

YOUR TASTY Menu

SPRING/SUMMER 2019

Additional foods available

seasonal salad bar / crudité's selection
unlimited fresh bread, baked daily on the premises
alternative desserts including cheese and biscuits,
yoghurt or fruit (fresh, dried or tinned)
unlimited vegetables.

Additional choices are available at the majority
of our schools, e.g. filled jacket potatoes,
pasta bar or homemade soup option.

DID YOU KNOW?

80% of the
ingredients we
use are produced
in the UK.



We can trace all
of our meat and
poultry **back to the farm
of origin.**



Our eggs are
free range and
laid in Elstead,
Surrey.



We never use
fish on the Marine
Conservation Society
'fish to avoid' list.



Our menus are **free from** undesirable
additives, aspartane, MSG, trans fats
and mechanically recovered meat. We do
not use genetically modified ingredients.



The award winning Golden Wholegrain
flour used in our dessert options is traditionally
milled by Marriage's of Essex. The flour has
been awarded two gold stars.



All our meat,
poultry & cheese
is Red Tractor
Farm Assured.



MENU WEEK 1

Week starting: 22 Apr | 13 May | 10 Jun
1 Jul | 22 Jul | 16 Sep | 7 Oct

MONDAY

- Mild chicken curry served with rice
- ✓ Veggie bean taco served with vegetable couscous
- ✓ Carrot cake with frosted topping

TUESDAY

- Homemade thin crust ham & cheese pizza
- ✓ Sweet potato dahl served with rice
- ✓ Fruit yoghurt selection

WEDNESDAY

- Roast British chicken served with sage & onion stuffing, roast potatoes & gravy
- ✓ Quorn fillet served with sage & onion stuffing, roast potatoes & gravy
- ✓ Fresh fruit platter served with crème fraîche*

THURSDAY

- Beef meatballs served with BBQ sauce & rice
- ✓ Ricotta & spinach cannelloni served in a tomato sauce with a hunk of bread
- ✓ Banana muffin

FRIDAY

- Breaded pollock fillet served with potato wedges
- ✓ Sweet potato whirl served with potato wedges
- ✓ Fruity flapjack with a glass of milk*

MENU WEEK 2

Week starting: 29 Apr | 20 May | 17 Jun
8 Jul | 2 Sep | 23 Sep | 14 Oct

MONDAY

- ✓ Pasta in tomato sauce
- ✓ Quorn lattice slice served with mids potatoes
- ✓ Ginger cookie with a glass of milk

TUESDAY

- Great British pork sausages served with mashed potato & gravy
- ✓ Vegetable biryani
- ✓ Cheese & biscuits with fresh fruit*

WEDNESDAY

- Roast British pork served with apple sauce, roast potatoes & gravy
- ✓ Roasted vegetable quiche served with roast potatoes
- ✓ Fresh fruit platter served with crème fraîche*

THURSDAY

- Beef & pasta bolognese
- ✓ Quorn pasta pesto
- ✓ Ice cream roll

FRIDAY

- Wholemeal crumb salmon fillet served with oven chips
- ✓ Vegan style chicken nuggets served with oven chips
- ✓ Chocolate & beetroot brownie with a glass of milk

MENU WEEK 3

Week starting: 6 May | 3 Jun | 24 Jun
15 Jul | 9 Sep | 30 Sep | 21 Oct

MONDAY

- ✓ Homemade deep pan style cheese & tomato pizza (Base fortified with grated carrot & courgette)
- ✓ Jacket potato filled with boston beans
- ✓ Iced sponge

TUESDAY

- Minced beef pie topped with golden puff pastry & served with mashed potato & gravy
- ✓ Quorn & butternut squash curry served with rice
- ✓ Fruit yoghurt selection

WEDNESDAY

- Roast British gammon served with pineapple slice, roast potatoes & gravy
- ✓ Cauliflower cheese served with roast potatoes
- ✓ Jelly served with fresh fruit & crème fraîche*

THURSDAY

- Beef burger served in a high fibre bun with tomato sauce
- ✓ Veggie burger served in a high fibre bun with tomato sauce
- ✓ Fruit smoothie*

FRIDAY

- Pollock fish fingers served with country style potatoes
- ✓ Quorn sausage roll served with country style potatoes
- ✓ Chocolate cookie with a glass of milk

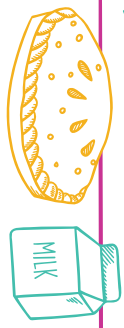
ALL DISHES SERVED WITH A SELECTION OF SEASONAL VEGETABLES

✓ Suitable for Vegetarian. *Desserts highlighted with an asterisk contain a minimum of 50% fruit.

Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.

THE SCHOOL FOOD PLAN - FREE SCHOOL MEALS

The Government is funding free school lunches for children in reception, year 1 and year 2 in state-funded schools in England. Pupils are entitled to receive a hot two course nutritious meal at



lunch time. If you have a child in this age group you could save over £400 per year. Children in year 3 and above may still qualify for a free school lunch, speak to the school office for more information.

“Please could you put the recipe for the vegetarian lentil and sweet potato curry in your recipe section on the website? My son loves it. I think being able to cook the recipes at home is great. Thank you for putting them on the website.”

“I am really impressed and pleased with the quality of your meals (my daughter started school this year), thank you”

“Please could you give me a recipe for the chicken and butternut curry? My daughter absolutely loves it. It is her favourite so if you were able to tell me how to make it I would be so grateful.”

“We really enjoy your school lunches so thank you for making such a yummy menu!”

“My son is autistic and is particular on what food he will eat. He hates pasta and any wet/mushy food. However he loves the schools macaroni cheese so I was wondering if it is possible to have the recipe so I can make it at home for him please? This is such a huge breakthrough for him in terms of trying new food”

COMMENTS FROM PARENTS

SPECIAL DIETS

We support therapeutic and religious dietary requirements which are considered on the completion of a dietary request form which is available via the school office. We currently provide the following diets:

- gluten free menu
- dairy free menu
- egg free menu
- soya free menu
- allergen aware
- vegan menu



DIABETICS

We publish the carbohydrate and non milk extrinsic sugar levels in our dishes on our website.

Disclaimer: Information regarding the carbohydrate content of dishes is provided to assist diabetics and parents calculate intake for diabetic children. This information, whilst as accurate as possible, should be considered advisory. Product labels, which are available in the kitchen, should be referred to for source data. The menu may be subject to change to meet local needs.

ALLERGENS

You can find out more information about the allergens contained in the dishes on this menu, including a list of the 14 key allergens and the dishes they appear in by visiting myschoollunch.co.uk/surrey and clicking on 'See how we cater for medical diets'.

LOOKING FOR TERM TIME CATERING WORK?

We are recruiting enthusiastic catering staff across all levels from Catering Assistants to qualified Caterers.

Positions are available from 10 hours per week (Monday to Friday) in a variety of locations. Hourly rates start at £8.75 (pay award pending).

For information regarding vacancies in your area, call 07773 535506 or apply online at www.surreycc.gov.uk/jobs (search under catering careers).



FOR MORE INFORMATION ON ANYTHING IN THIS LEAFLET, PLEASE VISIT:
myschoollunch.co.uk/surrey

We welcome enquiries and comments from parents regarding school food in Surrey at myschoollunch.co.uk/surrey/contact-us



FEEDING SURREY'S CHILDREN FOR A HEALTHY FUTURE

Our menus make the best use of seasonal ingredients that can be grown outdoors in the UK at this time of year, meaning food is healthy and at its tastiest.

A two course nutritionally balanced meal is **£2.30***

*£2.35 from September 2019



TASTY HEALTHY Fresh

FREE SCHOOL MEALS FOR RECEPTION, YEAR 1 AND YEAR 2

SCHOOL MEAL MENU SPRING/SUMMER 2019
myschoollunch.co.uk/surrey

