



WELCOME TO YOUR NEW MENU



October Menu



WE CARE ABOUT OUR MENUS

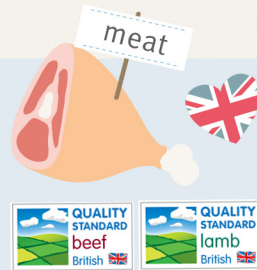


Our meals are balanced and made from ingredients which are sustainably sourced and better for animal welfare. That means:

British, seasonal & locally sourced produce



Meat which is British & Farm Assured



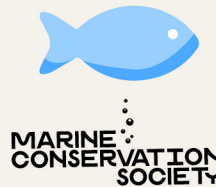
Halal meat served where requested

eggs



Free range eggs

We only serve sustainable fish based on the MCS's Good Fish Guide and will never serve any on the 'Fish to Avoid' list.



ABOUT OUR FOOD

WE SOURCE BRITISH, LOCAL AND SEASONAL PRODUCE WHERE POSSIBLE

We don't use any undesirable additives, artificial trans fats or GM ingredients

ALL OF THE EGGS WE USE ARE FREE RANGE

WE USE WHOLEMEAL FLOUR AND SERVE FRESH BREAD

OUR FRESH MEAT IS SOURCED FROM UK FARMS WITH HIGH STANDARDS OF ANIMAL WELFARE

WE DON'T SUPPLY ANY FISH TO AVOID TO CUSTOMERS, AS RATED BY MCS' GOOD FISH GUIDE

WE DON'T SERVE ANY ENDANGERED FISH



OUR MENUS ARE FOOD FOR LIFE ACCREDITED



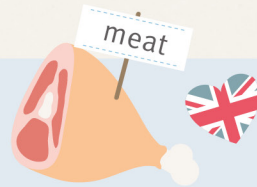
Your new menu is **Food for Life Bronze Served Here accredited** - this means it includes:



British, seasonal & locally sourced produce



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MARINE CONSERVATION SOCIETY

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Your new menu is **Food for Life Silver Served Here accredited** - this means it includes:

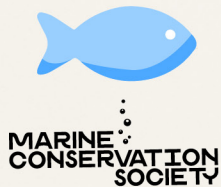


Organic items such as bread, milk & yoghurts!

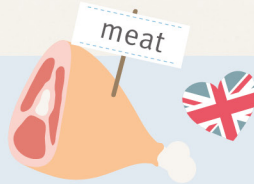


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Meat which is British & Farm Assured



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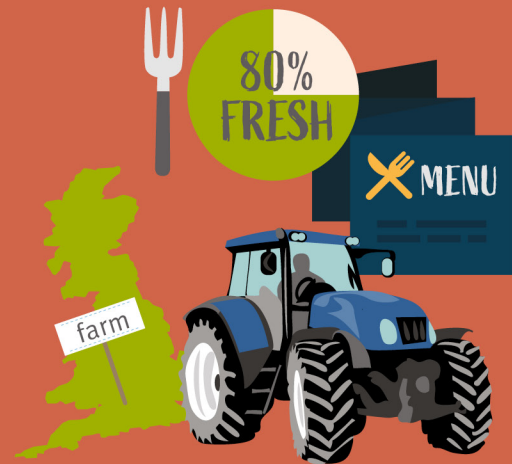
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FRESH FOOD YOU CAN TRUST

- ✓ Over 80% of our meals are freshly prepared
- ✓ Our menus meet government guidelines
- ✓ We promote food provenance to pupils



OUR MENUS ARE SCHOOL FOOD STANDARDS COMPLIANT

We check every menu to make sure that they offer a variety of different foods to help pupils thrive throughout the school day. Your menu is fully compliant with the school food standards and signed off by our nutritionists

Some of the key standards in the School Food Standards are:

- At least 3 non-dairy protein dishes each week
- At least 2 desserts each week which are 50% fruit based
- Starchy food cooked in oil no more than two days each week

Charlotte Quick
Company Nutritionist



THE MENU INCLUDES MUCH MORE...



**NUTRITIOUS
MAIN MEALS**

Tasty!



**FRESHLY
BAKED BREAD
AVAILABLE DAILY**

Healthy!



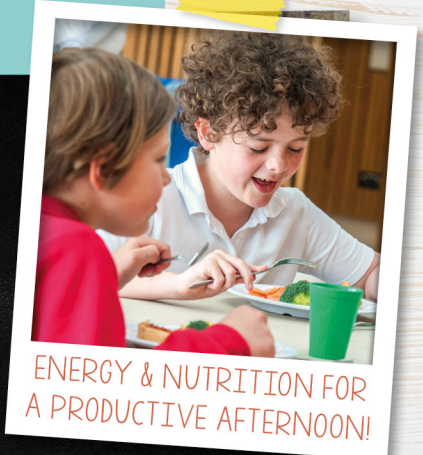
**A REFRESHED SALAD
BAR WITH FRESH
OPTIONS EVERY DAY**

Crunchy

Colourful



**THERE'S ALWAYS THE OPTION
OF FRUIT OR YOGHURT AS AN
ALTERNATIVE TO THE HOT PUDDING**



**ENERGY & NUTRITION FOR
A PRODUCTIVE AFTERNOON!**

Yummy!

**SCHOOL LUNCHES
OFFER GREAT VALUE**

DOING MORE TO HELP PUPILS TOWARDS THEIR 5-A-DAY



We have increased the amount of beans and pulses... that means more fibre & less saturated fat!



The salad bar is packed full of fresh vegetables



Your menu has more vegetable focused meals - making them more nutritious!



Packed full of familiar favourites

We understand that it's more important than ever for pupils to eat school lunch when for many of them, it may be their only hot meal of the day.

So we've:

- **Included more familiar dishes we know they love**
- **Re-engineered recipes to make popular dishes even healthier**
- **Created exciting options for KS2 pupils so the options grow as they do**

