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

# **MONDAY**

Tomato & Lentil Bean Pasta 🔻

**TUESDAY** 

Vegetable Hotpot V

WEDNESDAY

Roast Soya Strips with Roast

**THURSDAY** 

Margherita Pizza 🔻

### **FRIDAY**





Pesto Penne Pasta (Nut Free) 🔻





**KFY** 

Vegetarian

Halal Option Available



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

## MONDAY

Vegetarian Honey & Ginger

Baked Beans or Tuna

Lemon Cheesecake Yoghurt

### **TUESDAY**

Lamb Curry with Rice



Baked Beans or Tuna

### WEDNESDAY

Macaroni Cheese V

Baked Beans or Tuna

Pear & Mixed Berry Pie with Custard

**THURSDAY** 

Margherita Pizza V

Baked Beans or Tuna

# **FRIDAY**

Breaded Pollock with Chips 🧭



Baked Beans or Tuna

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

### **MONDAY**

Vegetable Bolognaise 🔻

Baked Beans or Tuna

Daily Salad Bar & Fresh Bread

Lemon Cheesecake Yoghurt

**TUESDAY** 

with Mashed Potato

Balti with Rice

Jacket Potato with Cheese, Baked Beans or Tuna

Daily Salad Bar & Fresh Bread

Green Cabbage & Cauliflower

## WEDNESDAY

## Roast Garlic & Lemon Chicken with Roast Potatoes & Gravy



Baked Beans or Tuna

Daily Salad Bar & Fresh Bread

Fruity Flapjack

## **THURSDAY**

Baked Beans or Tuna

Daily Salad Bar & Fresh Bread

Sweetcorn & Roasted Mediterranean Vegetables

### **FRIDAY**

Fish Fingers with Chips 🥢



Spicy Bean Burger in a 💎

Jacket Potato with

Daily Salad Bar & Fresh Bread

Peas & Baked Beans

Fresh Fruit Salad



# 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!

# WELLFOR 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.



# YOUR SCHOOL LUNCHES ARE:





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' quide for parents and carers to hear from our management and nutrition specialists.

# 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 meatfree meals which can provide more fibre & less saturated fat!







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.



### FOR KS2 CHILDREN. OUR **MEALS OFFER GREAT VALUE**

two course meals made from great ingredients at such a good price.



CAN SAVE



# TOP TIME SAVERS



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

### **CHOOSING FREE SCHOOL MEALS**

TERRIFIC VALUE

...AND ABSOLUTELY FREE FOR MANY,

**INCLUDING EVERY CHILD IN KS1!** 

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



Few places offer homemade

## **CONTACT US:**

**Nutrition Guidance** 



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