

# YOUR TASTY MENU



AUTUMN/WINTER 2018/19



## Additional foods available

seasonal salad bar / crudites 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, aspartame, MSG, trans fats and mechanically recovered meat. GM ingredients are not used in Food for Life Served Here menus.



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 or Organic.



## MENU WEEK 1

Week starting: 29 Oct | 19 Nov | 10 Dec  
 7 Jan | 28 Jan | 25 Feb | 18 Mar

### 'MEAT FREE' MONDAY

- ✓ Southern style Quorn burger in a high fibre bun with jacket wedges
- ✓ Veggie bean taco served with vegetable couscous
- ✓ Marmalade cake served with custard\*\*

### 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

- Organic pork meatballs served with BBQ sauce & rice
- ✓ Ricotta & spinach cannelloni served in a tomato sauce with a hunk of bread
- ✓ Banana cake

### FRIDAY

- Vinegar infused tempura pollock fillet served with potato wedges
- ✓ Carrot & cream cheese whirls served with potato wedges
- ✓ Apple flapjack\*

## MENU WEEK 2

Week starting: 5 Nov | 26 Nov | 17 Dec  
 14 Jan | 4 Feb | 4 Mar | 25 Mar

### 'MEAT FREE' MONDAY

- ✓ Quorn lattice slice served with mids potatoes
- ✓ Tagliatelle Neapolitan
- ✓ Ginger sponge

### TUESDAY

- Great British organic pork sausages served with mashed potato & gravy
- ✓ Vegetable Biryani served with rice
- ✓ Cheese & biscuits with fresh fruit\*

### WEDNESDAY

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

### THURSDAY

- Organic beef & pasta bolognese
- ✓ Quorn pasta pesto
- ✓ Oaty apple muffin

### FRIDAY

- Wholemeal crumb salmon fillet served with oven chips
- ✓ Vegan style chicken nuggets served with oven chips
- ✓ Chocolate sponge served with chocolate sauce\*\*

## MENU WEEK 3

Week starting: 12 Nov | 3 Dec | 31 Dec  
 21 Jan | 11 Feb | 11 Mar | 1 Apr

### 'MEAT FREE' MONDAY

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

### TUESDAY

- Organic 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

- Organic beef burger served in a high fibre bun with tomato sauce
- ✓ Veggie burger served in a high fibre bun with tomato sauce
- ✓ Apple & cinnamon cobbler\* served with custard\*\*

### FRIDAY

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

ALL DISHES SERVED WITH A SELECTION OF SEASONAL VEGETABLES

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