

YOUR TASTY MENU

SPRING/SUMMER 2018



Additional foods available

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

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: 16 Apr | 7 May
 4 June | 25 June | 16 July | 10 Sept | 1 Oct

'MEAT FREE' MONDAY

- ✓ Posh dog in a roll served with potato salad & carrot & lemon salad
- ✓ Veggie burrito served with sweetcorn
- ✓ Summer fruit & apple filo topped pie served with crème fraîche*



Organic beef chilli served with rice, homemade tortilla chip, sour cream & summer salad

- ✓ Mediterranean pasta bake served with broccoli florets
- ✓ Homemade banana muffin

WEDNESDAY

Roast British chicken served with stuffing, roast potatoes, spring greens & gravy

- ✓ Red Leicester & caramelised onion quiche served with roast potatoes & carrot batons
- ✓ Fresh fruit salad & crème fraîche*

THURSDAY



Organic pork meatballs in a homemade tomato sauce with spaghetti & farmhouse vegetables

- ✓ Shepherdess pie served with garden peas
- ✓ Chocolate & orange shortbread with a glass of organic milk

FRIDAY

Pollock fish fingers served with potato wedges & baked beans

- ✓ Vegan chicken style nuggets served with potato wedges & sweetcorn
- ✓ Seasonal fruit scone pizza topped with crème fraîche & fresh fruit

MENU WEEK 2

Week starting: 23 Apr | 14 May
 11 June | 2 July | 23 July | 17 Sept | 8 Oct

'MEAT FREE' MONDAY

- ✓ Southern style Quorn burger in a high fibre bun with pasta salad & garden peas
- ✓ Fusilli pasta pesto served with sweetcorn
- ✓ Fresh melon selection*

TUESDAY

Chicken biryani served with green beans

- ✓ Potato, cheese & leek pie served with baton carrots
- ✓ Jelly & fruit*

WEDNESDAY

Roast British gammon served with roast potatoes, cauliflower florets & gravy

- ✓ Quorn fillet served with roast potatoes, farmhouse vegetables & gravy
- ✓ Vanilla ice cream

THURSDAY



Organic pork sausages & BBQ sauce, mashed potatoes & baked beans

- ✓ Homemade vegetable samosas served with bombay potatoes & sweetcorn
- ✓ Butterscotch tart served with crème fraîche

FRIDAY

Wholemeal salmon fillet served with oven chips & crushed peas

- ✓ Calzone served with oven chips & chef's chopped salad
- ✓ Hot chocolate fudge cake served with chocolate custard

MENU WEEK 3

Week starting: 30 Apr | 21 May | 18 June |
 9 July | 3 Sept | 24 Sept | 15 Oct

'MEAT FREE' MONDAY

- ✓ Quorn & butternut squash curry served with rice & broccoli florets
- ✓ Homemade Margherita pizza served with dough balls & baked beans
- ✓ Strawberry mousse with fresh fruit selection*

TUESDAY



Organic beef lasagne served with a hunk of bread & green salad

- ✓ Vegetable Quorn fajitas served with garlic bread & carrot & cucumber crudités
- ✓ Oaty biscuit with a glass of organic milk

WEDNESDAY

Roast British turkey served with stuffing, roast potatoes, broccoli florets & gravy

- ✓ Quorn lattice slice served with roast potatoes, carrot batons & gravy
- ✓ Yoghurt selection

THURSDAY



Organic Lincolnshire pork & apple grill served with boulangère potatoes & garden peas

- ✓ Jacket potato topped with Quorn sausage & baked beans served with cauliflower florets
- ✓ Fresh fruit platter & crème fraîche*

FRIDAY

Breaded pollock fillet served with country style potatoes & baked beans

- ✓ Sweet potato whirl served with country style potatoes & farmhouse vegetables
- ✓ Iced sponge

Please check with the school as the menus may be changed to meet the needs of the school.

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

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 dieticians 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 £8.46.

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



TASTY

HEALTHY

Fresh

FREE
SCHOOL MEALS FOR
RECEPTION, YEAR 1
AND YEAR 2

**SCHOOL MEAL MENU
SPRING/SUMMER 2018**

A two course nutritionally balanced meal is **£2.25** – excellent value for money. (£2.30 from September 2018)

MYSCHOOLLUNCH.CO.UK/SURREY

