



YOUR MENU **Week ONE**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cod & Salmon Grill With Chunky Chips</p> <p>Cheese & Onion Pasty With New Potato Wedges(v)</p> <p>Hot Dog with Ketchup</p>	<p>Caribbean Chicken With Rice & Peas</p> <p>Savoury Vegetarian Mince With Mediterranean Couscous(v)</p> <p>Jacket Potato</p>	<p>Roast Chicken With Gravy & Mashed Potatoes</p> <p>Creamy Winter Vegetable & Cheddar Crumble With Mashed Potatoes(v)</p>	<p>Beef & Onion Pie With Sweet Potato Topping</p> <p>Quorn Hotdog With Onions(v)</p> <p>Jacket Potato</p>	<p>Pizza Margherita(v) With Garden Salad</p> <p>Cheese & Onion Quiche With Chunky Chips & Baked Beans(v)</p> <p>Fish Fingers</p>
<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>
Served With Fresh Seasonal Vegetables & Salad	Served With Fresh Seasonal Vegetables & Salad	Served With Fresh Seasonal Vegetables & Salad	Fresh Seasonal Vegetables With Wholemeal Rice, Pasta Or Potatoes	Served With Fresh Seasonal Vegetables & Salad
Fresh seasonal salad bar and freshly baked bread available every day			Selection Of Fresh Fruit & Yogurts Available Daily	
Frozen Fruit Yoghurts	Banana Bread & Fresh Banana Slices	Chocolate Cracknell & Raisins	Fresh Fruit Salad Or Yoghurts	Cherry Cheesecake or Fresh Fruit

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian Options Available Daily.

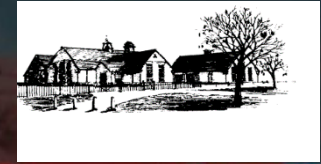
For Any Allergen/Dietary Requirements Please Speak To The Catering Supervisor

MADE FRESH

Minworth J& I School



YOUR MENU **Week TWO**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Salmon Goujons With Potato Wedges</p> <p>Cheese & Tomato Swirls With Baked Beans(v)</p> <p>Beef Burger in a Bun</p>	<p>Meatballs Herby Tomato Sauce With Wholemeal Spaghetti</p> <p>Sweet Potato & Lentil Gumbo With Creamed Potatoes(v)</p> <p>Jacket Potato</p>	<p>Roast Chicken With Stuffing & Gravy</p> <p>Roast Quorn Joint With Vegetable Gravy(v)</p>	<p>Mild Chicken Korma With Naan Bread</p> <p>Bali Rice & Quorn Biryani With Vegetable Curry Sauce(v)</p> <p>Jacket Potato</p>	<p>Pizza Margherita(v)</p> <p>Baked Masala Fish With Curry Sauce & Rainbow Rice</p> <p>Fish Fingers With Chunky Chips</p>
<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>
<p>Served With Fresh Seasonal Vegetables & Salad</p>	<p>Served With Fresh Seasonal Vegetables & Salad</p>	<p>Fresh Seasonal Vegetables With Wholemeal Rice, Pasta Or Potatoes</p>	<p>Served With Fresh Seasonal Vegetables & Salad</p>	<p>Served With Fresh Seasonal Vegetables & Salad</p>
<p>Fresh seasonal salad bar and freshly baked bread available every day</p>			<p>Selection Of Fresh Fruit & Yogurts Available Daily</p>	
<p>Flavoured Ice Cream Tubs</p>	<p>Fresh Fruit Or Yoghurts</p>	<p>Plum Cobbler & Custard</p>	<p>Shortbread With Raisins</p>	<p>Apple Pie & Custard</p>

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian Options Available Daily.

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YOUR MENU **Week THREE**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Haddock Grill With Chunky Chips</p> <p>Country Vegetable Bake With Parmigana Topping(v)</p> <p>Hot Dog</p>	<p>Beef Lasagne With Garlic Slice</p> <p>Egg & Cheese Hashed Potatoes With Baked Beans(v)</p> <p>Jacket Potato</p>	<p>Roast Turkey With Yorkshire Puddings & New Potatoes</p> <p>Quorn Sausage Toad In The Hole With Parsley Potatoes(v)</p>	<p>Teriyaki Chicken & Coconut Garlic Rice</p> <p>Stir Fry Quorn With Egg Noodles(v)</p> <p>Jacket Potato</p>	<p>Pizza Margherita(v)</p> <p>Salmon & Pumpkin Pasta Bake(v)</p> <p>Fish Fingers</p>
<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>	<p>Packed Lunch Bag with choice of sandwich, homemade cake or cookie, fresh fruit, fruit juice or water</p>
Served With Fresh Seasonal Vegetables & Salad	Fresh Seasonal Vegetables With Wholemeal Rice, Pasta Or Potatoes	Fresh Seasonal Vegetables With Wholemeal Rice, Pasta Or Potatoes	Served With Fresh Seasonal Vegetables & Salad	Served With Fresh Seasonal Vegetables & Salad
Fresh seasonal salad bar and freshly baked bread available every day		Selection Of Fresh Fruit & Yogurts Available Daily		
Fruit Jelly Ice-cream	Carrot, Parsnip & Mandarin Cake	Syrup Sponge With Custard	Chocolate & Date Bun	Fresh Fruit Salad Or Yoghurt

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Vegetarian Options Available Daily.

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Minworth J& I School

Certificate of Compliance with School Food Standards

This is to certify that

On the **17.07.2017** the Autumn & Winter Menus for

City Kitchen Pick & Mix

meets the revised Government Standards for School Food, which aim to ensure that food provided is healthy, balanced and nutritious*



Anna-Maria Holt BSc RD
Company Dietitian

Pelican Procurement Services, Ash House, Tanshire Park, Shackleford Road, Elstead, Surrey, GU8 6LB, 01252 705200

*Food provision has been evaluated by a registered dietitian against the food-based standards for lunches (January 2015) using menus and information as provided by the school at time of audit. Changes to menus, or additional food provision not included in the audit will invalidate this certificate.

