



# 1+2

## FREE SCHOOL MEALS FOR ALL CHILDREN IN RECEPTION, YEAR 1 & 2

All children in reception and years 1 and 2 are entitled to free meals as part of the Government's new Universal Infant Free School Meal. This is worth up to £418 per year per child - please talk to your child's school for more details.

## CAN I CLAIM FREE SCHOOL MEALS FOR MY OLDER CHILDREN?

### YES...

If you receive specific benefits or have a household income below the Government threshold, register your entitlement on the Government website. A full list of free school meal entitlement can be found at:

[WWW.GOV.UK/APPLY-FREE-SCHOOL-MEALS](http://WWW.GOV.UK/APPLY-FREE-SCHOOL-MEALS)



**Tameside**  
Metropolitan Borough  
TAMESIDE SCHOOL LUNCHES

# Feeding

# Our Future

## AUTUMN & WINTER MENUS

## SPECIAL DIETS AND ALLERGIES

Any pupil that has a special dietary requirements or with a medically diagnosed food intolerance or allergy, please contact your school

It is our policy to provide a catering service for all pupils with medically-diagnosed food allergies, food intolerances or a medical condition which affects their eating.

## FOOD MILES...

We are actively reducing our carbon footprint and we are proud to be using local suppliers to cut down on our food miles. We always consider where the food we put on the plates comes from and how it was produced.



## SPECIAL THEME DAYS...

Look out for our special menus throughout the year, multi-cultural celebrations, national days and events, and menus to link in with the curriculum.



# Autumn & Winter menus

**A\* SCHOOL MEALS** We are committed to educating, promoting and encouraging the benefits of a healthy, nutritious balanced diet now and the future. The UK School Foods Standards covers all food served within the school day. All our meals are freshly prepared on site daily by our dedicated catering team.

## MONDAY

Chicken sausage  
Quorn Tikka with naan bread  
Tuna wrap  
Jacket potato with choice of filling  
Creamed potatoes, rice, peas and sweetcorn  
Homemade fruit flapjack  
Fresh fruit and yogurt

## TUESDAY

Homemade pasta bolognaise  
Chunky vegetables in sweet and sour sauce  
Cajun chicken wrap  
Jacket potato with choice of filling  
½ jacket potato, noodles, carrots and green beans  
Rice pudding  
Fresh fruit, cheese & biscuits and yogurt

## WEDNESDAY

Roast chicken with sage and onion seasoning  
Quorn sausage with BBQ sauce  
Egg mayonnaise and cress finger roll  
Jacket potato with choice of filling  
Creamed potato, beans and peas  
Apple oat crumble and custard  
Fresh fruit and yogurt

## THURSDAY

Chilli con carne with homemade nachos  
Cheese whirls  
Chicken mayo pitta  
Jacket potato with choice of filling  
New potatoes, rice, green beans and sweetcorn  
Banana cake with custard  
Fresh fruit and yogurt

## FRIDAY

Breaded fish\*  
Deep pan wholemeal Quorn pizza  
Wholemeal cheese sandwich  
Jacket potato with choice of filling  
Chips, mushy peas and baked beans  
Ginger biscuit with orange wedge  
Fresh fruit, cheese & biscuits and yogurt

## MONDAY

Minced beef with dumplings  
Quorn pizza wrap  
Half cheese baguette  
Jacket potato with choice of filling  
Creamed potatoes, ½ baked potato, peas and carrots  
Fruit mousse with apple wedge  
Fresh fruit and yogurt

## TUESDAY

Chicken fillet in a bun  
Tomato and basil pasta  
Coronation chicken wrap  
Jacket potato with choice of filling  
New potatoes, sweetcorn and green beans  
Chocolate and beetroot muffin  
Fresh fruit and yogurt

## WEDNESDAY

Roast Turkey with sage and onion  
Vegetable Quorn korma and naan bread  
Tuna finger roll  
Jacket potato with choice of filling  
Roast potatoes, rice, carrots and peas  
Jelly and fruit  
Fresh fruit and yogurt

## THURSDAY

Homemade meat pie  
Quorn burger in a bun  
Half chicken baguette  
Jacket potato with choice of filling  
New potatoes, mixed vegetables  
Lemon and sultana sponge with custard  
Fresh fruit, cheese & biscuits and yogurt

## FRIDAY

Fish fingers.  
Vegetarian sausage roll (V).  
Beef sandwich.  
Jacket potato with choice of filling.  
Chips, mushy peas, beans.  
Ice cream.  
Fresh fruit, cheese & biscuits and yoghurt

## MONDAY

All day breakfast  
Quorn hot dog in a finger roll  
Tuna and sweetcorn half baguette  
Jacket potato with choice of filling  
Baked beans, new potatoes and sweetcorn  
Apricot and sultana tea bread  
Fresh fruit and yogurt

## TUESDAY

Shepherd's pie  
Vegi meatballs with tomato sauce  
Cheese bap  
Jacket potato with choice of filling  
Pasta, carrots and broccoli  
Bananas and custard  
Fresh fruit and yogurt

## WEDNESDAY

Sweet and sour chicken  
Homemade cheese and onion pie  
Coronation chicken wrap  
Jacket potato with choice of filling  
Creamed potatoes, rice, peas, carrots and baked beans  
Ginger cake with vanilla sauce  
Fresh fruit, cheese & biscuits and yogurt

## THURSDAY

Chicken Korma and naan bread  
BBQ Quorn pizza  
Egg mayonnaise finger roll  
Rice, ½ jacket potato, sweetcorn and carrots  
Jacket potato with choice of filling  
Chocolate sponge with mandarin oranges  
Fresh fruit and yogurt

## FRIDAY

Fish fingers or  
Salmon nuggets  
Vegetable sausage roll  
Cream cheese and pepper wrap  
Jacket potato with choice of filling  
Chips and mushy peas  
Arctic roll, Fresh fruit,  
Cheese & biscuits and yogurt

**AVAILABLE DAILY** - Assorted yogurts, chopped fresh fruit, fresh wholemeal bread, salad pots and lots of fresh water. **ALLERGY ADVICE** - All our food is prepared in a kitchen where traces of 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. (V) Suitable for vegetarian or vegetarian option available. Our fish and chicken dishes may contain bones. All items on the menu are subject to availability and may be changed without prior notice to a suitable alternative.

\*Any FISH we serve will vary depending on availability. We only select FISH from sustainable sources.

Week 1

Week 2

Week 3

