

£2.40

Please order your school lunches on-line using the new system in advance of when the meals are required!



AVAILABLE
DAILY FOR ALL

- ◆ Fresh bread basket
- ◆ Organic milk
- ◆ Fresh fruit
- ◆ Salad bar
- ◆ yoghurt

food
for **life**
PARTNERSHIP

WEEK 1

03.01.22
24.01.22
14.02.22

WEEK 2

10.01.22
31.01.22

WEEK 3

17.01.22
07.02.22

WEEK 1

MONDAY

Quality butchers
sausages

Quorn sausages

creamy mash
seasonal veg

Peach cake or
fresh fruit
or fruit yoghurt

Cheese packed lunch
Jacket potato option

TUESDAY

Freshly prepared
Macaroni cheese

**V-mushroom
Stroganoff, rice**

crusty bread
seasonal veg

oaty slice or
fresh fruit

WEDNESDAY

Freshly prepared
Beef lasagne

V- veggie lasagne

seasonal veg

Chocolate brownie
or
fresh fruit
or fruit yoghurt

Tuna packed lunch
Jacket potato option

THURSDAY

Devonshire roast
chicken, gravy

V- Lentil loaf

roast potatoes
seasonal veg

fruity jelly & cream
or fresh fruit
or fruit yoghurt

FRIDAY

MSC fish fingers
V- Cheese quiche

chips
sweetcorn and baked
beans

Fruit mousse tub
or Yoghurt
or fresh fruit

Ham packed lunch
Jacket potato option

WEEK 3

Freshly prepared
chicken pasta bake

**V- seasonal veggie
bake**

garlic bread
seasonal veg

Fruit shortbread or
fresh fruit
or fruit yoghurt

Cheese packed lunch
Jacket potato option

Freshly prepared
Beef stew

V- Quorn chilli

fluffy rice,
seasonal veg

iced mandarin sponge
or fresh fruit or
fruit yoghurt

Freshly prepared
meat feast pizza

V- veggie pizza

wedges
seasonal veg

milk shake & crispy
cake
or fresh fruit or
fruit yoghurt

Tuna packed lunch
Jacket potato option

Roasted Devonshire
gammon, gravy

V-Homity pie

roast potatoes
seasonal veg

Eves pudding or
fruit yoghurt or
fresh fruit

MSC battered fish

**V- curried vegetable
pasty**

chips
peas and baked beans

chocolate crispy
slice, fruit
or yoghurt

Ham packed lunch
Jacket potato option

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, fruit 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 when it is available

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.

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



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

MORE OF THE
**GOOD
STUFF**

Free from
undesirable
additives,
colouring and
sweeteners.



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



**Soil Association
FOOD FOR LIFE**

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.