

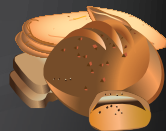


Add some...

All of our mains are served with a selection of:

- Freshly baked breads
- Home cooked potatoes
- Seasonal vegetables or salad

Fresh drinking water is always available.



Deli Bar

Larger schools offer a range of deli style options all available with a range of scrummy fillings:

- Jacket potatoes
- Sandwiches
- Salads



A sweet treat

You can choose from:

- Homemade dessert of the day
- Freshly prepared fruit
- Organic Yeo Yogurts



Special Dietary Requirements

If your child has any special dietary requirements please inform the school and our catering team will happily discuss their needs.

Autumn Term 2018 SCHOOL

MENU

WEEK ONE

served w/c: 3rd and 24th Sept,
15th Oct, 12th Nov, 3rd Dec

WEEK TWO

served w/c: 10th Sept, 1st and
22nd Oct, 19th Nov, 10th Dec

WEEK THREE

served w/c: 17th Sept, 8th Oct,
5th and 26th Nov, 17th Dec

Monday
Tuesday
Wednesday
Thursday
Friday

Sausage, Mash & Onion Gravy

DESSERT OF THE DAY
Jam Sponge & Custard

Sweet & Sour Chicken & Rice

DESSERT OF THE DAY
Toffee Apple Crumble Cake

Roast Beef & Yorkshire Pudding

DESSERT OF THE DAY
Chocolate Orange Sponge & Chocolate Sauce

Chicken Korma & Rice

DESSERT OF THE DAY
Pineapple Shortcake & Custard

Battered Fish

DESSERT OF THE DAY
Fruits of the Forest Flapjack

Organic Beefburger in a Bun

DESSERT OF THE DAY
Banana Brownie & Chocolate Sauce

Chicken & Tomato Pasta

DESSERT OF THE DAY
Autumn Marble Berry Sponge & Custard

Pork Steak, Apple Sauce & Gravy

DESSERT OF THE DAY
Raspberry Bun & Apple Wedge

Beef Wraps

DESSERT OF THE DAY
Apple Cinnamon Crunch Crumble & Custard

Salmon Nibbles & Tomato Sauce

DESSERT OF THE DAY
Swiss Bun

Pizza Margherita

DESSERT OF THE DAY
Chocolate Rice & Mandarins

Minced Beef & Dumplings

DESSERT OF THE DAY
Sticky Date & Apple Bar with Cheese

Chicken & Vegetable Pie

DESSERT OF THE DAY
Fruity Gingerbread & Custard

Pasta Bolognese

DESSERT OF THE DAY
Arctic Roll & Peaches

Fish Fingers

DESSERT OF THE DAY
Plum Upside Down Pudding & Custard

Primary Autumn Term 2018

We are accredited by the Soil Association with the Food for Life Served Here Silver Award. This means we produce most of our dishes from scratch using ingredients from sustainable sources and local suppliers with full traceability from farm to fork.

We also promote seasonal dishes and produce these where possible. This menu features Sausage and Mash, Minced Beef and Dumplings, Toffee Apple Crumble Cake and Autumn Berry Sponge.

Special Dates



Schools may be celebrating some of these special events. Check with your school for details:

1st October 2018 National Vegetarian Day

It has now been recognised by many including the WHO (World Health Organisation) that eating meat every day is not essential and if we all opted for an occasional vegetarian dish or go for a meat free day this would have health benefits and help reduce our carbon foot print. We will be inviting children to try some of our tasty homemade vegetarian recipes.

November Armistice Day



Armistice Day on the 11th November will be followed by National School Meals Week 12th-16th November. Many schools will be inviting parents /grandparents for lunch following a Remembrance Service or sharing war time memories. Look out for traditional school dinner dishes or war time recipes with a modern twist!

December Christmas Dinner - A classic school tradition

Special days from the Summer...

Fun family cookery at Richmond Methodist



'Royal' celebrations at Brayton Primary



Apple & Oat Cookies



English apples are available in abundance in autumn try making these lovely apple cookies, great for dunking in a glass of milk.

| | |
|-------------------------------------|---------|
| Butter/Margarine | 110g |
| Honey | 150g |
| Egg | 1 |
| Vanilla Essence | 1tsp |
| Self Raising Wholemeal Flour | 90g |
| Cinnamon | ½ tsp |
| Porridge Oats | 125g |
| Apple | 2 small |



** Allergens in **BOLD**

1. Beat together butter, honey, egg and vanilla essence
2. Mix together flour, cinnamon and oats
3. Combine both mixtures and fold in grated apple
4. Drop even amounts of mixture onto greased baking tray
5. Bake for 8-10 mins at Gas Mark 5 or 190 c