



Reception Taster sessions

On 4th and 5th October, our dining hall threw open its doors and warmly welcomed the Mums, Dads and grandparents of our new Reception Class to share a school meal experience with their children.

We received some lovely comments:-

‘Lovely lunch. Thankyou. My child is now agreeing to have school dinners thanks to today! ‘

‘Really enjoyed this. Wonderful to see how independent the kids are. Great experience. Thank you.’

One parent commented that it would be nice for children to have 2 vegetable options. Please be assured that any child who asks will be served both vegetable options.

Please also be aware that all our food is made with low fat, low sugar options and cocoa is generally used as opposed to chocolate.

Thank you to all our Reception Class visitors who accepted our invitation. We are so glad you enjoyed it!



The School Food Plan

The School Food Plan is a plan supported by the Secretary of state for Education to improve food in schools. Please see their message below.

Why school meals?

Many parents mistakenly imagine that a packed lunch is the healthiest option. In fact, it is far easier to get the necessary nutrients into a cooked meal – even one of mediocre quality. Only 1% of packed lunches meet the nutritional standards that currently apply to school food.

This country faces a serious health crisis caused by bad diet. Almost 20% of children are obese by the time they leave primary school at 11. Diet-related illnesses are putting a huge strain on the nation’s coffers – costing the NHS £10 billion every year. We need to tackle the problem now, before the costs (both personal and financial) become too heavy to bear.

Eating school dinners is better for children. It is also better for the school’s finances. A half empty dining hall – like a half-empty restaurant – is certain to lose money. In order for the school food service to break even, average take-up needs to get above 50%. In other words, the system is currently bust. It has to be subsidised with money from school budgets and local councils, to the tune of £140 million a year.

This state of affairs is neither desirable nor necessary. Parents currently spend almost £1 billion a year on packed lunches; persuading just a fraction of them to switch to school food would make the system solvent again (and their children healthier).



Learning for Life

FAWBERT & BARNARD’S PRIMARY SCHOOL



WINTER MENU

AVAILABLE FROM

MONDAY 30 OCTOBER 2017

A great value, tasty, nutritious two course lunch
for just £2.10 a day



WEEK ONE

Weeks beginning: 2/1; 22/1; 19/2; 12/3

MONDAY

Homemade Cheese & Tomato Pizza
 Oven baked crispy potato cubes, sweetcorn
 Jacket potato with cheese and baked beans
 Fresh fruit platter

TUESDAY

Pork meatballs in a rich tomato sauce
 Quorn balls in a rich tomato sauce
 Rice
 Tuna mayo deli roll
 Homemade carrot cake

WEDNESDAY

Local butcher's roast chicken served with Yorkshire pudding,
 stuffing and gravy
 Quorn fillet served with Yorkshire pudding and gravy
 Roast potatoes, carrots and cabbage
 Arctic Roll

THURSDAY Children's favourite!

All day breakfast (1 chipolata, 1 rasher of bacon, scrambled egg)
 All day vegetarian breakfast (2 Quorn sausages, scrambled egg),
 Hash brown, baked beans, baked tomato, button mushrooms
 Jacket potato with cheese and baked beans
 Waffles with warm winter fruits

FRIDAY

Oven baked crispy fillet of fish in a bubble coating
 OR
 Harry Ramsden's salmon in a seaside batter
 Omelette
 Chips, baked beans
 Homemade flapjack with fruit slices

WEEK TWO

Weeks beginning: 8/1; 29/1; 26/2; 19/3

MONDAY

Chinese sweet and sour chicken
 Chinese sweet and sour quorn
 Rice
 Jacket potato with cheese and baked beans
 Fresh fruit platter

TUESDAY

NEW! Fishwich:
 Fish fillet in a crispy crumb served with lettuce and mayo in a bun
 Vegetarian burger in a bun
 Wedges, peas, sweetcorn
 Jacket potato with baked beans or tuna mayo
 Lemon drizzle cake

WEDNESDAY

Local butcher's roast chicken served with Yorkshire pudding,
 stuffing and gravy
 Quorn fillet
 Roast potatoes, carrots and broccoli florets
 100% Fruit lolly

THURSDAY

Pasta bolognaise
 Vegetarian bolognaise
 Garlic bread
 Jacket potato with cheese or tuna mayo
 Warm chocolate brownie and ice-cream

FRIDAY

Sausages
 Vegetarian sausages
 Chips, baked beans, garden peas
 Homemade apple Eve's pudding and custard

WEEK THREE

Week beginning: 15/1; 5/2; 5/3; 26/3

MONDAY

PASTA DAY!
 Choose from some meat free toppings:
 Three cheese or tomato and basil
 Garlic bread
 Jacket potato with tuna mayo
 Homemade shortbread with a glass of ice cold milk

TUESDAY

Pork and Apple burger served in a brioche bun with lettuce,
 sliced tomato and mayo
 Vegetarian burger served in a brioche bun with lettuce, sliced
 tomato and mayo
 Wedges, baked beans, coleslaw
 Pancakes with a choice of sauces

WEDNESDAY

Chicken roast served with Yorkshire pudding, stuffing and
 gravy
 Quorn fillet served with Yorkshire pudding and gravy
 Roast potatoes, carrots and whole green beans
 Individual ice cream pots

THURSDAY

Homemade Cottage pie
 Homemade Vegetarian cottage pie
 Broccoli and cauliflower florets, sweetcorn
 Jacket potato with cheese and baked beans
 Homemade Apple crumble and custard

FRIDAY

Oven baked chicken breast chunks
 Quorn dippers
 Chips, garden peas
 Fruit smoothies

SERVED DAILY:

Homemade bread rolls (except Wednesday—Roast day); Choice from our self-service salad bar: sweetcorn, cucumber, tomatoes, lettuce, mixed peppers, diced beetroot, carrots, raisins

Fresh fruit and yoghurt as an alternative option to the daily menu dessert;

Water available on every table and cold milk available for Reception to Year 2 children as part of their school dinner