

Holroyd Howes Core Values and Beliefs.

Quality food:

We believe in honest, homemade food using fresh, local, and seasonal British ingredients. We emphasize using quality ingredients and have partnerships with local farmers and suppliers.

Student development:

We believe mealtimes can help build relationships and provide an opportunity to introduce students to global flavours and healthy eating through interactive workshops and nutrition education. We support teachers with campaigns to make nutrition fun and engaging for students and staff.

Menu design:

Each locations Head Chef creates a personal menu with support from the Executive Chef and the company nutritionist to check menus fall within government guidelines for nutrition and balance in early years while also focussing on using superfoods and low sugar recipes throughout.



Nursery Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Pick Me Up	Selection of Whole Fruit	Cinnamon & Raisin Bagel	Greek Yoghurt with Autumn Berries Compote and Granola topping	Sliced Melon	Toasted Crumpets
Midday Munchies	Rainbow Cherry Tomato Pasta Bake with Garlic & Parmesan Crumb	Chicken and Oriental Vegetable Stir Fry Or Tofu & Oriental Vegetable Stir Fry	Pork Cumberland Sausage Or Quorn Sausages	Chicken Fajita Wraps Or Mixed Bean Fajita Wraps	Teriyaki Salmon Fillet Or Teriyaki Swede Steak
Flavour Pairings	Garlic & Herb Green Beans Watercress and Rocket Salad Homemade Garlic Bread	Fluffy Rice Crunchy Cucumber Salad Steamed Bok Choi	Peas Herb Roasted Carrots Creamy Mashed Potato Caramelised Onion Gravy	Taco Roasted Potato Mexican street corn Guacamole Tomato Salsa Sour Cream	Homemade Kimchi Garlic Broccoli Noodles
Naturally, Sweetened Desserts	<u>BOOST IT</u> Carrot & Raisin Cake	Lemon Tiramisu	<u>BOOST IT</u> Banana Bread	Boost it Flapjack	Build your own Yoghurt Bar
Snack o'clock	Raspberry & Banana Smoothie	Spinach & Garlic Hummus with Flatbread	Caramelised Onion & Gruyere roll	Selection of Cheese & Crackers	Sliced Fruit Platter
Dinnertime Delight	Jacket Potato served with Beans & Cheese	Wholemeal Tomato & Cheese Pitta Pizza	Spanish Omelette	Pork Sausage roll with vegetable crisps	Traditional Minestrone Soup

Nursery Lunch Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Pick Me Up	Selection of Whole Fruit	Toasted English muffins	Greek Yoghurt with Autumn Berries Compote & Granola topping	Toasted Tea Cakes	Sliced Fruit Platter
Midday Munchies	Chicken Gyros Flatbread Or Mushrooms & Red Pepper Flatbread	Beef & Hidden Vegetable Bolognese Or Butter Beans & Vegetable Bolognese	Char Siu Pork Roast or Glazed Tofu	Harissa Chicken Or Harissa Celeriac Steak	International Day
Flavour Pairings	Potato Wedges Roasted Mediterranean Vegetables	Homemade Garlic Bread Pasta Fine Green Beans Tomato & Basil Salad	Aromatic Rice Smashed Cucumber Salad Sauté Beanshoots	Giant Cous Cous Tabbouleh Salad Maple Glazed Carrot	
Naturally, Sweetened Desserts	Fresh Zesty Pineapple Cake	Mango Parfait	Sticky Date & Maple Pudding	Mixed Berry Streusel	
Snack o'clock	Sundried tomato & Basil Hummus served with Wholemeal Pitta	Sliced Fruit Platter	Wholemeal Pitta Bread with Guacamole Dip	Chocolate Chia Pudding	Blackberry & Apple Smoothie
Dinnertime Delight	Cream Cheese & Spinach Empanada	Jacket Potato served with Beans & cheese	Tomato & Basil Pasta Bake	Fish Goujones with New Potatoes & Peas	Tomato & Basil Turnover



FOUNDED IN 1997

HOLROYD HOWE
FEEDING INDEPENDENT MINDS

Nursery Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Pick Me Up	Selection of Whole Fruit	Overnight Oats	Greek Yoghurt with Autumn Berries Compote and Granola topping	Toasted Crumpet	Sliced Melon
Midday Munchies	Mushrooms & Butternut Squash Gnocchi Bake	Mild Beef & Bean Chilli Or Mixed Bean Chilli	Prawn Biryani or Mixed Peppers, Chickpeas & Carrots Biryani	Pork Burger Or Mixed Vegetable Burger	Piri Piri Chicken Or Piri Piri Halloumi & Roasted Vegetable
Flavour Pairings	Garlic Cauliflower Rocket & Parmesan Salad	Fluffy Rice Lime and Coriander Slaw Selection of Pickled Vegetable	Cucumber & Mint Raita Kachumber Salad Mango Chutney	Roast Potato Spinach & Watercress Salad Tangy Pear Slaw	Portuguese Tomato Salad Flatbread Spiced Corn
Naturally, Sweetened Desserts	Dried Fruit Flap Jack	Mixed Beans Chocolate Cake	Silky Soy Pudding Parfait	Orange Polenta Drizzle Cake	Build your own Yoghurt Bar
Snack o'clock	Banana & Peach Smoothies	Caramelised Onion & Gruyere Swirl	Harissa Hummus served with Flatbread	Wholemeal Pitta with Tzatziki Dip	Sliced Fruit Platter
Dinnertime Delight	Fish Goujons with New Potatoes & Peas	Pesto & Feta Pasta Bake	Mozzarella, Peppers & Onions Quesadilla	Jacket Potato served with Beans & Cheese	Tomato & Basil Soup served with Herby Bread

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