

## Free Lunch!

### Key Stage 1

Every child in Reception, Year 1 and Year 2 is entitled to a free school lunch. A healthy lunch will benefit your child by:

- Providing a balanced meal which improves concentration and learning in the afternoon
- Introducing your child to a wide range of foods
- Developing their social skills, children sit down at a table together and enjoy a meal

### Key Stage 2

Children in Key Stage 2 are also entitled to free school meals if parents are receiving:

- Income Support
- Income based Employment & Support Allowance
- Income based Jobseekers Allowance
- support under part VI of the Immigration and Asylum Act 1999
- The Guaranteed element of State Pension Credit
- Child Tax Credit provided your annual income as assessed by the Inland Revenue does not exceed £16,190 and provided that Working Tax Credit is not included.
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

## Are your children eating School meals?

Healthy, well fed children are better learners and have the best chance to succeed. They are:

- Better behaved
- More alert with higher levels of concentration
- Proven to have better academic improvement

**School meals are nutritious, healthy and tasty!**

## Our Local Suppliers

### TC Meats

Family run catering butchers based in Denton.

### Ribble Farm Fare

Fruit and vegetable specialists based in Longridge near Preston.

## Contact Food & More

Telephone: 0161 342 4379

Email: [carillionnorthcatering@carillionplc.com](mailto:carillionnorthcatering@carillionplc.com)

Mail: **Food & More**  
**Carillion Services, Second Floor,**  
**Rycroft Hall, Manchester Road,**  
**Audenshaw, M34 5ZJ**

Further Information is available from

[www.foodandmore.uk.com](http://www.foodandmore.uk.com) or  
[www.facebook.com/foodandmore](https://www.facebook.com/foodandmore)

 **Tameside**  
Metropolitan Borough

Food & More is Carillion's catering business and offers bespoke catering solutions to the education and business sectors across the UK. Food & More provides catering services to 220 schools throughout the UK.

 **carillion**

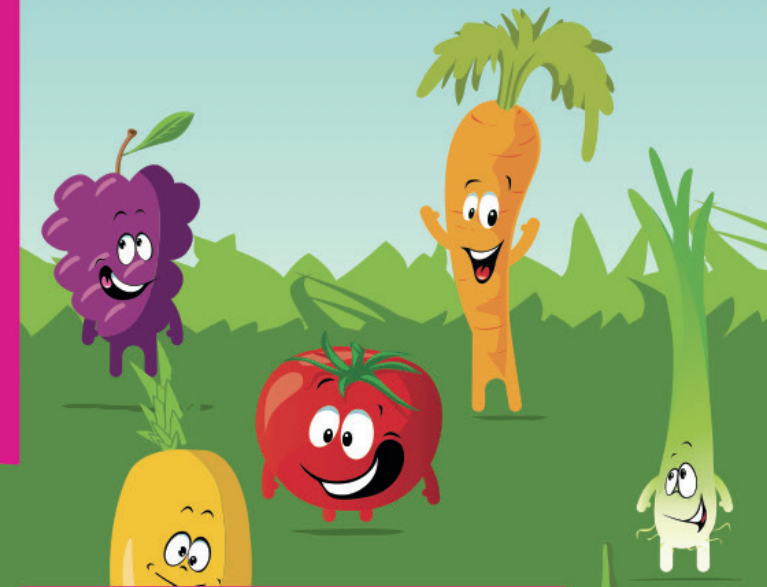
  
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fresh food. fresh thinking

  
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# MENU

## PRIMARY SCHOOL

### 2017/2018



## Did you know?

- All our eggs are Free Range
- Over 75% of our meals are freshly prepared using seasonal ingredients
- We use Local Suppliers for meat and fruit & Vegetables
- All our menus comply with the school food plan healthy eating standards



# SCHOOL LUNCHES

AVAILABLE DAILY - assorted yogurts, chopped fresh fruit, fresh bread, salad selection and lots of fresh water!

## WEEK ONE

6th November, 27th November, 18th December,  
15th January, 5th February, 5th March, 26th March

### MONDAY

Chicken & Cheese Pizza or **Vegetable Frittata** <sup>v</sup>  
Sweetcorn, Mixed leaf salad, Half Jacket potato  
Jacket Potato with various fillings  
Half cheese baguette  
Cherry Oat Cookie

### TUESDAY

Barbecue Sausage or **Homemade Baked Cheese Roll** <sup>v</sup>  
New Potatoes, Mixed seasonal vegetables  
Jacket Potato with various fillings  
Tuna wrap  
Chocolate sponge, mandarins with custard

### WEDNESDAY

Roast Chicken or **Quorn Burger in a Bun** <sup>v</sup>  
Roast Potatoes, Mashed Potatoes, Carrots, Savoy Cabbage  
Jacket Potato with Various Fillings  
Half Ham baguette  
Melting Moment

### THURSDAY

Beef Lasagne or **Herb Topped Vegetable Pasta Bake** <sup>v</sup>  
Garlic Bread, Green Beans, Sweetcorn, Carrots  
Jacket Potato with Various Fillings  
Cheese bap  
Peaches with Ice Cream

### FRIDAY

Breaded Fish Fillet or **Pink Salmon Nuggets Vegetarian** <sup>v</sup>  
Meatballs in a Tomato Sauce Q  
Chips, Potato of the day, Mushy Peas, Baked Beans  
Jacket Potato with Various Fillings  
Tuna wrap  
Ginger Cake and custard

<sup>v</sup> vegetarian option

## WEEK TWO

13th November, 4th December,  
1st January, 22nd January,  
12th February, 12th March

### MONDAY

Chicken Korma or **Quorn Cottage Pie** <sup>v</sup>  
Rice, Naan Bread, Sweetcorn, Carrots  
Jacket Potato with Various Fillings  
Tuna mayo pitta bread  
Orange Cake

### TUESDAY

Beef Burger in a Bun or **Vegetable Lasagne** <sup>v</sup>  
Half Jacket Potato, Carrots, Peas Garlic Bread  
Jacket Potato with Various Fillings  
Ham baguette  
Apple Crumble with Custard

### WEDNESDAY

Roast Turkey or **Cheese Omelette** <sup>v</sup>  
Roast Potatoes, Mashed Potato, Green Beans, Carrots  
Jacket Potato with Various Fillings  
Roast Beef bap  
Chocolate Crispy Cake

### THURSDAY

Beef Bolognese Bake or **Cheese Whirl** <sup>v</sup>  
New Potatoes, Broccoli, Sweetcorn  
Jacket Potato with Various Fillings  
Tuna wrap  
Toffee apple sponge with custard

### FRIDAY

Breaded Fish Fillet or **Veggie Sausage Roll** <sup>v</sup>  
Chips, Peas, Baked Beans  
Jacket Potato with Various Fillings  
Half cheese baguette  
Shortbread Biscuits with Orange Wedge

<sup>v</sup> vegetarian option

## WEEK THREE

20th November, 11th December,  
8th January, 29th January, 26th February,  
19th March

### MONDAY

Sweet & Sour chicken or **Quorn Sausage with BBQ dip** <sup>v</sup>  
Rice, New Potatoes, Mixed Broccoli & Cauliflower  
Jacket Potato with Various Fillings  
Tuna wrap  
Lemon Drizzle cake

### TUESDAY

Minced Beef Pie or **Cheese and Bean Wrap** <sup>v</sup>  
New Potatoes, Mixed Vegetables  
Jacket Potato with Various Fillings  
Chicken pitta bread  
Rice Pudding and Peaches

### WEDNESDAY

Roast Chicken & Yorkshire Pudding  
or **Veggie Meatball Pasta Bake** <sup>v</sup>  
New Potatoes, Mashed Potatoes, Carrots, Green Beans  
Jacket Potato with Various Fillings  
Half Ham baguette  
Banana Cake with custard

### THURSDAY

Cottage Pie or **Mixed Bean Casserole** <sup>v</sup>  
Broccoli, Carrots, Creamed Potatoes  
Jacket Potato with Various Fillings  
Cheese bap  
Homemade Flapjack

### FRIDAY

Fish Fingers or **Quorn Frankfurter in a bun** <sup>v</sup>  
Chips, Mushy Peas, Baked Beans  
Jacket Potato with Various Fillings  
Cheese Bap  
Arctic Roll

<sup>v</sup> vegetarian option

**Allergy advice** - all our food is prepared in a kitchen where nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering.

Full allergen information is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources. Suitable for vegetarians or vegetarian option available.

Our fish and chicken dishes may contain bones.