



PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK ONE



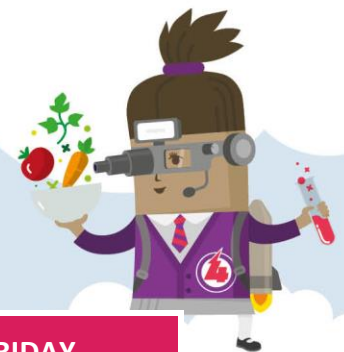
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Crumbed baked Chicken Fillet with Crushed New Potatoes and Arrabbiata Sauce	Classic Italian Lasagne topped with Mozzarella served with Garlic Dough balls	Roast Chicken, served with, Roast Potatoes, Sage & Onion Stuffing and Gravy	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Strips	Freshly Baked Fillet of Battered MSC certified Fish with Chips or Baked Wedges
Vegetarian Main Course	Organic Macaroni Cheese Bake	Roasted Vegetable Sausages, Red Onion Gravy & Creamy Mash	Quorn Roast with all of the roast dinner trimmings	Vegetable, Basil and Wholemeal Tortilla Lasagne with Garlic Doughballs	Baked Vegetable Spring Roll with a Curry Sauce and Vegetable Brown Rice or Chips
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Ham Sandwich	Tandoori Chicken Wrap	BBQ Chicken Panini	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Broccoli	Fresh carrots & Sweetcorn	Sliced Green Beans & Cauliflower	Roasted peppers & Sweetcorn Savoy Cabbage	Garden Peas or Baked Beans
Salads	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot Sticks	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks
Dessert	Reduced Sugar Banana & Chocolate Muffin/Cake	Cherry and Sultana Flapjack	Fruit Jelly & Ice cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie





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WEEK TWO

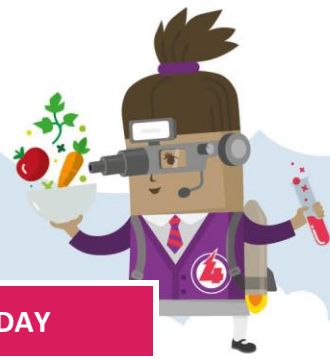


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Fresh Salmon and Tuna Organic Pasta Bake with Fresh Herbs and Tomato and Garlic Bread	Braised Red Tractor Beef, Vegetable and Potato Pie, and it's topped with our delicious shortcrust Pastry!	Roast Pork, served with all Roast Potatoes, Yorkshire Pudding and a delicious Gravy	Traditional Shepherd's Pie, served with a Rich Gravy and Fluffy Mash	Freshly Baked Fish Fingers/Goujons with Chips or Baked Wedges
Vegetarian Main Course	Baked Vegetable Pizza Slice served with a Fresh Garden Salad	Winter Root Vegetable Casserole topped with Parsley & Cheddar wholemeal croutons	Quorn Roast with all of the roast dinner trimmings	Japanese Vegetable Katsu curry with Wholegrain coriander rice	Oven Baked Bean Burrito with Vegetable Rice or Chips and Arrabbiata Sauce
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Tuna Mayonnaise Sandwich	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Chicken Tikka Panini	Toasted Baguette Pizza Style with Mozzarella & Tomato
Vegetables	Garden Peas & Fresh carrots	Sweetcorn & Broccoli	Sliced green beans & fresh carrots	Braised Red cabbage & Sweetcorn	Garden Peas or Baked Beans
Salads	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot Sticks	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Apple Crumble with Custard	Fruity Flapjack Slice	Fruit Jelly & Ice cream	Banana Gingerbread Pudding and Custard	Blueberry Muffin/Cake



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WEEK THREE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	British Farm Assured Chicken Sausages & Mash with a Red Onion Gravy	Beef Bolognese with Organic Penne Pasta	Roast Turkey, served with, Roast Potatoes, Sage & Onion Stuffing and Gravy	Turkey Meatballs with Wholegrain Rice and a Rustic Tomato Sauce	Freshly Baked Fish Fingers with Chips or Baked Wedges and Garden Peas
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Mexican Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Chickpea and Aubergine Dhansak with Wholegrain Rice	Vegetarian Brunch Vegetarian Sausage, Baked beans, mushroom & Mini Hash Browns
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Cheddar Cheese Sandwich	Chicken Fillet Burger in a Toasted Bun	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Veggie Cheeseburger in a bun with potato wedges & Corn on the Cob
Vegetables	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean vegetables Broccoli	Garden peas Or Baked beans
Salads	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot Sticks	Mixed Leaves Tomato Cucumber Sweetcorn Carrot Sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks (crudité)	Mixed Leaves Tomato Cucumber (crudité) Sweetcorn Carrot sticks
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Eves Pudding & Custard	Superfood Flapjack	Fruit Jelly & ice cream	Banana Muffin or Traybake	Chocolate crunch slices



HELLO AND WELCOME TO TAYLOR SHAW - WE ARE THRILLED TO BE FEEDING YOUR LITTLE SUPERHEROES!

WE ARE FOCUSED ON NUTRITION

Nothing can be more important than ensuring the food we provide to your kids during their school day helps them towards a healthy lifestyle – now and in the future. We know that great nutrition can mean improved concentration, increased energy and better wellbeing – all super skills needed to make the most of their all-important time at school!

We use the FAB4 as a fun way to introduce great nutrition and engage primary age kids with what they are eating. Our FAB4 characters aim is to encourage children to try different foods and to understand where food comes from, what it can be used for and why is it good for them to eat. We do this because it is a top priority for us to deliver a healthy diet along with choice and value – the choices that we know kids love!

We pride ourselves on providing them with the very best – from sourcing our ingredients with **Red Tractor** and **Marine Stewardship Council** to using teams of dieticians and professional chefs to create each and every meal we serve to your child. We only use free range eggs in our desserts and bakes and we try to use local ingredients wherever possible to give them the best we can. As a minimum all our school food adheres to **Bronze Food for Life standard** so you can be sure your child is eating everything that is good for them and good for the wider community too!

Our dishes are produced from scratch, and seasonal and locally produced fresh produce is used in preference to tinned, dried or otherwise preserved foodstuffs – if this is used, it is always of the highest quality. A minimum of 75% of our dishes are made from scratch ingredients & we always cook freshly each day.

- **Quality, fresh Red Tractor prime cuts of meat**
- **Sustainably sourced and MSC certified fish and dolphin-friendly tuna**
- **Semi-skimmed milk**
- **Free range eggs**
- **All dishes cooked on the day**
- **All recipes are checked to avoid unnecessary allergens**

We're confident you'll agree that our menus are modern and exciting and we hope that your child will look forward to their choices each day. If you currently make packed lunches why not give yourself a break next September and let them get involved?

ABOUT TAYLOR SHAW

We were early adopters of the **Responsibility Deal** as a vehicle for improving public health and we continue to work closely with government to follow voluntary industry best practice as well as ensuring adherence to legislative requirements such as School Food Standards.

As an Elior company, Taylor Shaw is backed by world class resources. Elior, one of the major international contract food organisations, operates in 15 countries and has 120,000 employees who serve 4.4 million customers every day in 23,000 sites.

