

# 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.



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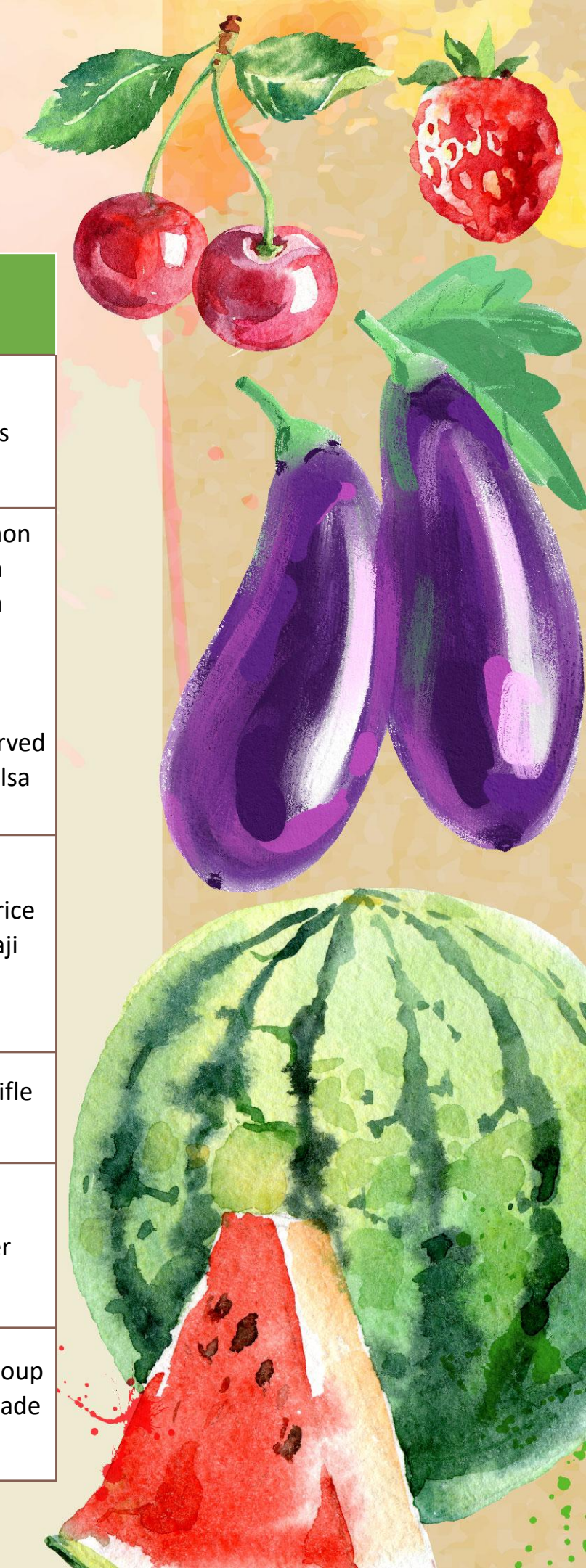
**HOLROYD HOWE**  
FEEDING INDEPENDENT MINDS





# Nursery Lunch Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Pick Me Up</b>	Selection of Whole Fruit	Cinnamon and Raisin Bagel	Greek Yoghurt with Blueberries and Granola Topping	Sliced Fruit Platter	Toasted Crumpets
<b>Midday Munchies</b>	Rainbow cherry tomato pasta bake topped with a basil and gruyere crumb	Turkey and courgette slider and sweetcorn relish  Or Plant based slider and sweetcorn relish	Roasted Topside of Beef or Beetroot , asparagus and goats' cheese tart	Chicken Fajitas Wraps  Or Mixed bean Fajitas Wraps	Indian rubbed salmon fillet served with Kachumber salsa  Or Vegetable pakora served with Kachumber salsa
<b>Flavour pairings</b>	Homemade garlic bread Fine green beans Watercress and roquette salad	Smoked paprika sweet potato wedges Rainbow slaw	Yorkshire Pudding Dauphinoise Potatoes Braised Red Cabbage Baton Carrots	Taco roasted potatoes Mexican Street Corn Guacamole Salsa Sauce Soured Cream	Jewelled turmeric rice Vegetable pav bhaji Poppadom's
<b>Naturally, Sweetened Desserts</b>	Blueberry and lemon yoghurt cake	Banoffee pots	Apple and oat streusel crumble with custard	Boost it flapjack	Fresh strawberry trifle pot
<b>Snack o'clock</b>	Strawberry and Banana Smoothie	Roasted beetroot hummus served with bread sticks	Caramelised onion and gruyere cinnamon roll	Selection of Cheese and Crackers	Sliced Fruit Platter
<b>Dinnertime Delight</b>	Jacket Potato served with Beans and Cheese	Fish goujons served with tartar sauce crushed new potatoes and peas	Cheesy pasta	Pork and pickle sausage rolls with vegetable crisps	Summer vegetable soup served with homemade bread



# Nursery Lunch Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Pick Me Up</b>	Selection of Whole Fruit	Toasted English Muffin	Greek Yoghurt with Blueberries and Granola Topping	Toasted Teacake	Sliced Fruit Platter
<b>Midday Munchies</b>	Chicken Shawarma Wrap  Or Halloumi and Red Pepper Wrap	Future proofed bolognese  Or Vegan lentil bolognese	Turkey, leek and tarragon Pie  Or Quorn and Vegetable Pie	Caribbean chicken with homemade pineapple salsa  Or Plantain and sweet potato coconut curry	International Day  
<b>Flavour pairings</b>	Turkish potato wedges Roasted Mediterranean Vegetables	Homemade garlic bread Fine green beans Charred romaine lettuce	Mashed Potatoes Savoy Cabbage Peas Gravy	Rice and peas Steamed greens	
<b>Naturally, Sweetened Desserts</b>	Strawberry cheesecake pots	Orange polenta drizzle cake	Sticky date and maple pudding with custard	Coconut and pineapple layered fool pot	
<b>Snack o'clock</b>	Sundried Tomato and Basil Hummus served with Focaccia Fingers	Sliced Fruit Platter	Homemade Cheese Straw served with Cheese and Chive Dip	Caramelised onion and gruyere cinnamon roll	Orange and Mango Smoothie
<b>Dinnertime Delight</b>	Minestrone soup served with homemade bread	Jacket Potato served with Beans and Cheese	Tomato and basil pasta bake	Loaded smashed potato traybake	Fish fingers with new potatoes and peas

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# Nursery Lunch Menu

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Pick Me Up</b>	Selection of Whole Fruit	Homemade Banana Loaf	Greek Yoghurt with Blueberries and Granola Topping	Toasted Crumpet	Sliced Melon
<b>Midday Munchies</b>	Margaritta pizza topped with fresh basil pesto	Kung poa chicken Or Tofu char sui	Garlic and rosemary chicken served on a summer ratatouille Or Feta and sun blushed tomato stuffed courgette served on a summer ratatouille	Beef Lasagne Or Vegetable Lasagne	Fish pie with asparagus and parmesan crumble Or Sweet potato, red onion and feta tart tartin
<b>Flavour pairings</b>	Caesar salad Corn on the cob	Vegetable fried rice Wilted pak choi Roasted sweet chilli broccoli Prawn crackers	Thyme roasted potatoes Fine green beans Baton carrots	Garlic and herb bread Roasted Mediterranean Vegetables Watercress salad	Purple sprouting broccoli Steamed cabbage with peas and tarragon
<b>Naturally, Sweetened Desserts</b>	Strawberry cheesecake cake	Baked pineapple served with coconut and maple cream	Apple tart tartin served with vanilla custard	Lemon and lavender possets with a gf crumble	Organic apple lolly
<b>Snack o'clock</b>	Banana and Kiwi Smoothie	Wholemeal Pitta with Tzatziki Dip	Sliced Fruit Platter	Cheese and paprika pinwheel	Harissa Hummus served with focaccia fingers
<b>Dinnertime Delight</b>	Vegetable chilli Loaded potato skins	Fish goujons served with tartar sauce, crushed new potatoes and peas	Homemade sausage and pickle rolls served with vegetable crisps	Jacket Potato served with Beans and Cheese	Tomato soup served with herby bread

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