

great food

Be inspired for Life

SUMMER 2017 MENU

Exercise to keep fit and healthy



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Seasoned chicken & rice Root roasted vegetables in savoury couscous Jacket potato & coleslaw Green beans Yogurt & dried fruit	BBQ sauce chicken & vegetable rice Quorn (soya pieces) mince shepherd's pie Jacket potato with tuna & sweetcorn Carrots & peas Apple & pineapple crumble & custard	Tuna /salmon pasta bake Sweetcorn & pepper pizza Jacket potato & cheese Sweetcorn Fruit jelly & ice cream	Lamb curry with rice & naan (Indian) bread Quorn (soya) & veg biriyani Jacket potato & Quorn (soya) mince Broccoli & carrots Carrot cake with icing	Battered cod fish/fish fingers Vegetable lasagne (pasta) & chips Jacket potato & baked beans Baked beans & gardens peas Fruity Friday
WEEK TWO	Savoury minced lamb & spaghetti Quorn (Soya) Vegetarian mince bolognaise Jacket potato & cheese Green beans Peaches & ice cream	Chicken sausage in a hot dog roll/mashed potato Vegetables sausage roll Jacket potato & coleslaw Mixed vegetables Chocolate sponge with chocolate sauce	Roast beef & roasted potato & Yorkshire pudding Macaroni cheese Jacket potato & tuna Baby carrots/ peas Pancakes & toffee sauce	Chicken & potato curry with rice Chick pea & lentil (vegetarian) curry Jacket potato Quorn (soya) mince Broccoli & carrots Orange drizzle cake & custard	Turkey dinosaur & chips Cauliflower bake Jacket potatoes & Baked beans Baked beans/ Gardens peas Fruity Friday
WEEK THREE	Chicken casserole with Jollof (spicy African) rice Vegetable pasta bake Jacket potato & cheese Carrots & peas Fruit salads	Chicken nuggets & herb potatoes Lentil potato curry & rice Jacket potato & coleslaw Broccoli Cheesecake in crumble	Roast turkey & roast potato & stuffing Macaroni cheese Jacket potato & Quorn (soya) mince Brussel sprouts & carrots Fruit jelly	Beef lasagne with granary bread. Stir fry noodles & vegetables Jacket potato & tuna Mixed vegetables Rice pudding	Grilled cod/ fish fingers with chips Quorn (soya) & veg rolls Jacket potato & baked beans Baked beans / Peas Fruity Friday
WEEK FOUR	Chicken & lentil casserole with rice / potato Vegetable stew with rice Jacket potato & coleslaw Green beans Yogurt with dried fruits	Herb roast chicken & vegetable rice Spring vegetable bake Jacket potato & tuna with sweetcorn Carrots & peas Shortbread biscuits	Lamb burger & potatoes wedges Vegetable burger in bun with potato wedges Jacket potato & cheese Sweet corn Dairy ice cream	Jerk (Caribbean spicy) chicken & rice & peas Macaroni cheese Jacket potato & Quorn (soya) mince Broccoli & carrots Lemon drizzle cake & custard	Battered cod fish/fish fingers Cheese & onion puff Jacket potato & baked beans Chips Baked beans gardens peas

All Meat is Halal. Pork products are NOT part of any ingredient. A variety of Salads, Fruit, Fresh Bread, and fresh sandwiches, Milk and Water are available daily.

Please find the new menu for use from Monday 27th February 2017. It is a four week rolling menu, so please note we start with week one on Monday 27 February 2017.

We have made some changes following the food tasting held in February 2017. We also listened to what the children had to say and made changes based on how much food was wasted each day.

Over the past few terms we have found that:

- Children like their meat to be “dry” ie roasted, not with sauce.
- Children prefer to have a Quorn soya based dish such as vegetable biriyani because they liken Quorn to chicken.
- The children LOVE gravy on their rice!
- Most children will eat fruit happily, but they are less likely to try salads, even though we have 6 options and change them weekly (ie variations including pasta, cous cous etc)
- Three dishes have made it through to this summer menu from the tasting. On the food tasting day, all food tasted was strongly approved by the parents/children, but on school trials, children were not keen on some of the dishes. Therefore the successful options included are:

- **Root roasted vegetables in savoury cous cous**
- **Chicken casserole with Jollof rice (rice with spices)**
- **Roast turkey (instead of Roast chicken)**

- To introduce different pulses, we are trying **chicken and lentil casserole**
- We are going to try introducing fish via other dishes—so a **salmon or tuna bake** will be trialed
- **Chicken hot dogs** have been introduced to help encourage children try something similar yet different—there will be an option to have the hot dog with a bread roll or with mashed potato.
- **Bagels/Sandwiches are being offered daily** with cheese or turkey fillings alongside the main choices. This helps children have even more choice and trials are very successful so far. **Jacket Potatoes are also being offered daily in the same way.**

Fernanda Kitchen manager said

The children are always very polite and try very hard to enjoy new foods. They eat a wider variety of food than a year ago.

Duwan the School Business Manager and head of the kitchen team said.

I am proud of the way we have an inclusive worldwide lunch menu with lots of variety.

