



**What your
child eats
matters**

Benefits of School Meals

Your children will benefit from the healthiest school meal provision available.

Our healthy school meals ensure children have energy and concentration in the afternoons, enabling them to get the most out of their learning and activities.

Our allergen training ensures that our kitchen teams identify individual children with specific dietary and allergen requirements and ensure that these requirements are met.

Our kitchen teams are trained to interact and engage positively with your children, encouraging good meal choices and clean plates at the end of lunch.

We support with lessons and activities based around food, for a whole school approach.

Our aim is to ensure that every child not only has the opportunity to enjoy a healthy school lunch, but also takes an interest in the food that they are eating.



Our school meals are very important to us.

We believe that nutritious food helps the children grow healthy in mind and body.

Healthy diets also result in improved behaviour and attendance at school.

We provide the most nutritious meals; we want to make a positive difference to the health and wellbeing of your children.

www.schoolfoodplan.com

www.foodforlife.org.uk



There is such thing as a Free Lunch!

School lunch is provided.

It's easy - just log into your school meal booking system and choose. We offer a variety of choices every day including a packed lunch.

The children eat together with their school family; it is such a special and important part of the school day

No more packed lunches for you to make!

"I love eating a school meal with my friends. The best day is roast day." Freya



Summer Menu 2022

To go with the main meal ...

Seasonal vegetables **V**

All vegetables are seasonal with the exception of peas, sweetcorn and baked beans

Jacket Potatoes

Jacket potatoes are available as an alternative main meal with cheese **V**, beans **V** or tuna mayo

Freshly Baked Bread

Freshly baked bread is available each day to compliment the main meal

Salad Bar

A freshly prepared salad bar is available daily.

Yogurts and fresh fruit are also available daily.

V Vegan

V Vegetarian

Week Three

For weeks commencing
09/05, 13/06, 04/07, 25/07

Wholemeal margherita pizza **V** or Roasted vegetable lasagne **V** or Vegan pizza **V** with herby diced potatoes

Cheese and salad wrap **V** or
Egg mayo sandwich **V**

Oat cookie **V**

Meatballs or Veggieballs **V** in tomato sauce with spaghetti and crusty bread

Falafel spinach & mango chutney wrap **V** or
Ham sandwich

Sticky toffee slice

Honey roast ham and gravy or Cauliflower and broccoli cheese bake **V** or Vegan roast **V** and roast potatoes

BBQ jackfruit and lettuce wrap **V** or Tuna mayo sandwich

Organic ice-cream

Pulled BBQ chicken wrap and savoury rice or Salmon fishcake and new potatoes **V** or Veggie stir fry wrap **V**

Ham and salad wrap or Cheese sandwich

Home-made carrot cake

Fish fingers or Lentil loaf **V** or Vegan nuggets **V** with chips and peas or beans **V**

Tuna mayo and cucumber wrap or Chicken mayo sandwich

Organic rocket ice lolly **V**

Week Two

For weeks commencing
02/05, 23/05, 27/06, 18/07

Mac and cheese **V** or
Vegan pasta bake **V** with garlic bread

Falafel wrap with spinach & mango chutney **V** or Egg mayo sandwich **V**

Apple flapjack **V**

Local home-made beef burger bap or Vegan hot dog **V** with potato wedges and corn on the cob **V**

Tuna mayo and cucumber wrap or Cheese sandwich **V**

Fruits-of-the-forest muffin

Roast turkey and gravy or Yorkshire pudding stuffed with roasted vegetables **V** or Vegan Roast **V** with roast potatoes

Ham and salad wrap or Tuna mayo sandwich

Strawberry jelly and whippy cream **V**

Crispy chicken with plum sauce and noodles or Nasigoreng noodles **V** with stir fry vegetables

Cheese and salad wrap **V** or Ham sandwich

Chocolate surprise brownie

Fish fingers or Margherita wrap **V** or Vegan wrap **V** with chips and peas or beans **V**

BBQ jackfruit and lettuce wrap **V** or Chicken mayo sandwich

Organic ice-cream

Week One

For weeks commencing
25/04, 16/05, 20/06, 11/07

Wholemeal margherita pizza **V** or Quorn burger bap **V** with crunchy diced potatoes

Falafel wrap with spinach & mango chutney **V** or Egg mayo sandwich **V**

Chocolate krispy cake **V**

Local pork sausages or Quorn sausages **V** or Vegan sausages **V** with mash

Tuna mayo and cucumber wrap or Ham sandwich

Apple and cinnamon muffin

Roast chicken and gravy or Cheese and leek parcel or Vegan roast **V** with roast potatoes

Ham and lettuce wrap or Tuna mayo sandwich

Organic ice-cream

Pasta beef Bolognese or Pasta tomato and roasted vegetables with garlic bread

Chicken mayo and lettuce wrap or cheese sandwich **V**

Lemon drizzle cake

Fish fingers or Cheese omelette **V** or Vegan nuggets **V** with chips and peas or beans **V**

BBQ jackfruit and lettuce wrap **V** or Chicken mayo sandwich

Frozen yoghurt smoothie

MEAT-FREE MONDAY

TUESDAY

ROAST WEDNESDAY

THURSDAY

FISH FRIDAY

