

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