



Our First Menu

Thank you for supporting us as we begin our mission to bring the children tasty and delicious healthy lunches. We will be sourcing our ingredients locally and supporting independent businesses, when possible, in addition to trying to 'grow our own', when possible too.

Our first menu comes from the results of our Parent, Pupil and Staff surveys. The children told us their favourites, parents asked for more meat free days and food their children enjoy and, as a staff team, we wished to provide healthy and satisfying meals that are in compliment to the school's science and healthy eating lessons.

Our menu starts off very simply with foods the children are familiar with and enjoy. Over the year we will build new menus with the children, involving them in the cooking and tasting process and aim to broaden their repertoire of flavours and likes over time. We are also now cooking 'in house' at school, rather than having the lunches delivered. We hope that this gives us more control and flexibility and will help reduce waste. Our petrol miles will also be low as our kind butcher is collecting from the baker and greengrocer on his way to us.

Thank you for encouraging your children to join in by having a Jordans School hot meal each day. We hope that their tummies will be full, brains energised and bodies and immunity boosted!

Thank you to the parents offering to help serve the meals. We will be in touch soon once our systems are all up and running.



Monday

Super Spuds!



*The children really
enjoy creating their
own combinations
and inventing
recipes!*

Ingredients



Carbohydrates
for energy

Beans



Cheese



Tuna



Cucumber



Protein
for tissue growth

Vitamins
...And a gentle start to fruits & veggies
for our children who find them challenging

Tuesday

Picnic Time!



The children love having a picnic with their friends and will help to butter the rolls and choose their own fillings.

Ingredients

Wholemeal roll



Carbohydrates
for energy

Ham / meat free slices



Protein
for tissue growth

Tuna Mayo



Cheese



Calcium
For healthy bones

Raisins, flapjack, yoghurt



Vitamins, calcium, energy

Wednesday

Tasty Meatballs and Pasta, with school grown herbs



Inspired by



Flavours of
Italy

Ingredients



Carbohydrates
for energy

Meatballs / vegan bites



Protein
for tissue growth



Vitamin C
For immune system



Flavour
Encouraging a varied diet



Heart Healthy

Thursday

Sausage Sizzler



*Sausages = the
children's top
voted food!*

Ingredients



Carbohydrates
for energy



Protein
for tissue growth



Vitamins & Fibre
For immune system and gut health



Friday

Fish Friday



*The children's
favourite way to
finish the school
week!*

Ingredients

Potato wedges with school
grown herbs



Carbohydrates
for energy



Protein
for tissue growth



Heart Healthy Oils

Vitamins
For immune system

Little Tasty Desserts

-To finish on a fun and happy sweet note whilst still being mindful of healthy bodies, steady energy, moods and strong teeth.



Berries



Flapjacks



Raisins



Melon



Bananas

















Yoghurts

Monday	Tuesday	Wednesday	Thursday	Friday
Super Spuds <i>Build your own recipe</i>	Picnic Lunch <i>with friends</i>	Marvellous Meatballs	Sausage Sizzler	Fish Friday
Jacket Potato Tuna Cheese Baked Beans Cucumber	Wholemeal Rolls Cheese Ham Tuna n' Mayo Carrot Sticks	Tasty Meatballs Vegan Bites tomato sauce Pasta Broccoli	Succulent Sausages Pork or meat free Peppers, onions Gravy Rice carrots	Delicious fish fillets Coated in breadcrumbs Herby potato wedges little peas
Yoghurt Berries	Flapjack Raisins Yoghurt	Melon Yoghurt	Bananas Yoghurt	Fruit Salad Yoghurt

All our ingredients are sourced locally from independent businesses, when possible.

Our local bigger stores help us when needed.

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Beef Meatballs				X										
Vegan Meatballs													X	
Sausages		X												
Fish in Breadcrumbs		X		X										
Tuna Mayonnaise				X										
Wheat Pasta		X												
Flapjacks		X					X							
Wholemeal Rolls		X												
Margarine							X							
Cheese							X							
Yoghurt							X							

Gluten Free, Dairy Free, Meat Free Available Every Day, when required.