

Special School Menu 2017-2018

Week 1 30th Oct - 20th Nov - 11th Dec - 8th Jan - 29th Jan - 26th Feb - 19th Mar

	Main Course	Vegetarian	Vegetables	Dessert
Monday	Macaroni Cheese	Vegetable Goujons	Wedges, Mixed Vegetables, Baked Beans	Date and Coconut Flapjack Fruit Slice
Tuesday	Lamb and Sweet Potato Curry with Rice	Quorn Bolognaise with Pasta	Peas, Carrots	Fruity Ginger Sponge
Wednesday	Roast Chicken	Lentil Roast	Roast Potatoes, Mashed Swede, Cabbage	Apricot Oaties
Thursday	Sausages and Onion Gravy	Quorn Cottage Pie	Mashed Potatoes, Cauliflower, Green Beans	Apple and Cinnamon Cake
Friday	Salmon Slice	Baked Bean Lasagne	Garlic Bread/Pasta, New Potatoes, Broccoli	Fruit Crumble

Week 2 6th Nov - 27th Nov - 18th Dec - 15th Jan - 5th Feb - 26th Mar

	Main Course	Vegetarian	Vegetables	Dessert
Monday	Red Lentil Burger	Quiche	Wedges, Mixed Vegetables	Warm Waffles with Fruit Ice Cream
Tuesday	Chicken Pie	Beany Pasta Bake	Mashed Potatoes/Pasta, Green Beans, Swede	Chocolate Cracknel
Wednesday	Beef Lasagne	Quorn Curry	Garlic Bread, Rice, Cauliflower, Carrots	Peach Upside Down Cake with Custard
Thursday	Roast Gammon	Quorn Roast	Roast Potatoes, Broccoli, Red Cabbage	Blackberry and Apple Crumble Jack
Friday	Fish Fingers	Bean Wrap	Potato Wedges, Pease, Carrots	Pear Tart and Custard

Week 3 13th Nov - 4th Dec - 1st Jan - 22nd Jan - 19th Feb - 12 Mar

	Main Course	Vegetarian	Vegetables	Dessert
Monday	Pizza	Vegetable Pasta Bake	Mixed Vegetables	Fruity Jan and Homemade Rice Pudding
Tuesday	Roast Pork	Chickpea Roast	Roast Potatoes, Swede, Cabbage	Fruit Pie and Custard
Wednesday	Beef Burger in a bun	Bean Chilli and Rice	Green Beans, Cauliflower	Orange Frosted Carrot Cake
Thursday	Turkey Bolognaise with Pasta	Quorn Sausage and Mashed Potato	Peas, Carrots	Apple Tacos with Ice Cream
Friday	Battered Fish	Lentil and Vegetable Cobbler	Chips, Baked Beans, Broccoli	Banana Marble Cake and Milkshake



Available Daily: Fresh chilled milk or water, home baked bread, fresh vegetables, fruit and salad options.

Tough standards. Tender results.

Special School Meal Menu 2017-18

Dear Parent / Carer / Guardian

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 in the classroom.

Meals cost **£2.30** for a 2 course lunch.

How do I order and pay for a school meal?

All meals must be ordered in the morning by your child. 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 can't 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

Special School meals in West Sussex are lovingly prepared at each school by the West Sussex Catering Team. We understand that healthy and nutritious meals can contribute to your child's experience at school and help fuel them for the afternoon ahead.

- Use British meats only on our menu, and free range eggs, assuring us of the very best quality and traceability of our products.
- Use local suppliers where possible, including meat from Hampshire and fruit and vegetables from Selsey in West Sussex.
- Can work with you to tailor your child's menu to support their medically prescribed special diets.



Lunch Time

As part of our commitment to great school meals we;

- Work with the Children's Food Trust to ensure that our menus comply with the Governments School Food Standards and are proud to display the 'Menu Checked' award on our menu
- Now only use MSC (Marine Stewardship Council) Certified Sustainable Seafood www.msc.org
- Use British meats only on our menu, and free range eggs, assuring us of the very best quality and traceability of our products
- Use local suppliers where possible, including meat from Hampshire and fruit and vegetables from Selsey in West Sussex
- Can work with you to tailor your child's menu to support their medically prescribed special diets.
- Have been reducing sugar content on our menu. West Sussex County Council now have a sugar reduction logo. Designed by a primary school pupil from West Sussex the logo is aimed at reminding us of the importance of not eating too much sugar, along with being active everyday, and that by eating a good variety of food as part of a balanced diet it helps us to stay healthy.

**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).**

**For more information contact:
West Sussex County Council Free School Meals Checking Service:**

01243 752 835 or fsm@westsussex.gov.uk