Junior School Lunch Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Organic Macaroni Cheese Topped with Roasted Butternut Squash	Chicken Stir-Fry	Sausage Roll	Roasted Chicken Thighs With Gremolata Sauce	Teriyaki Salmon Fillet with Sriracha Mayonnaise
	Broad Beans & Mint Risotto	Edamame and King Oyster Mushroom Hoisin Stir-fry	Vegan Sausage Roll	Red Onion, Tarragon and Goats Cheese Tart	White Miso Ramen Noodle Pot
SIDES	Roasted Vegetables Cavolo Nero Basil Pesto Garlic Bread	Sesame Noodles Wilted Pak Choi Prawn Crackers	New Potato Salad Steamed Greens Broccoli Onion Chutney	Roasted Potatoes Batons Carrots Hispy Cabbage Yorkshire Pudding Gravy Pasta Tomato Sauce	Purple Broccoli Sprouts Chips Green Beans
DESSERT	Citrus Drizzle Cake	Coconut Rice Pudding	Orange Polenta Cake	Pannacotta & Berries	Homemade Scones With Jam & Cream
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

FOUNDED IN 1997
HOLROYD HOWE
FEEDING INDEPENDENT MINDS

FOOD FOR LIFE BRONZE SCHOOL AWARD
Soil Association

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Pizza Margherita	Beef Lasagne	Roasted Loin of Pork	Mint Lamb Kofta Vegan Chickpea Falafel & Hummus	Brunch ! Sausages, Bacon Scrambled Eggs
	Sweetcorn & Roasted Red Peppers Pizza	Vegetarian Lasagne	Courgette, Mint, Pea & Ricotta Frittata		Roasted Tomatoes Mushrooms
SIDES	Tender Steam Broccoli Skin On Julienne Fries Curly Kale	Garlic Bread Petit Pois Carrots Roasted Aubergines & Courgettes	Roasted Potatoes Roasted Swede & Celeriac Apple Sauce Green Beans Gravy Yorkshire Pudding	Curcuma Rice Wholemeal Pitta Bread Labneh Sauce Broccoli Pickle Cabbage	Hash Browns Baked Beans Brown Sauce
DESSERT	Churros with Sauce Selection	Carrot & Dates Cake	Chocolate Tiramisu Pots	Semolina Cake with Strawberries Compote	Super Seedy Flapjack
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

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Junior School Lunch Menu

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS **TO NOURISH, NURTURE AND SUSTAIN**	Sweet Potato, Spinach and Lentil Dopiaza Curry	Beef Meat Balls In Tomato Sauce	Roasted Turkey H With Cranberry Sauce	International Day	Omega 3 Fish Fingers
	Paneer Korma	Chickpeas Vegan Balls in Tomato Sauce	Spinach, Feta & Dill Filo Pastry Pie		Stacked Halloumi & Roasted Vegetables
SIDES	Turmeric Rice Cauliflower Aloo Gobi Poppadom's	Spaghetti Petit Pois Roasted Celeriac Black Olive Bread Parmesan Shaves	Crushed Carrots & Swede Savoy Cabbage Roasted Potatoes Yorkshire Pudding Gravy		French Fries Garden Peas Sweetcorn Ketchup Tartare Sauce Lemon
DESSERT	Rhubarb & Strawberries Sponge	Banana & Dates Bread	Wholemeal Fruit Crumble with Custard		Gluten Free Chocolate Brownie
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

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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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