



Our Menu 4

Our fourth menu was devised to gently widen the children's repertoire of foods. Familiar favourites are still there with a few swaps and additions.

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 independent shops continue to help us source many of the ingredients. We thank them for continuing to help us and for thinking of the environment by delivering together in less journeys.

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 knowledge and enjoyment of flavours and gives them a sense of empowerment.



Monday

Sweet and Sour Tasty Bites, Mini Veggies and Rice



A sweet introduction to widening the children's repertoire of foods.

Ingredients

Rice



Carbohydrates
for energy

Butter Beans

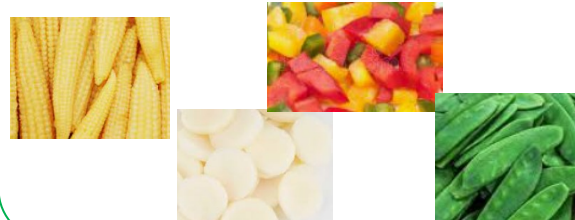


Choice of Protein
for tissue growth

Soya Pieces



Mini Veggies



Vitamins
Mild tasting little veggies to help the children get used to variety in their diet

Prawn Crackers



A Fun Little Treat
To build excitement for the new recipe

Tuesday

Picnic Time!



The children love having a picnic with their friends and now will also explore different breads each week.

Ingredients

Different breads each week



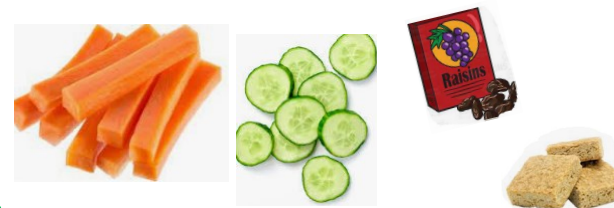
Carbohydrates
for energy

Ham, Chicken Free Slices, Tuna, Cheese



Protein
for tissue growth

Carrot Sticks, Cucumber, Raisins, Flapjack



Vitamins, calcium, energy

Yoghurt



Calcium
For healthy bones

Wednesday

Pasta Bolognaise home cooked sauce made with our butcher's lean minced beef and school grown herbs



The children adore Mrs Walker's tasty bolognaise... the cooking scent in the school builds a healthy appetite.

Ingredients



Variety of Carbohydrates
for energy



Protein & Calcium
for tissue growth and



Vitamin C & Iron
For immune system



Flavour
Encouraging a varied diet



Heart Healthy

Thursday

Sausage Sizzler



Our Butcher's Sausages = the children's top voted food!

On this menu we will be serving the sausages with couscous to develop experiences of different textures.

Ingredients



Carbohydrates
for energy



Protein
for tissue growth



Vitamins & Flavour
For immune system and gut health

Friday

Fish Friday



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

Ingredients

New potatoes 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.



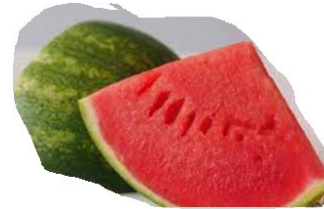
Peaches



Flapjacks



Raisins



Melon



Bananas



Yoghurts



Berries

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet and Sour Tasty Bites	Picnic Lunch <i>with friends</i>	Pasta Bolognaise	Sausage Sizzler	Fish Friday
Meat Free Pieces/ Butter Beans Rice Sweet n'Sour Sauce <small>Reduced sugar</small> Pineapple Mini Sweetcorn Mange Tout Water Chestnuts Peppers	Breads Ham Chicken Free Slices Cheese Tuna Carrot Sticks Cucumber	Beef Mince / Vege Mince Tomato & Basil sauce Cheese Pasta Broccoli	Succulent Sausages Pork or meat free Peppers, onions Gravy Cous Cous Carrots	Delicious fish fillets Coated in breadcrumbs/crispy batter Baby Potatoes Little Peas
Yoghurt Berries/ seasonal fruit	Flapjack Raisins Yoghurt	Watermelon 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 with the extras.*

