

**WEEK COMMENCING: 2<sup>nd</sup> Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec, 4<sup>th</sup> Jan, 25<sup>th</sup> Jan, 8<sup>th</sup> Mar**

WEEK 1

**MONDAY**

Shepherdess Pie  with Jacket Wedges


Margherita Pizza  with Jacket Wedges

Peas & Cauliflower

Fruit Salad  
or Fruit or Yoghurt

**TUESDAY**

Beef Pasta Bolognese 

Mozzarella & Tomato Puff Squares  with Crushed Potatoes

Jacket Potato with  Baked Beans & Cheese

Sweetcorn & Broccoli

Fruit Salad  
or Fruit or Cheese & Crackers

**WEDNESDAY**

Garlic & Lemon Chicken  with Roast Potatoes

Cheese & Tomato  Penne Pasta

Carrots & Green Cabbage

Fruit Salad  
or Fruit or Yoghurt

**THURSDAY**

Chicken Sausage  Mashed Potato & Gravy

Three Bean Casserole  with Mashed Potato

Jacket Potato  with Cheese

Green Beans & Sweetcorn

Fruit Salad  
or Fruit or Cheese & Crackers

**FRIDAY**

Breaded Fish Fillets  Fish Fingers & Chips

Tarka Dhal with Rice 

Jacket Potato  with Baked Beans

Peas & Baked Beans

Fruit Salad  
or Fruit or Yoghurt

**KEY**



**Vegetarian**



**Plant Based  
Vegan Friendly**



**MSC Fish**




**Halal Option  
Available**

**WEEK COMMENCING: 9<sup>th</sup> Nov, 30<sup>th</sup> Nov, 11<sup>th</sup> Jan, 1<sup>st</sup> Feb, 22<sup>nd</sup> Feb, 15<sup>th</sup> Mar**

WEEK 2

**MONDAY**


Cheese & Onion Flan  with Crushed Potatoes


Tomato, Lentil  & Bean Pasta


Green Beans & Sweetcorn

Fruit Salad  
or Fruit or Yoghurt

**TUESDAY**

Chicken Curry with Rice 

Chickpea & Mixed Vegetable  Balti with Rice


Jacket Potato  with Cheese

Peas & Cauliflower

Fruit Salad  
or Fruit or Cheese & Crackers

**WEDNESDAY**

Roast Chicken  with Roast Potatoes & Gravy

Quorn Sausage  with Roast Potatoes & Gravy


Jacket Potato  
with Salmon Mayonnaise

Carrots & Broccoli

Fruit Salad  
or Fruit or Yoghurt

**THURSDAY**

Beef Cottage Pie 


Margherita Pizza  with Potato Wedges

Vegetable Medley

Fruit Salad  
or Fruit or Cheese & Crackers

**FRIDAY**

Battered Fish  or Fish Fingers & Chips

Cheese & Tomato Pinwheel 

Jacket Potato  with Baked Beans

Peas & Baked Beans

Fruit Salad  
or Fruit or Yoghurt

**WEEK COMMENCING: 16<sup>th</sup> Nov, 7<sup>th</sup> Dec, 18<sup>th</sup> Jan, 8<sup>th</sup> Feb, 1<sup>st</sup> Mar, 22<sup>nd</sup> Mar**

WEEK 3

**MONDAY**


Macaroni Cheese 

Butterbean & Vegetable  Tagine with Couscous

Carrots & Cauliflower

Fruit Salad  
or Fruit or Yoghurt

**TUESDAY**

Sweet & Sour Chicken  with Rice

Vegetable Chilli  with Rice

Jacket Potato  with Cheese

Sweetcorn & White Cabbage

Fruit Salad  
or Fruit or Cheese & Crackers

**WEDNESDAY**


Roast Turkey with  Roast Potato & Gravy

Vegetarian Strips with  Roast Potatoes & Gravy

Carrots & Broccoli

Fruit Salad  
or Fruit or Yoghurt

**THURSDAY**

Beef Burger in a Bun  with Jacket Wedges

Quorn Burger in a Bun  with Jacket Wedges


Jacket Potato  with Coleslaw

Green Beans & Sweetcorn

Fruit Salad  
or Fruit or Cheese & Crackers

**FRIDAY**

Breaded Fish Fillets  or Fish Fingers & Chips

Cheese & Leek  Pasty with Chips

Jacket Potato  with Baked Beans

Peas & Baked Beans

Fruit Salad  
or Fruit or Yoghurt

# 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:

Click here for Meal Ordering and Payment information

### 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 

The menus are accredited by the Soil Association – meaning 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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