

“Dining at school should be fun and exciting – the children that we serve need to be inspired by the food we offer and assured that we have applied our time and expertise in providing them with the nutritional balance they need and expect. At Holroyd Howe Independent, we take these responsibilities very seriously and work tirelessly to deliver our services with care, spirit and professionalism.”

Nick Howe, Founder

FEEDING THE FUTURE



about us

Established in 1997, Holroyd Howe Independent is one of the UK's leading contract caterers, specialising solely in the provision of food services to independent schools and colleges.

**Whilst we do not want to be the biggest, we want to be the best
– this drives us on!**

We serve meals that are fresh, contemporary, nutritionally balanced and sourced locally. We are committed to maintaining a healthy eating policy and work in partnership with our schools and an expert nutritionist to promote the wellbeing of pupils and staff.

At the New School at West Heath, we will provide the following...

At breakfast...

- A range of cereals, yoghurt with dried fruits, fresh fruit, hot dishes using favourites from around the world, served with a selection of breads and hot and cold drinks, homemade fruit smoothies, themed breakfast specials

At lunch...

- Homemade soups with homemade bread
- Two hot main meals, one a vegetarian option, vegetables and accompaniments, served with home baked bread
- Freshly prepared daily salad bar with lots to choose from!
- Jacket potato and pasta bars with a choice of toppings
- Tempting hot or cold desserts every day
- Seasonal cut fruit and homemade yoghurt, custard and jelly pots.

We incorporate in our menus an exciting selection of meals, including traditional favourites and contemporary dishes that reflect modern trends.

90% of our food is freshly prepared using fresh seasonal ingredients, and we always ensure that a selection of fruit is available at all meal times.

Special '**discovery days**' supported by our suppliers, who will visit the school at break times and display local produce and other **foods of interest**.

In addition...

- Healthy packed lunches as required for excursions
- Refreshments for school events, functions and hospitality

Lunch Menu

Sample



	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup	Butternut Squash, chilli and crème fraîche	Winter vegetable	Thailand Day Thai style chicken noodle	Mushroom, garlic and chive	French onion with gruyere crouton
Main Meal	Traditional Beef Lasagne	Garlic and herb roast chicken	Thai pork burgers with dipping sauce	Roast beef with horseradish sauce	Hand battered or breaded hoki fillet with lemon and tartare sauce
Vegetarian Choice	Pea, mint and feta tortilla omelette	Aubergine, pepper and mozzarella stack	Sweetcorn and spring onion fritters with dipping sauce	Veggie sausage and onion plait	Butternut squash and mushroom pie
Side Dishes	Potato wedges Garlic bread Green Salad	Lemon couscous Ratatouille Spinach	Vegetable noodles Crunchy cucumber salad	Roast potatoes Yorkshire Puddings Cabbage Swede mash	Chunky chips Peas Green Beans
Snack Meal	Jacket potato with beef chilli and cheese	Fusilli Arrabiata with fresh parmesan shavings	Sweet chilli vegetable noodles	Tagliatelle Carbonara	Jacket Potato with garlic mushrooms and crème fraîche
Chef's Deli Specials	Cajun Chicken salad tortilla wrap Red Leicester and spring onion wholemeal baguette	Honey roast ham salad baguette Houmous, rocket and carrot on multigrain bread	Cream cheese and salmon bagel Egg mayonnaise and chive baguette	Hoisin Chicken wrap Cream cheese and roasted vegetable onion bagel	Mature Cheddar and pickle on wholemeal bread Falafel and houmous wrap
Hot Dessert	Sticky Toffee Pudding with Custard	Apple Crumble and Custard	Melt in the Middle Chocolate Pudding	Cherry Pie with fresh cream	Friday Special: Ice cream – choose your own toppings!
Fruit and yoghurts	A selection of yoghurt, jelly and custard pots will be available daily, along with freshly cut and whole fruit				

Making Food Fun at West Heath



Nutrition and Fresh Food

As an organisation we wholeheartedly encourage the move towards a healthier lifestyle within our schools, and as such, we ensure that the structure and content of all our menus promotes the wellbeing of our customers.

We adhere to the principle of 'getting the balance right', which simply means having enough fruit and vegetables, protein, fibre and starchy foods and avoiding too much fat, sugar and salt.

The nutritional guidelines for school meals, which have been implemented into state schools, are not a legislative requirement for independent schools. However, we recognise our responsibilities to keep within these guidelines and as such we have created our own 'Nutritional Guidelines' to follow in line with what we believe to be 'best practice'. The ultimate goal is to help children enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.

These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options. They should have a positive impact on children's health and help encourage them to eat more nutritious food.

As a company, we commit to a 'Fresh Food Policy' which means at least 90% of the dishes we serve must be prepared from fresh ingredients.

we want the students that we serve

to eat well in our dining rooms

and perform well in their classrooms



Working in partnership
with the New School at
West Heath

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