

PUPILS IN FOOD FOR LIFE SCHOOLS
EAT AROUND A THIRD MORE FRUIT
AND VEGETABLES THAN PUPILS IN
COMPARISON SCHOOLS, AND
SIGNIFICANTLY MORE FRUIT AND
VEGETABLES AT HOME.

We have fresh fruit available daily,
served in various ways to make it fun.
(Whole fruit, fruit pots, platter
and fruit kebabs)

We use as much seasonal local produce
as we possibly can.
The children also grow, harvest and
eat the vegetables from our school
garden.

We can trace our meat

**BACK
TO
THE
FARM**



We use higher welfare British
meat, local beef, local free range
pork, high meat percentage burgers
and sausages. Our fish is Marine
Sustainable Certified and we only
use local free range eggs.

It's All About Quality

We use Fairtrade products where we can;
e.g. bananas.

We use organic milk, yoghurt, pasta, rice,
flour, sugar, vegetables & other ingredients
where possible.

We use whole wheat products too.



What our children are eating during the day has
a big impact on their health and learning whilst
at school. A third of a child's daily calories are
eaten outside the home so we ensure our food
is nutritious, healthy and tasty!



**COOKED FROM
SCRATCH**

At least 75% of our meals
are freshly prepared.

FOOD ALLERGIES And INTOLERANCES

**If you have a food allergy
or intolerance,
please speak to our staff
about the ingredients in your meal,
when making your order.
Thank you**



BRONZE SCHOOL

What does it mean to be a Food For Life School?

All schools have to meet School Food
Standards which include:

- One or more portions of vegetables or salad as an accompaniment every day
- At least three different fruits, and three different vegetables each week
- An emphasis on wholegrain foods in place of refined carbohydrates
- An emphasis on making water the drink of choice
- Limiting fruit juice portions to 150ml
- Restricting the amount of added sugars or honey in other drinks to five percent
- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated.
- No more than two portions of food which include pastry each week.

Food for Life Schools also take a whole school approach that sees them grow their own food; organise trips to farms;; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; and provide an attractive dining environment so lunchtimes are a positive feature of the school day.



£2.30

AVAILABLE DAILY FOR ALL

- ♦ Drinking water
- ♦ Fresh bread basket
- ♦ Organic milk
- ♦ Fresh fruit bowl
- ♦ Crunchy salad bar
- ♦ yoghurt

food
for **life**
PARTNERSHIP

WEEK 1

16.04.18

08.05.18

WEEK 2

23.04.18

14.05.18

WEEK 3

30.04.18

21.05.18

MONDAY

Freshly prepared
Margharita pizza

V- Veggie loaded
pizza whirls

tomato pasta
sweetcorn &
green beans

Fruit & ice cream

Freshly prepared
cottage pie

V- Winter warmer
veggie pie

broccoli & cabbage

Fruit & ice cream

Quality butchers
sausage, mash and
gravy

V- Quorn sausage

cauliflower &
broccoli bake and
carrots

Fruit & ice cream

TUESDAY

100% beef burger in
a hand made bun

V-Quorn burger

hand cut potato
wedges
broccoli & carrots

Toffee apple sponge
& vanilla sauce

Fruit platter

Freshly prepared
southern baked
100% chicken
breast fingers
V -Vegetable
noodles

Savoury rice
sweetcorn & peas

Pear & cinnamon
crumble & custard
or
Mixed melon platter

Freshly prepared
sweet & sour
chicken & noodles

V—Macaroni cheese

peas & sweetcorn

Mandarin sponge &
Custard or
Fruit platter

WEDNESDAY

Top your own!
**Jacket potato or
Pasta pot**

with a selection of
assorted toppings from
Meat & veggie
bolognaise, curry, chilli,
cheese, ham, tuna or
baked beans
peas & carrots
or salad bar

Fruit wobble

Top your own!
**Jacket potato or
pasta pot**

with a selection of
assorted toppings from
Meat & veggie
bolognaise, curry, chilli,
cheese, ham, tuna or
baked beans

Mixed veg or salad bar

Fruit wobble

Top your own!
**Jacket potato or
pasta pot**

with a selection of
assorted toppings from
Meat & veggie
bolognaise, curry, chilli,
cheese, ham, tuna or
baked beans
green beans or salad
bar

Fruit wobble

THURSDAY

Devonshire roast
Gammon, gravy
V- Quorn toad in the
hole

roast potatoes
honey parsnips
carrots and
spring cabbage

PIP Organic 100%
winter berry lolly

Yoghurt or Fruit

Local Devonshire
roast pork
gravy
V- Lentil loaf

roast potatoes
broccoli, carrots and
cauliflower cheese

Peaches & cream or
Fruit or yoghurt

Devonshire roast
Turkey, gravy

V-Broccoli &
butterbean bake

roast potatoes
sprouts and carrots

PIP Organic 100%
winter berry lolly or
Fruit platter

FRIDAY

MSC fish fingers
V-Falafel pitta

chips

sweetcorn and
whole wheat
spaghetti hoops

Chocolate mandarin
muffin
Or
Cheese, cracker &
grape pot

MSC fish portion
V- Veggie sausage roll

peas and whole wheat
spaghetti hoops
chips or savoury rice

Chocolate rice crispy
cake
or Cheese, cracker &
grape pot

MSC golden fish
nuggets (salmon)
V- Veg & lentil parcel

peas and whole wheat
spaghetti hoops
chips or savoury rice

Chocolate beetroot
brownie or Cheese,
cracker & grape pot