

## “FEEDING MORE CHILDREN BETTER FOOD”

### Delicious meals that everyone loves

It's vital for children to eat nutritious, healthy food every day, but even more so when they are at school and engaging in social activities, playing and learning.

A balanced diet does not just fill a hole at lunchtime, it improves concentration, boosts brainpower, memory and physical wellbeing; however, we all know that young children do not always see that as a valid reason to eat their greens.

That's why we've designed menus that they love to eat, while providing them with all the good stuff they need to do well at school and beyond.



**"You make the best food ever. But don't tell my mum because she will get mad.."**

### Fresh, healthy food cooked with love

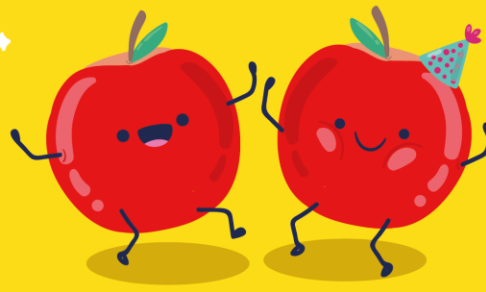
- Awesome familiar favourites and exciting new dishes
- Plenty of variety with a three week menu cycle
- Fully meets Nutritional Standards
- Use of local, fresh, seasonal ingredients
- Our own chefs prepare all meals to the highest standards
- We never add colourants or preservatives
- We can prepare meals for those with special dietary needs

### Your children will enjoy a proper dining experience

- Sitting at a table with cutlery and plates
- Bread and salad to accompany their meal every day



# SAMPLE MENU



## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Crispy Chicken Strip Burger with Salad	Tasty Pork Sausage with Herby Potatoes	Roast Turkey & Herby Stuffing with Roast Potatoes	Italian Style Chicken in Tomato Sauce with Pasta	Fish & Chunky Chips
VEGETARIAN MEAL	Mac 'n' Cheese with Broccoli	Cheese Topped Tomato & Basil Pasta with Garlic Slice	Jacket Potato with Baked Beans Or Cheese	Jacket Potato with Baked Beans Or Cheese	Jacket Potato with Baked Beans Or Cheese
VEGETABLES	Garden Peas	Sweetcorn	Cauliflower & Broccoli Medley	Carrots & Peas	Baked Beans
SOMETHING SWEET	Oaty Apple Crumble & Custard	Lemon Muffin & Yoghurt Drizzle	Chocolate Mousse & Cream Topping	Syrup Sponge & Custard	Fresh Fruit & Yoghurt

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Meatballs & 50/50 Rice	Beef & Pasta Bolognese with Garlic Slice	Roast Gammon & Mashed Potatoes	Chicken & Chickpea Korma with 50/50 Rice	Fish Fingers & Chunky Chips
VEGETARIAN MEAL	Crispy BBQ Veggie Twister with Salad	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans Or Cheese	Vegetable Puff Pastry Slice	Jacket Potato with Baked Beans or Cheese
VEGETABLES	Baked Beans & Sweetcorn	Carrots & Peas	Broccoli & Carrot Medley	Cauliflower Bites & Peas	Garden Peas
SOMETHING SWEET	Mixed Fruit Crumble & Custard	Strawberry Yoghurt Fool	Fruity Cookie	Chocolate Brownie & Chocolate Sauce	Fresh Fruit & Yoghurt

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Savoury Minced Beef & Nachos with 50/50 Rice	Tasty Ham & Cheese Pizza	Roast Chicken Breast with Roast Potatoes	Traditional Pork Sausage & Mash	Fish & Chunky Chips
VEGETARIAN MEAL	Jacket Potato with Baked Beans or Cheese	Tasty Cheese & Tomato Pizza	Jacket Potato with Baked Beans Or Cheese	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans or Cheese
VEGETABLES	Garden Peas	Baked Beans & Sweetcorn	Seasonal Vegetable Medley	Broccoli Bites & Carrots	Baked Beans
SOMETHING SWEET	Marbled Mixed Fruit Sponge with Custard	Apple & Sultana Cake with Vanilla Sauce	Fresh Fruit & Yoghurt	Orange & Mandarin Jelly Pot	Carrot Cake & Yoghurt Drizzle