

SPECIAL SCHOOL MENU 2020/21

WEEK 1

20th Apr - 11th May - 8th June
- 29th June - 20th July - 14th
Sep - 5th Oct - 2nd Nov - 23rd
Nov - 14th Dec - 18th Jan - 8th
Feb - 8th Mar - 29th Mar

	MAINS	SIDES	DESSERT
MON	Option 1: Vegetarian Sausages, Chips	Country Mixed Vegetables, Baked Beans	Peach & Strawberry Whip & Fruit Compote
	Option 2: Spaghetti Cheese		
TUES	Option 1: Roast Chicken, Roast Potatoes	Gravy, Sprouts, Peas & Carrots	Fruit Flapjack
	Option 2: Quorn Roast		
WED	Option 1: Beef Meatballs, Mashed Potato	Herby gravy, Cauliflower, Green Bean	Apple Tacos and Cream
	Option 2: Vegetable Pie		
THUR	Option 1: Lamb Tagine, Cous Cous or Rice	Parsnip, Sweetcorn	Strawberry Cheesecake
	Option 2: Quorn Southern Style Burger, Sweet Potato Wedges		
FRI	Option 1: Fish pie	Broccoli, Chef's Choice	Fruit and Chocolate Sponge, Chocolate Custard
	Option 2: Baked Bean Lasagne, Garlic Bread		

WEEK 2

27th Apr - 18th May - 15th
June - 6th July - 31st Aug -
21st Sep - 12th Oct - 9th
Nov - 30th Nov - 4th Jan - 25th
Jan - 22nd Feb - 15th March

	MAINS	SIDES	DESSERT
MON	Option 1: Bean Wrap	Carrots, Peas	Apple & Date Shortcake
	Option 2: Nikki's Pasta Bake		
TUES	Option 1: Beef Burger in a Bap	Broccoli, Sweetcorn	Carrot Cupcakes
	Option 2: Vegetarian Sweet and Sour, Rice		
WED	Option 1: Lemon & Thyme Chicken, Herby Dice	Cauliflower, Herby Diced Potatoes, Green Beans	Pear & Chocolate Crumble with Chocolate Custard
	Option 2: Lentil Shepherds Pie, Mash Potatoes		
THUR	Option 1: Roast Pork, Roast Potatoes	Gravy, Swede, Cabbage	Iced Fruit Smoothie
	Option 2: Lentil Roast, Roast Potatoes		
FRI	Option 1: Battered Fish, Chips	Country Mixed Vegetables, Chef's Choice	Orange Shortbread, Chocolate Milkshake
	Option 2: Pizza		

WEEK 3

4th May - 1st June - 22nd
June - 13th July - 7th Sep
- 28th Sep - 19th Oct - 16th
Nov - 7th Dec - 11th Jan -
1st Feb - 1st Mar - 22nd Mar

	MAINS	SIDES	DESSERT
MON	Option 1: Cheese & Lentil Gratin, Herby Dice	Country Mixed Vegetables	Fruit Muffin
	Option 2: Quorn Sausage Carbonara		
TUES	Option 1: Sausages and Onion Gravy	Gravy, Carrots, Peas	Jelly & Peach Coulis
	Option 2: Holly's Quorn Paella		
WED	Option 1: Roast Chicken, Roast Potatoes	Gravy, Swede, Chef's Choice	Fruity Crumble Jack
	Option 2: Chickpea Roast, Roast Potatoes		
THUR	Option 1: Lamb and Sweet Potato Curry, Rice	Cauliflower, Green Beans	Apple & Chocolate Twist
	Option 2: Vegetable Goujons, Boiled Potatoes		
FRI	Option 1: Fish Cake, Wedges	Broccoli, Sweetcorn	Cook's Choice Fruit Sponge, Custard
	Option 2: Vegetable Lasagne, Garlic Bread		



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 2020/21

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.

The runners up in our recipe challenge, Holly Edwards from Queen Elizabeth II School with Holly's Quorn Paella and Nikki Boardman from St Anthony's School with Nikki's Pasta Bake are both featured on 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