

PARENT LEAFLET



A nutritious school meal is important for all children and young people to keep healthy and improve performance

At Sodexo our school cooks, chefs and nutrition team have put a great deal of care and know-how into creating healthy, balanced menus that meet the Government's School Food Standards and ensure we meet pupils' nutritional needs.

To achieve this we talked with children and young people and created menus that include familiar, favourite and fun food choices for everyone, every day. Our menus are checked for allergens and provide a variety of exciting vegetarian choices, and options for pupils with special dietary needs. (Subject to seasonal change)

Pupil entitlement to free school meals

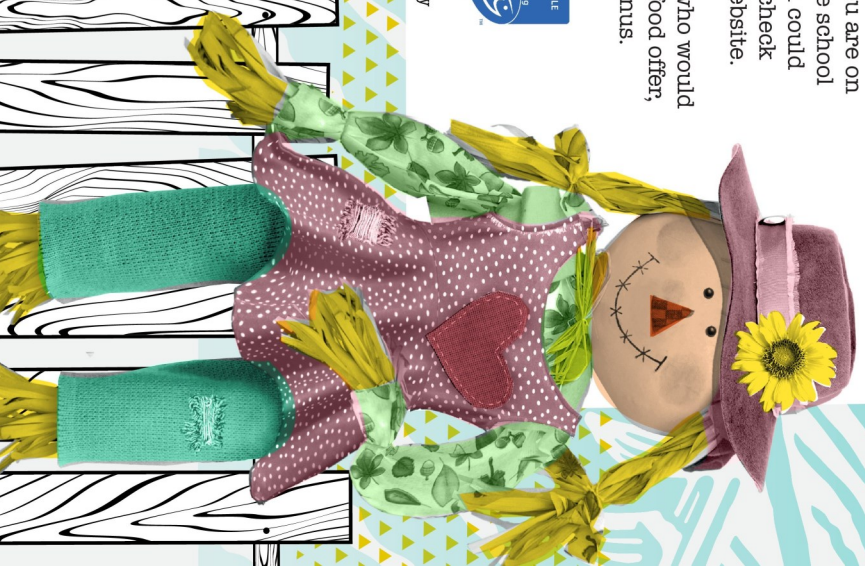
The Universal Infant Free School Meals scheme means all children attending Reception, Year 1 and Year 2 are entitled to a free school meal every day.

If you are the parent, foster parent, network family carer, or guardian of children at school, and you are on a low income, your child may be entitled to free school meals - no matter what year they are in, which could save you \$420 per year per child - it's easy to check entitlement by going to your local authority website.

For more information talk to your school cook who would welcome the opportunity to discuss our school food offer, or check the school website for copies of our menus.














For more information go to www.cloudcroft.co.uk/ofsm/menway



WEEK 1 MENU

Week Commencing
06/09, 27/09, 18/10, 15/11, 06/12



	Monday	Tuesday	Wednesday	Thursday	Friday
	WORLD FOOD DAY Italian	PLANET EARTH DAY	ORIGINALS DAY	STREET FOOD DAY	FRIDAY FAVOURITES
MAIN 1	Chicken and Sweetcorn Pasta Bake	Chickpea, Corn & Carrot Burger 	Roast Chicken	Spaghetti Bolognese	Oven Baked Fish Fingers
MAIN 2	Kale and Edamame Bean Frittata  	Quorn Sausage Pattie Burger 	Roasted Quorn Fillet & Gravy 	Plain Omelette or Cheese & Tomato Omelette 	Cheese & Tomato Pizza 
Carbohydrates	Garlic Bread Slices	New Potatoes or Wholemeal Penne Pasta 	Roasted Potatoes or Wholemeal Penne Pasta 	Boiled White and Brown Rice or Wholemeal Penne Pasta 	Oven Baked Chips
Vegetables	Mixed Salad Coleslaw	Green Beans Fresh Sliced Carrots	Fresh Carrots Broccoli Florets	Roasted Sweetcorn Mixed Salad	Garden Peas Baked Beans  Mixed Salad
Desserts	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Freshly Made Chocolate Cookie

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)



Future 50 Contains one or more of the top 50 most sustainable foods in the world!



Vegetarian



Vegan



Organic

For allergen content please speak to member of staff who will be happy to assist



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WEEK 2 MENU

Week Commencing
13/09, 04/10, 01/11, 22/11, 13/12



	Monday	Tuesday	Wednesday	Thursday	Friday
	ORIGINALS DAY	STREET FOOD DAY	ORIGINALS DAY	PLANET EARTH DAY	FRIDAY FAVOURITES
MAIN 1	Oven Baked Sausage & Onion Gravy	Southern Baked Chicken Thigh with BBQ Sauce	Roast Beef	Cheesey Baked Gnocchi	Oven Baked Breaded Fish (Pollock)
Main 2	Quorn Sausage & onion Gravy	Cheese & Tomato Quiche	Roasted Quorn Fillet & Gravy	Roasted Vegetable Wholemeal Pasta Bake	Southern Baked Halloumi Burger, Bun & Salad with BBQ Sauce
Carbohydrates	Mashed Potatoes or Wholemeal Penne Pasta	Baked Sweet Potato Wedges or Wholemeal Penne Pasta	Roasted Potatoes or Wholemeal Penne Pasta	Boiled White and Brown Rice or Penne Pasta	Oven Baked Chips
Vegetables	Fine Green Beans Fresh Sliced Carrots	BBQ Baked Beans Red Cabbage Coleslaw	Savoy Cabbage Fresh Glazed Carrots	Broccoli Florets Sweetcorn	Garden Peas Carrots Baked Beans
Desserts	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Apple Shortbread Custard Sauce

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WEEK 3 MENU

Week Commencing
20/09, 11/10, 08/11, 29/11



	Monday	Tuesday	Wednesday	Thursday	Friday
	STREET FOOD DAY	PLANET EARTH DAY	ORIGINALS DAY	WORLD FOOD DAY Asian	FRIDAY FAVOURITES
MAIN 1	BBQ Chicken Thigh 	Lentil & Vegetable Cottage Pie  	Roast Chicken	Stir Fry Beef Strips with Black Bean Sauce	Fingers Salmon Fish Fingers
Main 2	Cheese & Broccoli Flan 	Halloumi and Vegetable Kebab Served on Flat Tortilla 	Quorn Roast 	Chinese Noodles with Vegetables & Soya Beans  	Quorn Hot Dog Roll 
Carbohydrates	Half Jacket Potato or Wholemeal Penne Pasta 	Mashed Potatoes or Wholemeal Penne Pasta 	Roast Potatoes or Penne Pasta 	Boiled White and Brown Rice or Penne Pasta 	Oven Baked Chips
Vegetables	Broccoli Florets Mixed Bean Salad	Fresh Glazed Carrots Green Beans	Savoy Cabbage Roasted Vegetables	Green Beans Sweetcorn	Garden Peas Baked Beans 
Desserts	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Lemon Curd Meringue Pizza Slice

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