




WEEK COMMENCING: 2/11, 23/11, 14/12, 4/1, 25/1, 8/3, 29/3

WEEK 1

MONDAY

- (Il Pollo) Chicken Pasta in a White Sauce 
- Mozzarella & Tomato Puff Squares with Boiled Potatoes 
- Cheese Sandwich
- Jacket Potato with Cheese Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Sweetcorn & Broccoli
- Peaches with Ice Cream and Fruit Melba Sauce



TUESDAY

- Hotpot with Garlic Bread 
- Roasted Vegetable Calzone 
- Tuna Mayonnaise Roll
- Cheese & Tomato Pasta Bake
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Peas & Cauliflower
- Oaty Apple & Berry Crumble with Custard



WEDNESDAY

- Roast Chicken Breast with Roast Potatoes & Gravy 
- Roasted Vegetarian Strips with Gravy & Roast Potatoes 
- Cheese Roll
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Carrots & Green Beans
- Yoghurt Bar

THURSDAY

- Meat Feast Pizza 
- Margherita Pizza 
- Chickpea & Mixed Vegetable Spicy Rice
- Egg Mayonnaise Sandwich
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Roasted Mediterranean Vegetables & Sweetcorn
- Orange Jelly with Fruit


FRIDAY

- Fish Fingers & Chips 
- Spicy Bean Burger in a Bun with Chips 
- Tuna Mayonnaise Sandwich
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Peas & Baked Beans
- Fresh Fruit Salad




WEEK COMMENCING: 9/11, 30/11, 21/12, 11/1, 1/2, 22/2, 15/3

WEEK 2

MONDAY

- Chicken Stir Fry & Noodles 
- Macaroni Cheese 
- Tuna Mayonnaise Wrap
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Carrots & Vegetable Medley
- Lemon Cheesecake Yoghurt



TUESDAY

- Meat Curry & Rice 
- Vegetable Lasagne 
- Cheese Roll
- Chickpea & Mixed Vegetable Balti with Rice 
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Green Beans & Cauliflower
- Pear & Mixed Berry Pie with Custard



WEDNESDAY

- Roast Turkey with Roast Potatoes & Gravy 
- Roast Vegetarian Strips with Roast Potatoes & Gravy 
- Tuna Mayonnaise Sandwich
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Carrots & Green Cabbage
- Yoghurt Bar

THURSDAY

- Meat Feast Pizza 
- Margherita Pizza 
- Egg Mayonnaise Roll
- Vegetarian Chicken Style Piri Piri Strips Wrap
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Sweetcorn & Broccoli
- Lemon Shortbread with Fruit



FRIDAY

- Battered Pollock & Chips with a Homemade Tartar Sauce 
- Quorn Frankfurter Hotdog with Chips 
- Cheese Sandwich
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Peas & Baked Beans
- Frozen Toffee Yoghurt


WEEK COMMENCING: 16/11, 7/12, 18/1, 8/2, 1/3, 22/3

WEEK 3

MONDAY

- Spagetti Bolognese 
- Vegetarian Bolognese 
- Cheese Sandwich
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Carrots & Green Beans
- Peach Fool



TUESDAY

- Chicken Sausage with Mashed Potato & Gravy 
- Quorn Sausage with Mashed Potato & Gravy 
- Tuna Mayonnaise Wrap
- Vegetable Curry with Rice
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Green Cabbage & Cauliflower
- Apple & Banana Cake with Custard



WEDNESDAY

- Roast Garlic & Lemon Chicken with Roast Potatoes & Gravy 
- Roast Quorn with Roast Potatoes & Gravy 
- Cheese Roll
- Jacket Potato with Cheese, Baked Beans & Tuna
- Daily Salad Bar & Fresh Bread
- Carrots & Broccoli
- Yoghurt Bar

THURSDAY

- Meat Feast Pizza 
- Margherita Pizza 
- Tuna Mayonnaise Sandwich
- Vegetable Hotpot
- Jacket Potato with Cheese, Baked Beans or Tuna
- Daily Salad Bar & Fresh Bread
- Swetcorn & Roasted Medditeranean Vegetables
- Strawberry Jelly & Ice Cream

FRIDAY

- Fish Fingers & Chips 
- Cheese & Broccoli Quiche with Chips 
- Cheese Sandwich
- Jacket Potato with Salmon Mayonnaise
- Daily Salad Bar & Fresh Bread
- Peas & Baked Beans
- Fresh Fruit Salad

KEY



Vegetarian



Plant Based Vegan Friendly



Halal Option Available



MSC Fish

# HOT MEALS ARE BACK!

## INTRODUCING YOUR NEW MENU

## THANK YOU

This academic year has been like no other, which is why school lunches might have been a bit different recently. We'd like to say a big thank you for your support whilst we've been establishing the best approach for your school.

Where we've temporarily introduced packed lunches, we've been working hard behind the scenes to safely reintroduce hot meals.

We're now pleased to share the new menu with you, along with some of the great benefits school lunches can offer children and families!

## WELL FOR WINTER

Eating well helps to build and maintain healthy immune systems, which is why we think it's so important children can enjoy healthy, warming lunches at school, wherever possible.

We know it's a difficult time for most right now so want to highlight five ways school meals have the power to support you and your child this winter.



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

## YOUR SCHOOL LUNCHES ARE:

### 1 SUPER SAFE

From implementing Covid-19 safety measures, to carefully catering for a range of special dietary needs, the safety of our people and diners is always our top priority. Our health and safety experts make sure our catering teams have everything they need to run a safe service each day and support them with risk assessments and regular service reviews.



Check out our 'back to school' guide for parents and carers to hear from our management and nutrition specialists.

### 2 MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day

All our meals are balanced and made from ingredients which are sustainably sourced and better for animal welfare.



Our ingredients are sourced from local and UK suppliers wherever possible – a fact we love to show off through our partnership with Love British Food.

Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.



### 3 EVEN HEALTHIER – AND STILL DELICIOUS!

ON AVERAGE, WE'VE REDUCED THE SUGAR IN OUR MENUS BY 30%



WE DON'T ADD ANY SALT TO OUR RECIPES...

We use herbs, lemon juice and other natural ingredients to add flavour.



THERE ARE NOW EVEN MORE VEGGIES ON OUR MENUS

We've committed to upping our veg count and are proud Peas Please pledgers. Find out more here!



WE'VE INTRODUCED MORE PLANT-BASED OPTIONS

So children have more choice when it comes to enjoying meat-free meals which can provide more fibre & less saturated fat!



### 4 TERRIFIC VALUE

...AND ABSOLUTELY FREE FOR MANY, INCLUDING EVERY CHILD IN KS1!



#### CHOOSING FREE SCHOOL MEALS

If your child is in key stage 1 or your family is entitled to certain benefits – could save you around £400 every year.



FOR KS2 CHILDREN, OUR MEALS OFFER GREAT VALUE

Few places offer homemade two course meals made from great ingredients at such a good price.



CLICK HERE TO FIND OUT HOW MUCH YOU CAN SAVE

### 5 TOP TIME SAVERS



Leave the challenge of creating exciting lunches every day to us – save time on shopping and chopping!

#### CONTACT US:

 Payments and Meal Ordering

 Nutrition Guidance

 General Enquiries

#### FOLLOW US:



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