

LET'S BE
FOOD
SMART
FOR BODY AND BRAIN

Dear Parent / Carer

The Contract Dining Company are very proud to be the chosen caterer for Bligh Primary School. We provide nutritious healthy meals for the students to enjoy and provide them with all the nutrients and energy to get them through their busy day. We offer a wide selection of choice to suit everybody's taste to ensure we cater for the whole school

The Contract Dining Company specialises in education catering and have a vast amount of experience in this sector.

The Contract Dining Company are an independent catering company providing schools meals across the county of Kent and are part of a larger organisation Alliance in Partnership who cater for meals in the Midlands, London, Buckinghamshire, Bedfordshire, Staffordshire and Bristol.

All meals are freshly prepared daily by our dedicated team at Bligh Primary School using fresh ingredients from our local suppliers. We operate menus on a 3 weekly cycle which includes a main course, vegetarian and jacket potato option with a choice of desserts daily. We also have on offer freshly prepared salads and home baked bread. A full copy of our menu is included on the reverse. All our menus meet and exceed all national nutritional standards.

Amy Teichman, our Quality & Nutrition Manager will be there should you wish to talk to her directly about your child's dietary needs. Should your child have any dietary or allergy requirements you will need to fill out a dietary requirement form or a carbohydrate count form and Amy will work with you to ensure menus are suitable for your child.

Schools meals can be taken on any day of the week, however as we do not run a credit system for meals we do request that payments are made in advance to your child taking their meals. If your child has a special dietary requirement i.e. allergy or diabetes, allergen request forms & carbohydrate count forms will also be available from the school office and on the website.

For even more information please visit our website www.thecontractdiningcompany.co.uk

Yours sincerely

Debbie Martin

Senior Operations Director

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Providing fresh, local and seasonal ingredients, high welfare meals and sustainable fish.

WEEK 1 3rd Sep, 24th Sep, 15th Oct, 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs with Tomato Sauce and Pasta	Chicken Korma with Rice	Roast Gammon with Roast Potatoes and Gravy	Cottage Pie	Fish Fingers and Chips
Bombay Potato Bake	Pasta Primavera	Vegan Sausages with Roast Potatoes and Gravy	Chickpea and Veg Stir Fry with Rice	Cheese, Onion and Potato Pasta with chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Cauliflower Green Beans	Mixed Salad Broccoli Carrots	Mixed Salad Carrots Cabbage	Mixed Salad Sweetcorn Peas	Mixed Salad Peas Baked Beans
Banana Muffin	Fruit Jelly	Fruit Flapjack	Fruit Crumble with Custard	Fruit and Yoghurt
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

WEEK 3 17th Sep, 8th Oct, 29th Oct, 19th Nov, 10th Dec, 21st Jan, 11th Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken with Diced Potatoes	Pork and Apple Plait with Mashed Potatoes	Roast Pork with Roast Potatoes and Gravy	Chilli Con Carne with Rice	Salmon Fish Fingers With Chips
Veggie Burger in a Bun with Diced Potatoes	Sweet Chilli Vegetable Stir Fry with Noodles	Quiche with Parsley Potatoes	Macaroni Cheese	Cheese and Tomato Pizza with Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Carrots Green Beans	Mixed Salad Broccoli Cauliflower	Mixed Salad Carrots Swede	Mixed Salad Sweetcorn Green Beans	Mixed Salad Peas and Sweetcorn Baked Beans
Apple Custard Crunch	Sticky Toffee Pudding with Custard	Fruit Jelly	Chocolate Raspberry Crunch with Raspberry Custard	Fruit and Yoghurt
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

WEEK 2 10th Sep, 1st Oct, 12th Nov, 3rd Dec, 14th Jan, 4th Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Bar with Crispy Diced Potatoes	Pork Sausages with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes, Stuffing and Gravy	Beef Lasagne	Jumbo Fish Finger with Chips
Frittata with Crispy Diced Potatoes	Vegan Sausages with Mashed Potatoes and Gravy	Vegetable Turnover with Roast Potatoes and Gravy	Baked Veggie Wrap	5 Bean Chilli Nachos with Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Sweetcorn Green Beans	Mixed Salad Carrots Curly Kale and Peas	Mixed Salad Carrots Parsnips	Mixed Salad Broccoli Cauliflower	Mixed Salad Sweetcorn BBQ Baked Beans
Fruit Shortbread	Chocolate and Pear Cake with Custard	Iced Carrot Cake	St Clements Custard Pot	Fruit and Yoghurt
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

Fresh seasonal salad and bread available daily.

Fresh fruit & Yoghurt also available daily as an alternative to the dessert of the day.

Allergens

A Gluten free and Dairy free menu is available on request, please email allergens@thecontractingcompany.co.uk with the name of the school which your child will be attending. You will then be sent the Gluten or Dairy Free standard menu for that school. For any further additional allergen requirements please email allergens@thecontractingcompany.co.uk with the name of the school your child will be attending.

All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. Full allergen information is available on request.

Coconut

Coconut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use coconut in our kitchens.