



# WELCOME TO OUR NEWSLETTER

## Your School Meals Provision – June 2018

Dear Parent / Carer,

From June 2018 Mellors Catering Services will be providing the catering service at Milton St. John's CE Primary School. We are delighted to be working with all the staff and pupils to encourage the consumption of a nutritious meal for all pupils.



## WHAT'S COMING SOON:

**Exciting Themed Menus**  
**Biscuit Making**  
**Smoothie Bike**

## DANIELLE

### Company Nutritionist Tips:-

Vegetables are great to bulk out a meal and they are super healthy.

We should try things at least 10 times before we say we don't like them.

Food can be cooked in many different ways to change their appearances and tastes.



## Pupil Forum

We will be introducing a Pupil Form, for students who wish to offer their opinions of school meals, to share with their class friends and catering staff to further develop the menus. Also to work closely with the catering staff to help with tasting new food for the new menus.

## Healthy Choices

**Jacket Potatoes and sandwiches are served daily.**

**A Salad Bar is available every day, for your child to try and enjoy their 5 a day.**

**There is a copy of the 3 week menu cycle on the reverse of this newsletter**

## Feedback

The onsite catering team welcome any suggestions you may have regarding menu choice, and we invite you to come and speak to us about any specific dietary requirements your child may have.

Please either speak directly with your school or your school catering team if you have any questions or suggestions. Or contact the Area Manager Bill Kelly on [billk@mellors.co.uk](mailto:billk@mellors.co.uk)



We look forward to continuing to build a healthy school meal relationship with you all and above all, serving your child great, tasty food.

## News.

Did you know that we only use semi skimmed milk, low fat mayonnaise and low fat yoghurt in all of our recipes and dishes we provide to the pupils.





## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Poached Salmon Steak	Minced Beef & Yorkshire Pudding	Roast Pork Dinner	Chicken in BBQ Sauce & Rice	Cod in Golden Batter
Margherita Pizza	Sweet Chilli Quorn & Sweetcorn Pasta	Cauliflower & Broccoli Bake	Vegetable Stir Fry	Cheese & Onion Pie
Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings
Herby Cubes	Mashed Potato	Roast Potatoes	Garlic Bread	Chips
Sweetcorn	Broccoli & Cauliflower	Garden Peas	Mixed Vegetables	Baked Beans
Fruit & Ice Cream	Chocolate Sponge & Chocolate Sauce	Fruity Flapjack	Apple Sponge & Custard	Shortbread

## Week 2

Beef Lasagne	All Day Breakfast	Roast Turkey Dinner	Mexican Chicken Wrap	Baked Fish Fingers
Summer Vegetable Risotto	Veggie Breakfast	Savoury Quorn Mince & Yorkshire Pudding	Margherita Pizza	Lentil Lasagne
Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings
Garlic Bread	Hash Brown	Mashed Potato	Baby Potatoes	Chips
Farmhouse Vegetables	Baked Beans	Carrots	Sweetcorn	Garden Peas
Sultana Shortbread	Marble Sponge & Custard	Chocolate Orange Cookie	Ice Cream with Mandarins	Homemade Fruity Cookies

## Week 3

Chicken Curry & Rice	Oven Baked Pork Sausage	Roast Gammon Dinner	Minced Beef Pie	Cod in Golden Batter
Tomato & Herb Pasta Bake	Vegetable Mousakka	Cheese Whirl	Chick Pea, Spinach Curry & Rice	Quorn Burger
Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings	Jacket Potato or Sandwich With Various Fillings
Garlic Bread	Mashed Potatoes	Roast Potatoes	Jacket Wedges	Chips
Garden Peas	Broccoli	Carrots	Mixed Vegetables	Baked Beans
Banana Sponge & Custard	Fruity Shortbread	Chocolate Muffin	Lemon Drizzle Cake & Custard	Strawberry Jelly

YOGHURT & FRESH FRUIT SERVED DAILY



WHAT'S ON THE MENU



FOR MORE INFORMATION ON HEALTHY EATING VISIT  
[WWW.MELLORSCATERING.CO.UK](http://WWW.MELLORSCATERING.CO.UK)

