

Class Catering is at the forefront of promoting a healthy lifestyle. We believe that nutritious, healthy meals designed by students and teachers, with help from our staff of experts, enhance the curriculum and help children learn. Your menu offers a choice of fresh, healthy cooked food which meets the Government food based standards and has been nutritionally analysed to create balanced, healthy meals. Your menus retain the Food for Life Catering Mark and are freshly prepared using the finest, fresh and local ingredients:

- Red Tractor, Farm Assured British Meat from local butchers
- A selection of organic ingredients including: British Beef Mince, Eggs, Milk and Potatoes
- All fish products carry the MSC logo
- No undesirable additives and hydrogenated fats
- A variety of locally sourced fruit, vegetables, and Fair Trade bananas served fresh daily
- Creative Meat Free Mondays are used each month to promote sustainable living
- Whole grains and fruits used in all baked desserts
- All sauces enriched with vegetables to help increase the daily vegetable uptake
- Limits on added salt and sugar used in cooking and baking

Food Allergies and Intolerances

If your child has been advised by their GP or Health Care Professional to follow a special diet please contact by calling 0121 429 9390 or email allergens@classcatering.co.uk.

All allergen information relating to this menu is available on request.

Free School Meals

If your child does not currently have a delicious healthy school meal what a great time to start! If you are in receipt of certain benefits your child may be eligible for a free school meal.

Our Mission Statement

Deliver more than expected. Care more than expected. Quite simply we do not want to be just good we aim to deliver the best.

Class Catering Services Ltd

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www.classcatering.co.uk



Seafood with this mark comes from an MSC certified sustainable fishery. MSC-C-52628



LET'S BE FOOD SMART FOR BODY AND BRAIN

Autumn/Winter Menu 2018/2019



WEEK 1 3rd Sep, 24th Sep, 15th Oct, 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Meatballs with Tomato Sauce and Pasta	Chicken Korma with Rice	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Nacho Bake with Mexican Rice	Fish Fingers and Chips
Vegetable Biryani	Roasted Vegetable Pasta	Vegan Sausages with Roast Potatoes and Gravy	Potato and Leek Gratin	Veggie Samosa with Chips and Curry Sauce
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Cauliflower Carrots	Broccoli Sweetcorn	Carrots Cabbage	Sweetcorn Green Beans	Peas Baked Beans
Chocolate Orange Mousse	Fruit Jelly	Fruit Flapjack	Fruit Crumble with Custard	Banana Muffin

WEEK 2 10th Sep, 1st Oct, 22nd Oct, 12th Nov, 3rd Dec, 14th Jan, 4th Feb

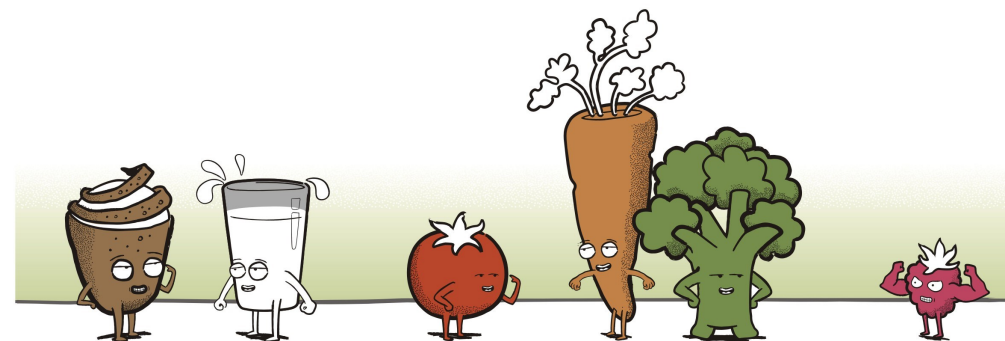
Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Bar with Crispy Diced Potatoes	Pork Sausages with Mashed Potatoes and Gravy	Roast Gammon with Roast Potatoes and Gravy	Beef Lasagne	Jumbo Fish Finger and Chips
Omelette with Crispy Diced Potatoes	Vegan Sausages with Mashed Potatoes and Gravy	Vegetable Turnover with Roast Potatoes and Gravy	Macaroni Cheese	Veggie Enchilada and Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Carrots Green Beans	Sweetcorn Curly Kale and Peas	Carrots Parsnips	Broccoli Cauliflower	Sweetcorn BBQ Baked Beans
Banoffee Pot	Chocolate and Pear Cake with Custard	St Clements Custard Pot	Iced Carrot Cookie Cake	Fruit Shortbread

WEEK 3 17th Sep, 8th Oct, 19th Nov, 10th Dec, 21st Jan, 11th Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Ham Pasta	Beef Pie with Parsley Potatoes	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Pork and Apple Slice with Crispy Potatoes	Salmon Fish Fingers and Chips
Veggie Rice Stir Fry	Quiche with Parsley Potatoes	Cheese and Potato Pie	Veggie Sausages with Crispy Potatoes	Cheese and Tomato Pizza with Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Carrots Green Beans	Broccoli Cauliflower	Carrots Swede	Sweetcorn Green Beans	Peas and Sweetcorn Baked Beans
Apple Custard Crunch	Lemon Cake	Fruit Jelly	Chocolate Raspberry Crunch with Pink Custard	Sticky Toffee Pudding with Custard

A Gluten free and Dairy free menu is available on request, please email allergens@classcatering.co.uk with the name of the school which your child will be attending. You will then be sent the Gluten or Dairy free standard menu for that school. For any further additional allergen requirements please email allergens@classcatering.co.uk with the name of the school which your child will be attending.

Fresh seasonal salad and bread available daily.
Fresh fruit, yoghurt and fruit jelly available daily as an alternative to the dessert of the day.



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