

# SPECIAL SCHOOL MENU 2022/23

## Week 1

25th Apr; 16th May; 13th Jun; 4th Jul; 5th Sep; 26th Sep; 17th Oct;  
14th Nov; 5th Dec; 9th Jan; 30th Jan; 27th Feb; 20th Mar

	MAINS	SIDES	DESSERT
<b>MON</b>	Macaroni Cheese —••— Lentil Cottage Pie	Country Mixed Vegetables & Peas	Chocolate Cracknel
<b>TUE</b>	Sweet & Sour Chicken & Rice —••— Beany Enchilladas	Cauliflower & Sweetcorn	Peach Upside Down Cake & Custard
<b>WED</b>	Beef Casserole —••— Lentil Roast	Mashed Swede & Chef's Vegetable Roast Potatoes	Apricot Oatie Biscuit
<b>THU</b>	Pork Sausages & Onion Gravy —••— Quorn Bolognese & Pasta	Carrots & Green Beans Mashed Potatoes	Iced Apple & Cinnamon Cake
<b>FRI</b>	Battered White Fish —••— Chickpea Pattie	Broccoli & Baked Beans Chipped Potatoes	Blackberry & Apple Crumble Jack

## Week 2

2nd May; 23rd May; 20th Jun; 11th Jul; 12th Sep; 3rd Oct; 31st Oct;  
21st Nov; 12th Dec; 16th Jan; 6th Feb; 6th Mar; 27th Mar

	MAINS	SIDES	DESSERT
<b>MON</b>	Quorn Spicy Southern Burger served in a bap —••— Cheese & Onion Quiche	Sweetcorn & Cauliflower Potato Wedges	Fruit Smoothie
<b>TUE</b>	Farmers Turkey Pie —••— Vegetable Pasta Bake	Peas & Swede	Apple & Strawberry Chelsea Bun
<b>WED</b>	Beef Lasagne & Garlic Bread —••— Veggie Balls in Gravy	Country Mixed Vegetables Mashed Potatoes	Fruity Ginger Sponge & Custard
<b>THU</b>	Roast Chicken —••— Quorn Roast Fillet	Broccoli & Chefs Vegetable Roast Potatoes	Fruit Flapjack & Milkshake
<b>FRI</b>	Fish Fingers —••— Lentil Curry & Rice	Herby Diced Potatoes Carrots & Mushy Peas	Fruit Crumble & Custard

## Week 3

9th May; 6th Jun; 27th Jun; 18th Jul; 19th Sep; 10th Oct; 7th Nov;  
28th Nov; 2nd Jan; 23rd Jan; 20th Feb; 13th Mar

	MAINS	SIDES	DESSERT
<b>MON</b>	Cheese & Tomato Pizza —••— Boston Beans & Quorn Sausage	Peas & Sweetcorn & Carrots	Jaffa Cake & Custard
<b>TUE</b>	Roast Pork Loin —••— Chickpea Roast	Swede & Cabbage Roast Potatoes	Apple & Date Shortcake
<b>WED</b>	Chicken Burger served in a Bap —••— Creamy Quorn Pie	Mixed Salad with Coleslaw & Cauliflower	Sultana Cookie & Fruit Juice
<b>THU</b>	Lamb Curry & Rice —••— Jacket Potato filled with Cheese	Broccoli & Baked Beans	Iced Carrot Cake
<b>FRI</b>	Salmon & White Fish Pasta Bake —••— Vegetable Goujons	Country Mixed Vegetables Mashed Potato	Homemade Rice Pudding & Fruity Jam



Tough standards. Tender results.

**FRESHLY BAKED BREAD AVAILABLE DAILY,  
JUGS OF WATER & MILK.  
ADDITIONAL DESSERT OPTIONS -  
FRESH FRUIT AND FRUIT YOGHURT**



# SPECIAL SCHOOL MENU – 2022/23

## Meal ordering information

Universal Infant Free School Meals (UIFSM) meals are available free of charge for all pupils in Reception, Year 1, and Year 2.

### Free School Meals (FSM)

If you are in receipt of certain benefits your child may be entitled to a FSM.

If you think that your child is entitled to receive benefit-related free school meals, even if your child is in Reception, Year 1 or Year 2 it is important to register for a free school meal eligibility check so that the school receives the additional funding to support your child's learning. Contact your school office or visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) for more information and an electronic application facility. Alternatively call 01243 752 835 or email [fsm@westsussex.gov.uk](mailto:fsm@westsussex.gov.uk) to find out more,

If you are entitled to a FSM or your child is in Reception, Year 1 or 2 the school will order directly for you.

### Paid Meals

For pupils in other years and who do not receive a free school meal or UIFSM, meals need to be ordered and paid for via your school office.

### What happens if my child is sick and cannot attend school?

Contact the school office as soon as possible to inform them of the absence and non-requirement of their meal.

### What happens if my child has a school trip?

Pupils in Reception, Years 1 & 2 and those pupils entitled to FSM's will automatically be provided with packed meals on trip days. Paid meals should be ordered with your school as usual.

## As part of our commitment to preparing the best possible school meals we...

- Work with the Lead Association for Catering in Education (LACA) to ensure that our menus are endorsed by LACA and comply with the Government's School Food Standards.
- Employ in-house highly trained award-winning teams, producing fresh meals in school, keeping menus delicious as well as safe.
- Will work with you and your child's school to tailor their menu, to where possible, support medically prescribed special diet requirements for your child. Please ask for a Special Diet Request Form from the school office if you require this service.
- Have reduced sugar, salt, and saturated fat content on our menu.
- Provide 2 meat free days a week, working towards making the service more environmentally sustainable.
- Purchase from Sussex based suppliers where possible.
- Avoid the use of palm oil, and if necessary only use certified sustainably sourced palm oil.
- Avoid the use of additives in all our meals.
- Do not use Genetically Modified (GM) foods on our menu.

### Key contacts:

Orders / Payments / Cancellations - Your school office.

Special Diets - Your school office in the first instance.

Office Hours - School opening hours.

Compliments / Complaints / Questions -  
[catering.advisory.service@westsussex.gov.uk](mailto:catering.advisory.service@westsussex.gov.uk)

