with parsley sauce, sweet potato mash & peas
<b>Starter or Pudding</b>	Prawn crackers	Jelly	Naan bread	Yoghurt	Fruit cocktail
<b>Afternoon Snack</b>	Breadsticks with dips	Rice cakes	Carrot & cucumber sticks with dip	Digestive Biscuits	Cucumbers & tomatoes
<b>Light Tea</b>	Cheese, crackers & sliced melon	Selection of sandwiches & sliced pears	Toasted crumpets & satsumas	Spaghetti on toast & banana	Pancakes with spread & pineapples



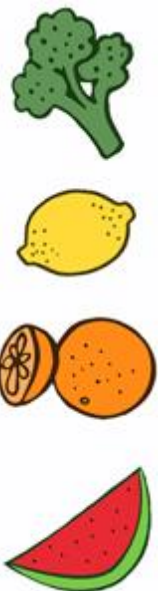
All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)



# Holyrood Salford Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Orange segments	Sliced melon	Sliced pears	Satsumas	Pineapple
<b>Lunch</b>	Tuna pasta bake	Shepherds pie with country vegetables	Vegetarian chilli & rice	Sausage, colcannon & gravy	Roast chicken dinner with seasonal vegetables
<b>Starter or Pudding</b>	Fresh fruit & cream	Yoghurt	Potato wedges & dip	Fruit cocktail	Jelly & cream
<b>Afternoon Snack</b>	Digestive Biscuits	Rice cakes	Vegetable crudités with dip	Breadsticks & dip	Cucumber & tomatoes
<b>Light Tea</b>	Toasted teacakes & sliced melon	Crackers, cheese & oranges	Toasted bagels & pineapple	Pancakes & bananas	Selection of sandwiches & sliced pear



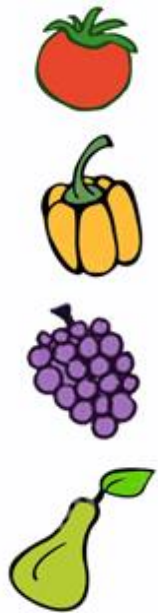
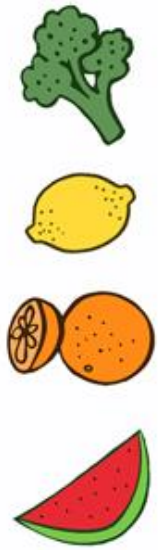
All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)



# Holyrood Salford Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Sliced melon	Sliced pears	Orange segments	Pineapple	Satsumas
<b>Lunch</b>	Sausage casserole	Chicken pasta bake	Spaghetti Bolognese	Vegetable & lentil broth	Fish Pie
<b>Starter or Pudding</b>	Yoghurt	Fruit cocktail	Garlic bread	Jelly	Sponge cake
<b>Afternoon Snack</b>	Breadsticks with dips	Digestive biscuits	Vegetable crudités with dip	Rice cakes	Cucumbers & tomatoes
<b>Light Tea</b>	Crackers & cheese with oranges	Selection of sandwiches & pineapple	Toasted teacakes & Bananas	Beans on toast & oranges	Toasted bagels & pineapple



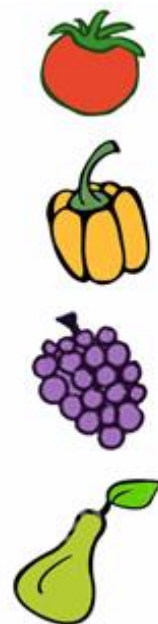
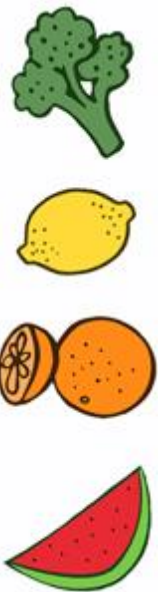
All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)



# Holyrood Salford Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals, toasts & fresh fruit				
<b>Morning Snack</b>	Pineapple	Sliced melon	Satsumas	Sliced pears	Orange segments
<b>Lunch</b>	Cauliflower & broccoli bake	Corned beef hash with beetroot	Lasagne	Vegetable stew	Chicken & mushroom pie, new potatoes, peas & gravy
<b>Starter or Pudding</b>	Yoghurt	Jelly	Garlic bread	Sponge cake & custard	Ice cream & wafer
<b>Afternoon Snack</b>	Digestive biscuits	Rice cakes	Carrots & cucumber sticks	Breadsticks with dip	Rice cakes
<b>Light Tea</b>	Cheese, crackers & satsumas	Toasted teacakes & sliced pears	Selection of sandwiches & bananas	Toasted crumpets & sliced melon	Toasted bagels & bananas



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

