



# 1+2

## FREE SCHOOL MEALS FOR ALL CHILDREN IN RECEPTION, YEAR 1 & 2

All children in reception and years one and two are entitled to free meals as part of the Government's new Universal Infant Free School Meal. This is worth up to £418 per year per child - please talk to your child's school for more details.

## CAN I CLAIM FREE SCHOOL MEALS FOR MY OLDER CHILDREN?

### YES...

If you receive specific benefits. Or have a household income below the Government threshold, register your entitlement on the Government web page, a full list of free school meal entitlement can be found on the link below:  
[WWW.GOV.UK/APPLY-FREE-SCHOOL-MEALS](http://WWW.GOV.UK/APPLY-FREE-SCHOOL-MEALS)

**Tameside**  
Metropolitan Borough  
TAMESIDE SCHOOL LUNCHES

# FEEDING OUR FUTURE

## SPRING & SUMMER MENUS 2018

## SPECIAL DIETS AND ALLERGIES

Any pupil that has a Special diet or with a medically diagnosed food intolerance or allergy, please contact your school admin office immediately.

It is our policy to provide a catering service for all pupils with medically diagnosed food allergies, food intolerances or a medical condition which affects their eating.

## FOOD MILES...

We are actively reducing our carbon footprint and we are proud to be using local suppliers to cut down on our food miles. We always consider where the food we put on the plates comes from and how it was produced.



## SPECIAL THEME DAYS...

Look out for our special menus throughout the year, multi-cultural celebrations, national days and events, menus to link in with the curriculum.



# Spring & Summer Menus 2018

**A\* SCHOOL MEALS** We are committed to educating, promoting and encouraging, the benefits of a healthy, nutritious balanced diet for now and the future. The UK School Foods Standards covers all food served within the school day. All our meals are freshly prepared on site daily by our dedicated catering team.

## MONDAY

Meatballs with fresh tomato sauce  
 Pizza margherita (V)  
 Tuna wrap  
 Jacket potato with choice of filling  
 Pasta, half jacket potato, peas and sweetcorn  
 Cornflake tart and custard  
 Fresh fruit, cheese and biscuits, yoghurt

## TUESDAY

Roast Chicken  
 Quorn sausage in BBQ sauce (V)  
 Ham and tomato bap  
 Jacket potato with choice of filling  
 Roast potatoes, carrots and cauliflower  
 Ice cream and peaches  
 Fresh fruit, cheese and biscuits, yoghurt

## WEDNESDAY

Chicken tikka  
 Cheese whirl (V)  
 Egg mayonnaise and cress finger roll  
 Jacket potato with choice of filling  
 Rice, naan bread, creamed potato, beans, peas  
 Crispy chocolate cake  
 Fresh fruit, cheese and biscuits, yoghurt

## THURSDAY

Pepperoni pizza  
 Quorn cottage pie (V)  
 Chicken mayo pitta  
 Jacket potato with choice of filling  
 New potatoes, green beans, sweetcorn  
 Banana cake with custard  
 Fresh fruit, cheese and biscuits, yoghurt

## FRIDAY

Salmon Nuggets  
 Mixed bean chilli (V)  
 Wholemeal cheese sandwich  
 Jacket potato with choice of filling  
 Chips, mushy peas, baked beans  
 Homemade flapjack  
 Fresh fruit, cheese and biscuits, yoghurt

## MONDAY

BBQ Chicken  
 Tomato and pasta bake (V)  
 Half cheese baguette  
 Jacket potato with choice of filling  
 Rice or noodles, peas and carrots  
 Beetroot and chocolate muffin  
 Fresh fruit, cheese and biscuits, yoghurt

## TUESDAY

Sausage with onion gravy  
 Quorn meatballs with gravy (V)  
 Ham finger roll  
 Jacket potato with choice of filling  
 Creamed potatoes, pasta, spring cabbage, carrots  
 Apple crumble and custard  
 Fresh fruit, cheese and biscuits, yoghurt

## WEDNESDAY

Spaghetti bolognaise  
 Rainbow pizza (V)  
 Tuna wrap  
 Jacket potato with choice of filling  
 Garlic bread, mixed salad  
 sweetcorn, half jacket potato  
 Jelly and fruit  
 Fresh fruit, cheese and biscuits, yoghurt

## THURSDAY

Savoury mince with Yorkshire pudding  
 Quorn burger (V)  
 Half chicken baguette  
 Jacket potato with choice of filling  
 New potatoes, mixed vegetables  
 Carrot cake and custard  
 Fresh fruit, cheese and biscuits, yoghurt

## FRIDAY

Fish fingers  
 Vegetarian sausage roll (V)  
 Beef sandwich  
 Jacket potato with choice of filling  
 Chips, mushy peas, beans  
 Ice cream  
 Fresh fruit, cheese and biscuits, yoghurt

## MONDAY

Beef chilli  
 Pizza wrap (V)  
 Tuna and sweetcorn half baguette  
 Jacket potato with choice of filling  
 Rice, mixed salad, peas, garlic bread, half jackets  
 Arctic roll  
 Fresh fruit, cheese and biscuits, yoghurt

## TUESDAY

Roast Chicken  
 Quorn and vegetable tikka (V)  
 Cheese bap  
 Jacket potato with choice of filling  
 Naan bread, rice, baby new potatoes, carrots and broccoli  
 Jelly and fruit  
 Fresh fruit, cheese and biscuits, yoghurt

## WEDNESDAY

All day breakfast (omelette, sausage or vegetarian sausage (V), baked beans)  
 Homemade quiche (V)  
 Coronation chicken wrap  
 Jacket potato with choice of filling  
 Hash brown, baked beans, peas, baby baked new potatoes  
 Sticky cake and custard  
 Fresh fruit, cheese and biscuits, yoghurt

## THURSDAY

100% beef burger in a bun  
 Quorn & vegetables in a sweet and sour sauce (V)  
 Egg mayonnaise finger roll  
 Jacket potato with choice of filling  
 Noodles, half jacket potato, sweetcorn and carrots  
 Shortbread biscuits with quarter orange  
 Fresh fruit, cheese and biscuits, yoghurt

## FRIDAY

Breaded fish  
 Vegetable nuggets (V)  
 Turkey bap  
 Jacket potato with choice of filling  
 Chips, peas, baked beans  
 Marble cake  
 Fresh fruit, cheese and biscuits, yoghurt

**AVAILABLE DAILY** – assorted yogurts, chopped fresh fruit, fresh wholemeal bread, salad pots and lots of fresh water. **ALLERGY ADVICE** – all our food is prepared in a kitchen where traces of nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. (V) Suitable for vegetarian or vegetarian option available. Our fish and chicken dishes may contain bones. All items on the menu are subject to availability and may be changed without prior notice to a suitable alternative.

Any **FISH** we serve will vary depending on availability. We only select **FISH** from sustainable sources.

