

SPECIAL SCHOOL MENU 2019/20

WEEK 1 | 4th Nov - 25th Nov - 16th Dec - 20th Jan - 10th Feb - 9th Mar - 30th Mar

| | MAINS | SIDES | DESSERT |
|-------------|---|---|--|
| MON | Option 1: Macaroni Cheese Option 2: BBQ Quorn Sausage | Wedges, Broccoli & Baked Beans | Blackberry & Apple, Crumble Jack |
| TUES | Option 1: Shepherds Pie Option 2: Bean Wrap | Herby Diced Potatoes, Peas & Cauliflower | Fruity Ginger Sponge & Custard |
| WED | Option 1: Roast Chicken Option 2: Lentil Roast | Roast Potatoes, Swede Mashed & Chefs Choice | Apricot Oaties |
| THUR | Option 1: Sausages & Onion Gravy Option 2: Quorn Bolognese | Mashed Potatoes, Pasta, Carrots & Green Beans | Apple & Cinnamon Cake |
| FRI | Option 1: Kim's Sweet Potato & Lentil Dahl Option 2: Battered Fish | Rice, Chips, Sweetcorn & Broccoli | Peach & Strawberry Whip & Strawberry Sauce |

WEEK 2 | 11th Nov - 2nd Dec - 6th Jan - 27th Jan - 24th Feb - 16th Mar

| | MAINS | SIDES | DESSERT |
|-------------|--|--|---|
| MON | Option 1: Southern Spiced Quorn Burger Option 2: Beany Pasta Bake | Bread Roll, Wedges, Sweetcorn & Cauliflower | Fruit & Coconut Crumble & Custard |
| TUES | Option 1: Farmers Turkey Pie Option 2: Quiche | Mashed Potato, Peas & Swede | Lemon & Ginger Shortbread |
| WED | Option 1: Beef Lasagne Option 2: Vegetable Goujons | Garlic Bread, Herby Diced Potatoes, Country Style Mixed Vegetables | Peach Upside Down Cake & Custard |
| THUR | Option 1: Roast Chicken Option 2: Quorn Roast | Roast Potatoes, Broccoli & Chefs Choice | Fruit Flapjack |
| FRI | Option 1: Chickpea Curry Option 2: Homemade Salmon Fishcakes | Rice, Wedges, Mushy Peas & Carrots | Chefs Choice Fruit, & Chocolate Milkshake |

WEEK 3 | 18th Nov - 9th Dec - 13th Jan - 3rd Feb - 2 Mar - 23rd Mar

| | MAINS | SIDES | DESSERT |
|-------------|---|--|------------------------------------|
| MON | Option 1: Pizza Option 2: Lentil Cottage Pie | Mashed Potatoes, Country Style Mixed Vegetables | Jaffa Cake & Chocolate Custard |
| TUES | Option 1: Roast Pork Option 2: Chickpea Roast | Roast Potatoes, Swede, Cabbage & Chefs Choice | Homemade Rice Pudding & Fruity Jam |
| WED | Option 1: Beef Burger Option 2: Creamy Quorn Pie | Bread Roll, Wedges, Mixed Salad/Coleslaw & Cauliflower | Sultana Cookie |
| THUR | Option 1: Chicken Curry Option 2: Jacket Potato & Cheese | Rice, Broccoli & Baked Beans | Apple Tacos & Cream |
| FRI | Option 1: Boston Beans & Sausage Option 2: Tuna Pasta | Herby Diced Potatoes, Carrots, Peas & Sweetcorn | Apple & Date Shortcake |



Tough standards. Tender results.



AVAILABLE DAILY:
FRESHLY BAKED BREAD AND CHILLED MILK OR WATER.
ADDITIONAL DESSERT OPTIONS - FRESH FRUIT AND
FRUIT YOGURT

SPECIAL SCHOOL MENU 2019/20

Welcome to your new school meals menu. School meals are free for all pupils in Reception, Year 1 and Year 2 and for pupils who are entitled to Free School Meals (FSM). For pupils in other years meals can be ordered, and paid for at the school office.

HOW DO I ORDER AND PAY FOR A SCHOOL MEAL?

All meals must be ordered at your school office. If you are entitled to FSM or your child is in Reception, Year 1 or 2 the school will order for you with the kitchen and you do not need to contact the school after your initial order.

WHAT HAPPENS IF MY CHILD IS SICK AND CANNOT ATTEND SCHOOL?

Please contact the school office as soon as possible to inform them your child will be absent and will not require their meal.

WHAT HAPPENS IF MY CHILD HAS A SCHOOL TRIP?

FSM and pupils in Reception, Years 1 & 2 will be provided with packed meals on trip days, the school will order this with the kitchen. Paid meals should be ordered with your school as usual.

KEY CONTACTS:

Orders / Payments / Cancellations - Your school office.

Special Diets - Your school office in the first instance.

Office Hours - School opening hours.

Compliments / Complaints / Feedback - catering.advisory.service@westsussex.gov.uk

LUNCH TIME

AS PART OF OUR COMMITMENT TO GREAT SCHOOL MEALS WE;

- Work with the Lead Association for Catering in Education (LACA) to ensure that our menus comply with the Government's School Food Standards and are proud to display LACA endorsement on our menus.
- Can work with you and the school to tailor your child's menu to support their medically prescribed special diet. Please ask for a Special Diet Request Form from the school office, once completed return with the medical evidence to the school office. This request will then be passed to and reviewed by the Catering Team and where possible a special diet meal will be provided.
- Have reduced sugar, salt and fat content on our menu.
- Produce meals in school by our highly trained and award winning teams.
- Work with schools to support your child's lunchtime experience.

Kim Nichols from Woodlands Meed School was our recipe challenge winner and her dish Kim's Sweet Potato and Lentil Dhal is featured on Week 1 of this menu.



Are you claiming your free school meal?

If you are in receipt of certain benefits your child may be entitled to Free School Meals (FSM).

Visit www.westsussex.gov.uk for more information.

01243 752 835 or
fsm@westsussex.gov.uk