

# 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.



# Junior School

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bowl and Broth</b>	Soup of the day Toasted Seeds Crispy Onions Homemade Croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons
<b>Midday Munchies</b>	Macaroni Cheese topped with Roasted Butternut Squash 	Chicken Schnitzel 	Roast Beef and Yorkshire Pudding 	Lamb Moussaka 	Teriyaki Salmon Fillet with Sriracha Mayonnaise
<b>Midday Munchies</b>	Spring Vegetable and Leek Risotto Topped with a Parmesan Crisp 	Panko Breaded Aubergine Melanzane 	Vegetable and Lentil Wellington 	Spinach and Feta Spanakopita Tart 	Ramen Noodle Pot 
<b>Flavour Pairings</b>	Homemade Garlic Bread Tender stem Broccoli Fine Green Beans	Crispy Thyme Potatoes Roasted Mediterranean Vegetables	Fondant Potatoes Baton Carrots Cauliflower Cheese	Wholemeal Pitta Tzatziki Sauce Roasted Courgette and Peppers	Fries Broccoli Florets Steamed Green Beans
<b>Jacket and Pasta Bar</b>	Jacket Potato served with Beans and Cheese	Wholemeal Pasta and Rich Tomato Sauce	Jacket Potato served with Beans and Cheese	Wholemeal Pasta and Rich Tomato Sauce	Wholemeal Pasta and Rich Tomato Sauce
<b>Sweet Delights</b>	Orange Polenta Cake	Austrian Apple Strudel with Cinnamon Cream	Rhubarb and Strawberry Cake served with Custard	Galatouboureko (Greek Semolina dessert)	Chocolate Matcha Pot

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## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bowl and Broth</b>	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons
<b>Midday Munchies</b>	Margaritta Pizza 	Beef Stir-Fry 	Stefania Hungarian Stuffed Meatloaf 	Chicken Shawarma served with Lebanese Garlic Sauce 	<u>Brunch</u>  Bacon Sausage Vegan Sausage Bubble and Squeak Hash Browns Scrambled Egg
<b>Midday Munchies</b>	Feta, Olive and Roasted Red Pepper Pizza 	Edamame and King Oyster Mushroom Hoisin Stir-fry 	Red Onion, Purple Broccoli and Goats Cheese Tart Tartan 	Halloumi, Chickpea and Roasted Vegetable Shawarma 	
<b>Flavour Pairings</b>	Sweet Potato Wedges Corn on the Cob	Sesame Noodles Wilted Pak Choi Prawn Crackers	Creamy Mashed Potatoes Roasted Root Vegetables	Pitta Bread Cous cous Roasted Vegetables Lightly Pickled Cabbage	Baked Beans Sauteed Mushrooms Grilled Tomatoes
<b>Jacket and Pasta Bar</b>	Wholemeal Pasta and Rich Tomato Sauce	Jacket Potato served with Beans and Cheese	Wholemeal Pasta and Rich Tomato Sauce	Jacket Potato served with Beans and Cheese	Wholemeal Pasta and Rich Tomato Sauce
<b>Sweet Delights</b>	Churros with Sauce Selection	Coconut Rice Pudding topped with Spiced mixed Fruit	Banana and Date Bread	Nut Free Baklava	Homemade Scones with Jam and Cream

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## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bowl and Broth</b>	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons	Soup of the day Toasted Seeds Crispy Onions Homemade croutons
<b>Midday Munchies</b>	Sweet Potato, Spinach and Lentil Dopiaza Curry  	Beef Meatballs served with a Rich Tomato Sauce 	Spring Roasted Lamb topped with a Broad Bean Relish 	International Day 	Fish Fingers
<b>Midday Munchies</b>	Paneer Korma  	Vegetarian Balls in a Rich Tomato Sauce 	Quorn, Leek and Mushroom Pie 		Stacked Halloumi and Grilled vegetables 
<b>Flavour Pairings</b>	Turmeric Rice Onion Bhaji Cauliflower Aloo Gobi Poppadom's	Spaghetti Homemade Focaccia Bread Fine Green Beans	Roasted New Potatoes Baton Carrots Spring Greens Gravy		Fries Peas Sweetcorn Baked Beans
<b>Jacket and Pasta Bar</b>	Wholemeal Pasta and Rich Tomato Sauce	Jacket Potato served with Beans and Cheese	Wholemeal Pasta and Rich Tomato Sauce		Wholemeal Pasta and Rich Tomato Sauce
<b>Sweet Delights</b>	Lemon and Lavender Drizzle Cake	Chocolate and Orange Tiramisu Pots	Orchard Fruit Streusel Crumble with Custard		Loaded Chocolate Brownie