

# Special school menu 2018

Week 1 16 Apr-7th May-4th Jun-25th Jun-16th Jul-10th Sep-1st Oct					Week 2 23rd Apr-14th May-11th Jun-2nd July-23rd July-17th Sep-8th Oct					Week 3 30th Apr -21st May-18th Jun-9th Jul-4th Sep-24th Sep-15th Oct				
	Main course	Vegetarian	Vegetables	Dessert		Main course	Vegetarian	Vegetables	Dessert		Main course	Vegetarian	Vegetables	Dessert
Monday	Macaroni cheese	Boston sausage & beans	Herby dice, broccoli, cauliflower	Chocolate & mandarin sponge		Vegetarian burger in a bap	Lentil shepherds pie	Mashed potatoes, sweetcorn, broccoli	Peach & strawberry muffin		Quorn carbonara	Beany enchiladas	Sweetcorn, cauliflower	Iced fruit sponge
Tuesday	Roast chicken	Chickpea roast	Roast potatoes, swede, fresh green cabbage	Apple & date shortcake		Brunch chipolata	Quorn brunch	Potato frittata, baked beans, tomatoes	Banoffee cheesecake		Lamb meatballs & pasta	Quorn curry & rice	Peas, country mixed vegetables	Pear & chocolate cake chocolate custard
Wednesday	Beef bolognese & pasta	Lentil gratin	New potatoes, sweetcorn, country mixed vegetables	Vanilla cake pink custard		Turkey curry & rice	Lentil ragu	Pasta, green beans, cauliflower	Pear tart & chocolate drizzle		Roast pork	Chickpea roast	Roast potatoes, green cabbage, swede	Apple turnover
Thursday	Sweet & sour chicken	Beanie pasta bake	Rice, roasted vegetables	Strawberry whip & fruit compote		Roast chicken	Quorn roast	Roast potatoes, cabbage, carrots	Fruit smoothie & biscuit		Turkey & leek pie	Quorn pattie	Mashed potatoes, green beans, carrots	Banana custard
Friday	Crunchy fish pie	Veggie goujons	Parsley mashed potatoes, peas, carrots	Sultana cookie		Fish cakes	Cheese & tomato pizza	New potatoes, roasted mixed vegetables	Date & coconut flapjack		Bubble crumb salmon	Bean chilli jackets	New potatoes, sweetcorn, broccoli	Mandarin jelly



Tough standards. Tender results.



Available daily: Fresh chilled milk or water, home baked bread, additional dessert options - fresh fruit and fruit yoghurt

# Special school lunch menu 2017-18

Dear Parent / Carer / Guardian

Welcome to your new school meals menu. School meals are free for all pupils in Reception, Year 1 and Year 2 and for pupils who are entitled to Free School Meals (FSM). For pupils in other years meals can be ordered at the school office.

Meals up until end of Sept 2018 cost £2.30 for a 2 course lunch.

## HOW DO I ORDER AND PAY FOR A SCHOOL MEAL?

All meals must be ordered at your school office. If you are entitled to FSM or your child is in Reception, Year 1 or 2 the school will order for you with the kitchen and you do not need to contact the school after your initial order.

## WHAT HAPPENS IF MY CHILD IS SICK AND CANNOT ATTEND SCHOOL?

Please contact the school office as soon as possible to inform them your child will be absent and will not require their meal.

## WHAT HAPPENS IF MY CHILD HAS A SCHOOL TRIP?

FSM and pupils in Reception, Years 1 & 2 will be provided with packed meals on trip days, the school will order this with the kitchen. Paid meals should be ordered with your school as usual.

## KEY CONTACTS:

Orders / Payments / Cancellations - Your school office.

Special Diets - Your school office in the first instance

Office Hours - School opening hours

Compliments / Complaints / Feedback -

catering.advisory.service@westsussex.gov.uk

Special School meals in West Sussex are lovingly prepared at each school by the West Sussex Catering Team. We understand that healthy and nutritious meals can contribute to your child's experience at school and help fuel them for the afternoon ahead.

## Lunch Time



### AS PART OF OUR COMMITMENT TO GREAT SCHOOL MEALS WE;

- Work with the Lead Association for Catering in Education (LACA) to ensure that our menus comply with the Government's School Food Standards and are proud to display LACA endorsement on our menus.
- Only use MSC (Marine Stewardship Council) Certified Sustainable Seafood [www.msc.org](http://www.msc.org)
- Use British meats only on our menu, and free range eggs, assuring us of the very best quality and traceability of our products.
- Use local suppliers where possible, including meat from Hampshire and fruit and vegetables from Selsey in West Sussex.
- Can work with you to tailor your child's menu to support their medically prescribed special diets.
- Have been reducing sugar content on our menu. West Sussex County Council now have a sugar reduction logo. Designed by a primary school pupil from West Sussex the logo is aimed at reminding us of the importance of not eating too much sugar, along with being active every day, and that by eating a good variety of food as part of a balanced diet it helps us to stay healthy.



## Are you claiming your free school meal?

If you are in receipt of certain benefits your child may be entitled to Free School Meals (FSM).

For more information contact:  
West Sussex County Council  
Free School Meals Checking Service:

01243 752 835 or  
[fsm@westsussex.gov.uk](mailto:fsm@westsussex.gov.uk)