

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,

You do not need to apply, though you will need to order the meals so please contact your child's school for further information.

Our Local Leeds Suppliers

Threshfields

Threshfields, based in Leeds provide quality fresh fruit and vegetables to Food & More's Leeds Schools.

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.

How to apply

Ask for an application form from your child's school.

Contact Food & More

Telephone: 07891 567664
Email: jillian.hirst@carillionplc.com
Mail: Food & More
Carillion Local Government Services
c/o Park Street Primary School
Park Street Wombwell
Barnsley S73 0HS

Further information is available from
www.foodandmore.uk.com or
www.facebook.com/foodandmore



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 200 schools throughout the UK.



FOOD & MORE
fresh food. fresh thinking

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THE MENU

Autumn 2017/18



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 fruit & Vegetables
- All our menus comply with the Government School Food Standards

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!**

Week One

04/09/17 25/09/17 16/10/17 13/11/17
04/12/17 08/01/18 29/01/18

FRESH SALAD CART AND JACKET POTATOES

MONDAY

Butchers Chicken Sausages with Gravy OR
Quorn Chilli and Brown Rice
Homemade Baked Wedges Peas or Baked Beans
Golden Syrup Sponge and Custard

TUESDAY

Roast Chicken Breast with Gravy and Cranberry Sauce OR
Vegetable Tortilla Triangle
Mashed Potatoes Fresh Cabbage OR Green Beans
Fruity Crumble with Custard

WEDNESDAY

Lasagne with Garlic and Herb flavoured Bread OR Cheddar
and Red Pepper Omelette
Mini Jacket Mixed Salad Garden Peas Homemade Coleslaw
Sultana Traybake or Fresh Fruit Salad

THURSDAY

Roast Beef Yorkshire Pudding with Gravy OR Tomato
and Pasta Bake
Roast Potatoes Fresh Cauliflower and Sliced Carrots
Mandarin Upside Down Sponge and Custard

FRIDAY

Breaded Oven Baked Fish fingers and Tomato
Ketchup OR Three Bean Korma
Chunky Chips Garden Peas OR Baked Beans
Vanilla Ice Cream and Peaches

Week Two

11/09/17 02/10/17 30/10/17 20/11/17
11/12/17 15/01/18 05/02/18

FRESH FRUIT AND YOGURT

MONDAY

Chicken Pasta Bake OR
Vegetable Fingers and Grilled Tomato
Mini Jacket Crusty Bread Green Salad Mixed
Vegetables
Apple Sponge and Custard

TUESDAY

Roast Beef with Gravy OR Quorn Roast
Mashed Potatoes Fresh Broccoli and Fresh Cauliflower
Jam Roly Poly and Custard

WEDNESDAY

Homemade Minced Beef Pie OR
Cauliflower Cheese and Crusty Wholemeal Bread
Minty New Potatoes Baked Beans or Peas
Chocolate Sponge and Chocolate Custard

THURSDAY

Roast Chicken Breast with Gravy OR
Winter Vegetable Casserole
Roast Potatoes Carrot and Swede Dice Green Cabbage
Homemade Cherry Pie

FRIDAY

Salmon Nuggets with Tomato Ketchup OR
Cheddar Cheese and Bean Wrap
Chips Peas or Baked Beans
Mixed Fruit Crumble and Custard

Week Three

18/09/17 09/10/17 06/11/17 27/11/17 01/01/18
22/01/18 12/02/18

HOMEMADE HEALTHY BAKES AND BISCUITS

MONDAY

Butchers Burger in a Brown Bun OR
Veggie balls in a Homemade Tomato Sauce
Baked Potato Wedges Baked Beans and Peas
Pineapple Shortcake Crunch and Custard

TUESDAY

Roast Turkey with Stuffing and Gravy OR
Spanish Quiche
Roast Potatoes Fresh Cauliflower and Carrot and Swede
Crush
Rhubarb Crunch Crumble and Custard

WEDNESDAY

Curried Chicken OR Cheese and Tomato Pizza
Boiled Rice and Chota Naan or Mini Jacket Sweetcorn and
Peas
Iced St Clements Slice

THURSDAY

Roast Chicken and Gravy OR Sweet and Sour
Vegetables with Egg Noodles
Mashed Potatoes Fresh Green Cabbage or Mixed
Vegetables
Strawberry Jelly with Fresh Fruit Salad

FRIDAY

Haddock in Batter Fillet with Parsley Sauce
or Tomato Ketchup OR Chinese Stir Fried
Vegetables
Chips Peas and Baked Beans
Blackberry and Apple Pudding

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. (V) Suitable for vegetarians or vegetarian option available. Our fish and chicken dishes may contain bones.