

Free Lunch!

Key Stage 1

Every child in Reception, Year 1 and Year 2 is entitled to a free school lunch. A healthy lunch will benefit your child by:

- Providing a balanced meal which improves concentration and learning in the afternoon
- Introducing your child to a wide range of foods
- Developing their social skills, children sit down at a table together and enjoy a meal

Key Stage 2

Children in Key Stage 2 are also entitled to free school meals if parents are receiving:

- Income Support
- Income based Employment & Support Allowance
- Income based Jobseekers Allowance
- support under part VI of the Immigration and Asylum Act 1999
- The Guaranteed element of State Pension Credit
- Child Tax Credit provided your annual income as assessed by the Inland Revenue does not exceed £16,190 and provided that Working Tax Credit is not included.
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

Are your children eating School meals?

Healthy, well fed children are better learners and have the best chance to succeed. They are:

- Better behaved
- More alert with higher levels of concentration
- Proven to have better academic improvement

School meals are nutritious, healthy and tasty!

Our Local Suppliers

TC Meats

Family run catering butchers based in Denton.

Ribble Farm Fare

Fruit and vegetable specialists based in Longridge near Preston.

Contact Food & More

Telephone: 0161 342 4379

Email: carillionnorthcatering@carillionplc.com

Mail: **Food & More**
Carillion Services, Second Floor,
Rycroft Hall, Manchester Road,
Audenshaw, M34 5ZJ

Further Information is available from

www.foodandmore.uk.com or
www.facebook.com/foodandmore

 **Tameside**
Metropolitan Borough

Food & More is Carillion's catering business and offers bespoke catering solutions to the education and business sectors across the UK. Food & More provides catering services to 220 schools throughout the UK.

 **carillion**

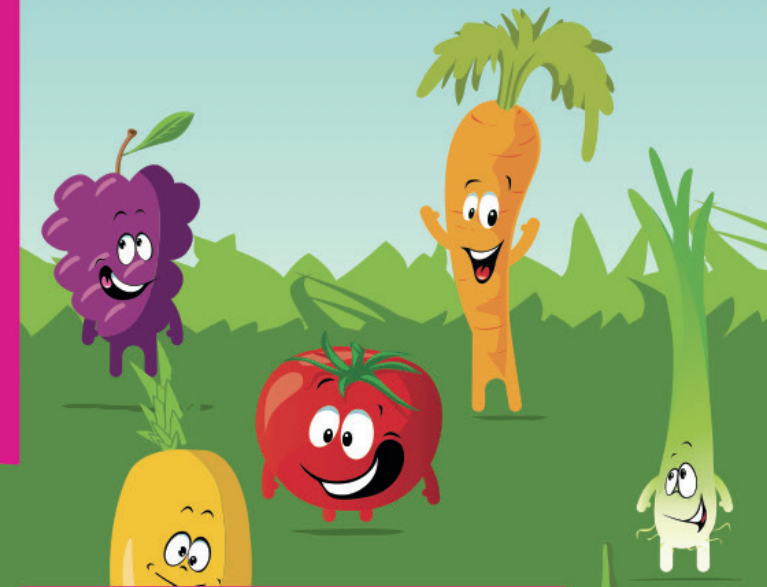

FOOD & MORE
a carillion brand
fresh food. fresh thinking


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MENU

PRIMARY SCHOOL

2017/2018



Did you know?

- All our eggs are Free Range
- Over 75% of our meals are freshly prepared using seasonal ingredients
- We use Local Suppliers for meat and fruit & Vegetables
- All our menus comply with the school food plan healthy eating standards



SCHOOL LUNCHES

AVAILABLE DAILY - assorted yogurts, chopped fresh fruit, fresh bread, salad selection and lots of fresh water!

WEEK ONE

6th November, 27th November, 18th December,
15th January, 5th February, 5th March, 26th March

MONDAY

Chicken & Cheese Pizza or **Vegetable Frittata** ^v
Sweetcorn, Mixed leaf salad, Half Jacket potato
Jacket Potato with various fillings
Half cheese baguette
Cherry Oat Cookie

TUESDAY

Barbecue Sausage or **Homemade Baked Cheese Roll** ^v
New Potatoes, Mixed seasonal vegetables
Jacket Potato with various fillings
Tuna wrap
Chocolate sponge, mandarins with custard

WEDNESDAY

Roast Chicken or **Quorn Burger in a Bun** ^v
Roast Potatoes, Mashed Potatoes, Carrots, Savoy Cabbage
Jacket Potato with Various Fillings
Half Ham baguette
Melting Moment

THURSDAY

Beef Lasagne or **Herb Topped Vegetable Pasta Bake** ^v
Garlic Bread, Green Beans, Sweetcorn, Carrots
Jacket Potato with Various Fillings
Cheese bap
Peaches with Ice Cream

FRIDAY

Breaded Fish Fillet or **Pink Salmon Nuggets Vegetarian** ^v
Meatballs in a Tomato Sauce Q
Chips, Potato of the day, Mushy Peas, Baked Beans
Jacket Potato with Various Fillings
Tuna wrap
Ginger Cake and custard

^v vegetarian option

WEEK TWO

13th November, 4th December,
1st January, 22nd January,
12th February, 12th March

MONDAY

Chicken Korma or **Quorn Cottage Pie** ^v
Rice, Naan Bread, Sweetcorn, Carrots
Jacket Potato with Various Fillings
Tuna mayo pitta bread
Orange Cake

TUESDAY

Beef Burger in a Bun or **Vegetable Lasagne** ^v
Half Jacket Potato, Carrots, Peas Garlic Bread
Jacket Potato with Various Fillings
Ham baguette
Apple Crumble with Custard

WEDNESDAY

Roast Turkey or **Cheese Omelette** ^v
Roast Potatoes, Mashed Potato, Green Beans, Carrots
Jacket Potato with Various Fillings
Roast Beef bap
Chocolate Crispy Cake

THURSDAY

Beef Bolognese Bake or **Cheese Whirl** ^v
New Potatoes, Broccoli, Sweetcorn
Jacket Potato with Various Fillings
Tuna wrap
Toffee apple sponge with custard

FRIDAY

Breaded Fish Fillet or **Veggie Sausage Roll** ^v
Chips, Peas, Baked Beans
Jacket Potato with Various Fillings
Half cheese baguette
Shortbread Biscuits with Orange Wedge

^v vegetarian option

WEEK THREE

20th November, 11th December,
8th January, 29th January, 26th February,
19th March

MONDAY

Sweet & Sour chicken or **Quorn Sausage with BBQ dip** ^v
Rice, New Potatoes, Mixed Broccoli & Cauliflower
Jacket Potato with Various Fillings
Tuna wrap
Lemon Drizzle cake

TUESDAY

Minced Beef Pie or **Cheese and Bean Wrap** ^v
New Potatoes, Mixed Vegetables
Jacket Potato with Various Fillings
Chicken pitta bread
Rice Pudding and Peaches

WEDNESDAY

Roast Chicken & Yorkshire Pudding
or **Veggie Meatball Pasta Bake** ^v
New Potatoes, Mashed Potatoes, Carrots, Green Beans
Jacket Potato with Various Fillings
Half Ham baguette
Banana Cake with custard

THURSDAY

Cottage Pie or **Mixed Bean Casserole** ^v
Broccoli, Carrots, Creamed Potatoes
Jacket Potato with Various Fillings
Cheese bap
Homemade Flapjack

FRIDAY

Fish Fingers or **Quorn Frankfurter in a bun** ^v
Chips, Mushy Peas, Baked Beans
Jacket Potato with Various Fillings
Cheese Bap
Arctic Roll

^v vegetarian option

Allergy advice - all our food is prepared in a kitchen where nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering.

Full allergen information is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources. Suitable for vegetarians or vegetarian option available.

Our fish and chicken dishes may contain bones.