

# Holroyd Howes Core Values and Beliefs.

## **Quality food:**

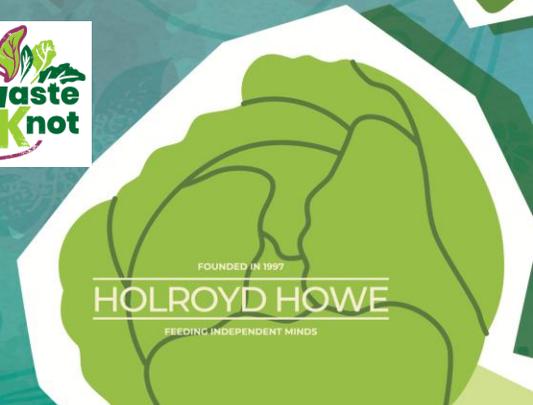
We believe in honest, homemade food using fresh, local, and seasonal British ingredients. We emphasize using quality ingredients and have partnerships with local farmers and suppliers.

## **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

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Pick Me Up</b>	Selection of Whole Fruit	Greek Yoghurt with Blueberries and Granola Topping	Cinnamon and Raisin Bagel	Sliced Fruit Platter	Toasted Crumpets
<b>Midday Munchies</b>	Margaritta Pizza	Chicken Stroganoff  Or Wild Mushroom Stroganoff	Roasted Topside of Beef or Rosemary and Thyme Quorn Fillet	Hunters Chicken Wrap  Or Stuffed Piquant Pepper Wrap	Fish Pie  Or Feta and Spinach Borak
<b>Flavour pairings</b>	Sweet Potato Wedges Peas Sweetcorn	Homemade Bread Steamed Rice Fine Green Beans Broccoli Florets	Yorkshire Pudding Roast Potatoes Rainbow Roasted Vegetable Savoy Cabbage Gravy	Deville Parmentier Potatoes Rainbow Slaw Roquette Salad	Petit Pois Baton Carrots Sprouting Broccoli
<b>Naturally, Sweetened Desserts</b>	Date Brownie	Cherry and Pineapple Cake	Steamed Apple Sponge served with Custard	Mixed Fruit Flapjack	Mango Layered Fool
<b>Snack o'clock</b>	Strawberry and Banana Smoothie	3 Cheese and Paprika Pinwheels	Smoked Salmon and Cream Cheese served with Rice Cakes	Selection of Cheese and Crackers	Sliced Fruit Platter
<b>Dinnertime Delight</b>	Creamy Mushroom Pasta	Jacket Potato Beans Cheese Tuna Mayonnaise	Gnocchi in a Tomato and Basil Sauce	Leek and Potato Soup served with Homemade Bread	Homemade Sausage and Pickle Roll served with Vegetable Crisps

# Nursery Lunch Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Pick Me Up</b>	Selection of Whole Fruit	Toasted English Muffin	Toasted Teacake	Greek Yoghurt with Blueberries and Granola Topping	Sliced Fruit Platter
<b>Midday Munchies</b>	Mexican Chilli Beef Or 5 Mixed Bean Chilli	Chicken Shawarma Wrap Or Halloumi and Red Pepper Wrap	Lamb Moussaka Or Mixed Vegetable and Butterbean Cassoulet	Lemon and Thyme Roasted Chicken Or Plant Based Roast	<b>International</b> 
<b>Flavour pairings</b>	Rice Guacamole Nachos Soured Cream	Minted Yoghurt Turkish Potato Wedges Roasted Mediterranean Vegetables	Homemade Focaccia Broccoli Florets Roquette Salad	Yorkshire Pudding Dauphinoise Potatoes Braised Red Cabbage Baton Carrots	
<b>Naturally, Sweetened Desserts</b>	Tres Leche Cake	Lemon and Lavender Possets	Blueberry Yoghurt Cake	Apple and Berry Crumble served with Custard	
<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	Whipped Feta with Ciabatta Dippers	Orange and Mango Smoothie
<b>Dinnertime Delight</b>	Tortilla De Patatas (Spanish Omelette)	Tomato Soup served with Cheese Sandwich	Fish Fingers New Potato Peas	Spinach, Cherry Tomato and Red Pesto Pasta	Jacket Potato Beans Cheese Tuna Mayonnaise

# 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>	3 Cheese Macaroni Topped with Roasted Butternut Squash  Or  Pasta Neopolitana	Tandoori Chicken Pockets  Or  Tandoori Paneer Pockets	Sausage meat Plait  Or  Vegetable Wellington	Beef Lasagne  Or  Vegetable Lasagne	Poached Salmon Fillet with a Parsley Sauce  Or  Roasted Vegetable Feta Tart
<b>Flavour pairings</b>	Homemade Corn Bread Corn on the Cob/Sweetcorn	Indian Spiced Rice Charred Vegetables Minted Yogurt Sauce	Creamy Mashed Potato Peas Baton Carrots Gravy	Homemade Garlic Bread Roasted Green Vegetables Caesar Salad	Crushed New Potatoes Green Beans Wilted Spinach Roquette Salad
<b>Naturally, Sweetened Desserts</b>	Strawberry Cheesecake	Citrus Pound Cake	Bread and Butter Pudding served with Custard	Rhubarb and Custard Pots	Cream Cheese topped Carrot Cake
<b>Snack o'clock</b>	Banana and Kiwi Smoothie	Wholemeal Pitta with Tzatziki Dip	Sliced Fruit Platter	Carrot and Cheese Scone	Sundried Tomato and Basil Hummus served with Focaccia Fingers
<b>Dinnertime Delight</b>	Jacket Potato Baked Beans Cheese	Tomato and Basil Pasta Bake	Butternut Squash and Sweet Potato Soup served with Homemade Bread	Cheese and Mixed Bean Quesadilla	Chicken Goujons Crudites Salsa Dipping Sauce