

# SPECIAL SCHOOL MENU 2019

## WEEK 1 | 22 Apr-13th May-10th Jun 1st Jul-22nd Jul 16th Sep-7th Oct

	MAINS	SIDES	DESSERT
MON	<b>Option 1:</b> Quorn Sausage Twist	Potato Wedges, Pasta, Baked Beans, Country Mixed	Chocolate Brownie, Chocolate Custard
	<b>Option 2:</b> Bean Chilli	Vegetables	
TUES	<b>Option 1:</b> Roast Gammon	Roast Potatoes, Swede, Cabbage	Orange Jelly
	<b>Option 2:</b> Lentil Roast		
WED	<b>Option 1:</b> Chicken Tikka Masala	Rice, Broccoli, Sweetcorn	Apricot Cookie
	<b>Option 2:</b> Bean Wrap		
THUR	<b>Option 1:</b> Lamb Tagine	Jacket Potato, Rice, Green Beans, Cauliflower	Fruit Smoothie
	<b>Option 2:</b> Sweet & Sour Quorn		
FRI	<b>Option 1:</b> Crunchy Fish Pie	Mashed Potatoes, Peas, Carrots	Apple Flapjack
	<b>Option 2:</b> Vegetable Goujons		

## WEEK 2 | 29th Apr-20th May 17th Jun-8th Jul-2nd Sept 23rd Sep-14th Oct

	MAINS	SIDES	DESSERT
MON	<b>Option 1:</b> Macaroni Cheese	New Potatoes, Country Mixed	Peach & Strawberry Whip & Fruit Compote
	<b>Option 2:</b> Quorn Sausage & Onion Gravy	Vegetables	
TUES	<b>Option 1:</b> Beef Bolognese	Pasta, Herby Diced Potatoes, Peas, Cauliflower	Pineapple Upside Down Cake
	<b>Option 2:</b> Vegetable Frittata		
WED	<b>Option 1:</b> BBQ Chicken	Mashed Potatoes, Cabbage, Mixed Salad and Carrots	Chocolate Iced Buns
	<b>Option 2:</b> Italian Bean Bake		
THUR	<b>Option 1:</b> Roast Turkey	Roast Potatoes, Green Beans, Swede	Oaty Ginger Cookie
	<b>Option 2:</b> Quorn Roast		
FRI	<b>Option 1:</b> Battered Fish	Chips, Bread Roll, Sweetcorn, Broccoli	Lemon Drizzle Cake, Lemon Custard
	<b>Option 2:</b> Chickpea Burger		

## WEEK 3 | 6th May -3rd Jun 24th Jun-15th Jul-9th Sep 30th Sep-21st Oct

	MAINS	SIDES	DESSERT
MON	<b>Option 1:</b> Cheese, Red Onion & Sweetcorn Pizza	Pasta, Sweetcorn, Broccoli	Date & Apple Shortcake
	<b>Option 2:</b> Mushroom & Lentil Bolognese		
TUES	<b>Option 1:</b> Spanish Chicken	Rice, Peas, Carrots	Strawberry Sponge, Custard
	<b>Option 2:</b> Quorn Curry		
WED	<b>Option 1:</b> Roast Pork	Roast Potatoes, Green Beans, Swede	Chocolate Cracknel
	<b>Option 2:</b> Chickpea Roast		
THUR	<b>Option 1:</b> Beef Arrabiata	Pasta, Potatoes, Country Mixed	Cheesecake
	<b>Option 2:</b> Beanie Cheese Skins	Vegetables	
FRI	<b>Option 1:</b> Fish Fingers	Chips, Mushy Peas, Cauliflower	Pear Turnover
	<b>Option 2:</b> Vegetable & Lentil Gratin		



Tough standards. Tender results.

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

# SPECIAL SCHOOL LUNCH MENU 2019

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 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](mailto: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.

## 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.
- Only use MSC (Marine Stewardship Council) Certified Sustainable Seafood [www.msc.org](http://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.
- 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.



## 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](http://www.westsussex.gov.uk) for more information.

01243 752 835 or  
[fsm@westsussex.gov.uk](mailto:fsm@westsussex.gov.uk)