

# FUSSY ABOUT FOOD?

## We are...

We are proud to hold the Soil Associations Gold Catering Mark for our menus which recognises the fresh, local, seasonal and organic ingredients we use to cook 86% of our menu from scratch.

We use

- Locally caught and landed pollock
- Free range eggs (including in our mayonnaise)
- Organic milk (EU subsidised)
- Organic yoghurts
- Organic herbs
- MSC salmon
- Fairtrade apple juice
- Organic wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

For more information about school food in Plymouth please visit our pages at [www.plymouth.gov.uk/schoolmeals](http://www.plymouth.gov.uk/schoolmeals)

Information on free school meals can also be found by visiting [www.plymouth.gov.uk/freemeals](http://www.plymouth.gov.uk/freemeals) or by calling the team on 01752 307410

Details about the standards which apply to all school food can be found at [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

Does your child have any special dietary requirements? Why not have a chat with the Kitchen Manager at your child's school or contact us.

**...because every child matters**

We welcome all comments and questions regarding the catering service at your child's school.

If you would like to ask any questions, make suggestions or even send us some recipe ideas please contact us on 01752 307187 or email [catering@plymouth.gov.uk](mailto:catering@plymouth.gov.uk)



# LET'S EAT!

School Menu

Summer 2013

Menu 1

|        | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | MENU CYCLE  |
|--------|--|--|--|--|---|---|
| WEEK 1 | Cheese and tomato pizza and wedges (v)<br>or<br>Homemade fishcakes and wedges<br>Beans or seasonal vegetables<br>Cheese and tomato filled pitta (v)<br>Jacket potato with coronation chicken<br>Marmalade cake   | Sausages* and mash with gravy<br>or<br>Vegetable pie and mash with gravy (v)<br>Seasonal vegetables<br>Banger salad wrap<br>Jacket potato with tuna and cucumber<br>mayonnaise<br>Goopy chocolate cake<br>and choccy sauce | Barbecue chicken with rice or pasta<br>or<br>Cheesy macaroni with garlic bread (v)<br>Baked tomato or<br>seasonal vegetables<br>Chicken and ham roll<br>Jacket potato with cheesy beans (v)<br>Apple muffins     | Roast beef and roast potatoes<br>with gravy<br>or<br>Veggie loaf with roast potatoes<br>with gravy (v)<br>Seasonal vegetables<br>Egg mayo salad sandwich (v)<br>Jacket potato with ham and sweetcorn<br>Ice cream sundae | Fish with chips or pasta<br>and tomato sauce<br>Chips and cheesy wheels (v)<br>Beans or seasonal vegetables<br>Tuna and sweetcorn baguette<br>Jacket potato with quorn sausage and<br>baked beans (v)<br>Orange drizzle cake      | WEEK COMMENCING<br>15 April<br>6 May<br>3 June<br>24 June<br>15 July<br>9 September<br>30 September<br>21 October |
| WEEK 2 | Mild turkey curry with steamed rice<br>and naan bread<br>or<br>Quorn meatballs and pasta in a tasty<br>tomato sauce with garlic bread (v)<br>Seasonal vegetables<br>Cheese and chunky coleslaw wrap (v)<br>Jacket potato with baked beans (v)<br>Butterscotch cake | Spaghetti bolognese with garlic bread<br>or<br>Cheese and pineapple pizza (v)<br>Seasonal vegetables<br>Egg mayo roll (v)<br>Jacket potato with tuna mayonnaise<br>Fruit and jelly   | Southern style chicken with wedges<br>or<br>Fish pie<br>Beans or seasonal vegetables<br>Barbecue chicken salad pitta<br>Jacket potato with three bean mexican<br>chilli (v)<br>Apricot flapjack                  | Roast gammon and roast potatoes<br>with gravy<br>or<br>Vegetable risotto (v)<br>Seasonal vegetables<br>Gammon ham and cheese salad<br>Jacket potato with cheese (v)<br>Moist chocolate cake with custard                 | Fish bites with chips or pasta<br>or<br>Homemade cheese and onion quiche<br>with chips or pasta (v)<br>Beans or seasonal vegetables<br>Cream cheese and salad baguette (v)<br>Jacket potato with coleslaw (v)<br>Custard biscuits | WEEK COMMENCING<br>22 April<br>13 May<br>10 June<br>1 July<br>22 July<br>16 September<br>7 October                |
| WEEK 3 | Beef burger* in a bun with wedges<br>and tomato sauce<br>or<br>Cheesy baked bean plait and wedges<br>with tomato sauce (v)<br>Beans or seasonal vegetables<br>Tuna pasta salad<br>Jacket potato with bolognese sauce<br>Chocolate brownie                          | Turkey meatballs with pasta<br>or<br>Golden coated salmon with new<br>potatoes<br>Seasonal vegetables<br>Cheesy meatball packed pitta<br>Jacket potato with cheesy beans (v)<br>Apple turnover with custard                | Beef pie with new potatoes with gravy<br>or<br>Quorn sausages and mash with gravy (v)<br>Seasonal vegetables<br>Cheese and coleslaw baguette (v)<br>Jacket potato with gammon<br>and chicken mayo<br>Carrot cake | Roast chicken and roast potatoes<br>with gravy<br>or<br>Broccoli bake with roast potatoes (v)<br>Seasonal vegetables<br>Chicken salad roll<br>Jacket potato with baked beans (v)<br>Shortbread                           | Fish fingers with chips or pasta<br>Roasted pepper quiche with chips<br>or pasta (v)<br>Beans or seasonal vegetables<br>Fish finger wrap<br>Jacket potato with egg mayonnaise (v)<br>Lemon buttons                                | WEEK COMMENCING<br>29 April<br>20 May<br>17 June<br>8 July<br>2 September<br>23 September<br>14 October           |

Fresh fruit, yoghurt, milk and fruit juice available daily \*Chicken alternatives to beef and pork available upon request (v) Suitable for vegetarians