

1+2

## Free school meals for all children in reception, year 1 & 2

All children in reception and years 1 and 2 are entitled to free meals as part of the Government's new Universal Infant Free School Meal. This is worth up to £418 per year per child - please talk to your child's school for more details.

## Can I claim free school meals for my older children?

**YES!** If you receive specific benefits or have a household income below the Government threshold, register your entitlement on the Government website. A full list of free school meal entitlement can be found at:  
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

## Special diets and allergies

Any pupil that has a special dietary requirements or with a medically diagnosed food intolerance or allergy, please contact your school admin office immediately. It is our policy to provide a catering service for all pupils with medically-diagnosed food allergies, food intolerances or a medical condition which affects their eating.

## Food miles...

We are actively reducing our carbon footprint and we are proud to be using local suppliers to cut down on our food miles. We always consider where the food we put on the plates comes from and how it was produced.

## Special theme days

Look out for our special menus throughout the year, multi-cultural celebrations, national days and events, and menus to link in with the curriculum.



If you would like your child to start receiving a school meal, simply contact the main office at your child's school

# Feeding our future

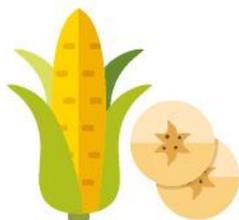
## Autumn and winter menus 2023



# Autumn and winter 2023

We are committed to educating, promoting and encouraging the benefits of a healthy, nutritious balanced diet now and the future. The UK School Foods Standards covers all food served within the school day. All our meals are freshly prepared on site daily by our dedicated catering team.

## Week 1



### Monday

Chicken sausage with Yorkshire pudding  
Vegetarian meatballs  
Cheese bap  
Jacket potato with choice of filling  
Ice cream tub  
Fresh fruit, yogurt  
Creamed potatoes, pasta, cabbage, carrots

### Tuesday

Katsu chicken curry  
Cheese whirl  
Tuna finger roll  
Jacket potato with choice of filling  
Chocolate brownie  
Fresh fruit, yogurt, cheese and biscuits  
Boiled rice, creamed potatoes, baked beans and sweetcorn

### Wednesday

Roast chicken and gravy  
Quorn bolognaise  
Egg on wholemeal bread  
Jacket potato with choice of filling  
Apple sponge and custard  
Fresh fruit, yogurt  
Baked new potatoes, pasta, broccoli, carrots

### Thursday

Homemade mince beef pie  
Pizza choice  
Chicken wrap  
Jacket potato with choice of filling  
Shortbread biscuit with orange wedge  
Fresh fruit, yogurt, cheese and biscuits  
Creamed potatoes, half jacket, sweetcorn, green beans

### Friday

Fish fingers  
Quorn dippers with BBQ sauce  
Cheese finger roll  
Jacket potato with choice of filling  
Beetroot muffin  
Fresh fruit, yogurt  
Chips, pasta, mushy peas, baked beans

## Week 2



### Monday

Beefburger  
Mediterranean pasta bake  
Tuna on wholemeal bread  
Jacket potato with choice of filling  
Ice cream  
Fresh fruit, yogurt, cheese and biscuits  
Creamed potatoes, half jacket, Peas and baked beans

### Tuesday

Chicken sausage  
Quorn curry of the day  
Cheese finger roll  
Jacket potato with choice of filling  
Raspberry bun  
Fresh fruit, yogurt  
Savoury rice, jacket wedges, sweetcorn, green beans

### Wednesday

Roast chicken, stuffing with gravy  
Savoury quorn mince with Yorkshire pudding  
Egg bap  
Jacket potato with choice of filling  
Syrup sponge and custard  
Fresh fruit, yogurt  
New potatoes, creamed potatoes, roasted parsnips, sweetcorn

### Thursday

Spaghetti bolognaise  
Cheese whirl  
Chicken wrap  
Jacket potato with choice of filling  
Fruit jelly  
Fresh fruit, yogurt, cheese and biscuits  
Creamed potatoes, spaghetti, broccoli, baked beans

### Friday

Breaded fish  
Spring roll with hoi sin sauce  
Cheese on wholemeal bread  
Jacket potato with choice of filling  
Chocolate Krispie cake  
Fresh fruit, yogurt  
Chips, noodles, garden peas and baked beans

## Week 3



### Monday

Beef chilli and nachos  
Cheese and tomato pizza  
Tuna wrap  
Jacket potato with choice of filling  
Angel delight  
Fresh fruit, yogurt, cheese and biscuits  
Savoury rice, diced herby potatoes, sweetcorn and peas

### Tuesday

Chicken tikka  
BBQ glazed veggie sausage  
Cheese bap  
Jacket potato with choice of filling  
Jelly and fruit  
Fresh fruit, yogurt  
Boiled rice, creamed potatoes, carrots, and sweetcorn

### Wednesday

Roast chicken, Yorkshire pudding and gravy  
Quorn bolognaise  
Egg finger roll  
Jacket potato with choice of filling  
Chocolate sponge and custard  
Fresh fruit, yogurt  
New potatoes,, cauliflower florets, carrots

### Thursday

Beefburger in a bun  
Cheese whirl  
Chicken wrap  
Jacket potato with choice of filling  
Fruity flap jack  
Fresh fruit, cheese and biscuits, yogurt  
Half jacket potato, creamed potatoes, baked beans, sweetcorn

### Friday

Salmon fishcake  
Vegetarian sausage roll  
Cheese on wholemeal bread  
Jacket potato with choice of filling  
Arctic roll  
Fresh fruit, yogurt  
Chips, pasta,, mushy peas, baked beans

**AVAILABLE DAILY** - Assorted yogurts, chopped fresh fruit, fresh wholemeal bread, salad pots and lots of fresh water. **ALLERGY ADVICE** - All our food is prepared in a kitchen where traces of nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. (V) Suitable for vegetarian or vegetarian option available. Our fish and chicken dishes may contain bones. All items on the menu are subject to availability and may be changed without prior notice to a suitable alternative.

\*Any **FISH** we serve will vary depending on availability. We only select **FISH** from sustainable sources.

