



## Our Third Menu

Our third menu was devised with the children's ideas and parent feedback, as we seek to balance healthy eating options with food that the children will eat and enjoy.

The children have been learning about healthy eating and have discussed their ideas over lunchtimes with the staff. They have thought about different foods to have on the plate for energy, for protein, for vitamins and minerals.

Our local butcher has created us little lean beef burgers to go with our bakery rolls on picnic days. The children gave a big thumbs up to these and have had full and happy tummies. We continue to source meat free options for all days and the children can choose to try both meat and meat free. They have really liked giving feedback and having a say in their food journey.

We urge you as parents to continue to support your child to have a healthy school lunch as it is cooked fresh, uses local ingredients, widens their repertoire of flavours and gives them a sense of empowerment.



Monday

## Chicken Noodles



*A tasty way to build up energy and nutrients, ready for the afternoon's learning.*

### Ingredients

Noodles



**Carbohydrates**  
for energy

Chicken with  
soy and honey  
sauce

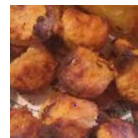


Plain Chicken



**Choice of Protein**  
for tissue growth

Soya Pieces



Sweetcorn



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

Cucumber



Tuesday

## Picnic Time!



*The children love having a picnic with their friends and now have a tasty butchers/ meat-free burger for added protein.*

## Ingredients

Wholemeal roll



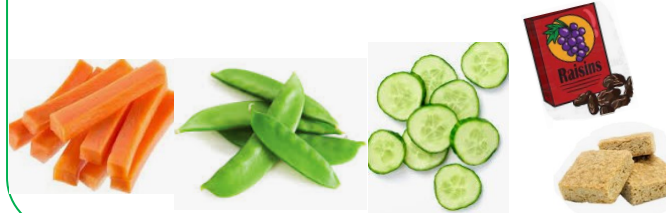
**Carbohydrates**  
for energy

Lean Beef Burger / Meat Free Burger



**Protein**  
for tissue growth

Carrot Sticks / Mange Tout, Cucumber, Raisins, Flapjack



**Vitamins, calcium, energy**

Yoghurt



**Calcium**  
For healthy bones

Wednesday

## Tomato Pasta

home cooked sauce made with school grown herbs



The children  
adore Mrs  
Walker's  
tasty tomato  
sauce!

## Ingredients



**Carbohydrates**  
for energy



**Protein & Calcium**  
for tissue growth and



**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



**Vitamins**  
For immune system

**Heart Healthy Oils**

## 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
Chicken Noodles <i>Choose plain or saucy</i>	Picnic Lunch <i>with friends</i>	Tomato Pasta	Sausage Sizzler	Fish Friday
Chicken / Meat Free Pieces Noodles /spaghetti Honey Soy Sauce (reduced salt) Cucumber Sweetcorn	Wholemeal Rolls Lean Beef Burger Meat Free Burger Carrot Sticks/ Mange Tout Cucumber	Tomato sauce Cheese Pasta Broccoli	Succulent Sausages Pork or meat free Peppers, onions Gravy Rice Carrots	Delicious fish fillets Coated in breadcrumbs/crispy batter Baby Potatoes Little Peas
Yoghurt Berries/ seasonal fruit	Flapjack Raisins Yoghurt	Fruit Yoghurt	Bananas Yoghurt	Fruit Salad Yoghurt

*All of our ingredients are sourced locally from independent businesses (butcher, baker, greengrocer).  
Our local bigger store is there to help when needed.*



