



Our Second Menu

Thank you for supporting us as we develop the children's repertoire of flavours and tastes with menu 2!

We are so grateful to the amazing Ms Walker who has been developing ideas and menus with lots of creativity from the children too. Her hard work and dedication has made our Jordans meals possible.

Our local butcher, baker and greengrocer continue to supply our fresh food with our kind butcher collecting and delivering together to save on petrol miles- helping our environment. We are enjoying growing the herbs to flavour the meals and have had a few other items beginning to grow too. Last term, the children enjoyed sampling our Jordans raspberries with great delight.

The local bigger stores help us when we cannot source specific items and Tesco has included us in their fundraiser scheme. Next time you shop at Gerrards Cross Tesco, if you can vote for us on your way out with the tokens, we can use the funds to buy a bigger and better cooker, opening up our menu choices.

Thank you parents, staff, governors, and of course, pupils for all of your support, feedback and ideas as we take the children on a lifelong journey of positive and balanced eating habits. For some children, it takes time as they build up a familiarity with new foods and flavours- the more natural food the children become used to having, the more open they become to trying foods and the more delicious the foods taste.

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!



Monday

Playground Picnic Time!

The children have really enjoyed making their own lunches and gave picnic day their top vote in our school council sessions. For this reason, we have kept the picnic on both menu 1 and 2, we will however, swap and change the bread element to include rolls, bagels, wraps and breads. The children will also be helping to make the flapjacks and other healthy style sweet treats as they learn about a balanced diet.



Ingredients

Breads



Carbohydrates
for energy

Ham / meat free slices



Protein
for tissue growth

Tuna Mayo



Cheese



Calcium
For healthy bones

Raisins, flapjack,
gingerbread, yoghurt



**Vitamins, calcium, slow
release energy**

Tuesday

Super Soups



A lovely warming lunch for those colder days and a great way to get lots of veggie vitamins. Thank you to the children for helping with recipe ideas.

Ingredients



Carbohydrates
for energy



Protein
for tissue growth



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

Wednesday

Spaghetti Bolognaise, with school grown herbs



Ingredients



Carbohydrates
for energy

Beef / Vegan Mince



Protein
for tissue growth



Vitamin C
For immune system



Flavour
Encouraging a varied diet



Heart Healthy

Thursday

Fabulous Fajitas

Inspired by



Flavours of
Mexico



*As suggested by
our children.*

*Thank you to our
butcher for
helping us with
the marinade!*

Ingredients



Carbohydrates
for energy



Protein
for tissue growth



Vitamins & Fibre
For immune system and gut health

Friday

Fish Friday



*"I just love the
school fish... it's
delicious!"
-Year 2 child*

Ingredients

Baby potatoes with school



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 or
Malty gingerbread
Refined sugar free
*= maple or agave syrup to
sweeten*



Raisins



Fruit Salad



Bananas



Yoghurt

Monday	Tuesday	Wednesday	Thursday	Friday
Picnic Lunch <i>with friends on the playground</i>	Super Soups <i>Tasty and hearty with dippy pittas</i>	Spaghetti Bolognaise	Fabulous Fajitas	Fish Friday
Breads Cheese Ham / Vegan Ham Tuna n' Mayo Carrot Sticks Cucumber	A choice between 2 soups each week Creamy Tomato Veggie Noodle Soup Cheese Pitta bread	Beef or Vegan mince tomato & basil sauce with onions and garlic Spaghetti Broccoli	Succulent bbq chicken Lettuce Carrots Sweetcorn Flour Wraps Rice	Fish goujons/Fish cakes / Fish Fillet Coated in breadcrumbs Baby potatoes little peas
Flapjack Raisins Yoghurt	Bananas Yoghurts	Berries Plain Yoghurt	Fruit Salad Plain Yoghurt	Fruit Choice Individual Yoghurts

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

Our local bigger stores help us when needed.

