

Children name trying different foods amongst the 100 things you should do at school before the age of 11!



**Request for support!**

We would like to request your help in supporting the school by actively encouraging your child to have a school meal. In these times of increasing costs and shrinking school budgets, it is imperative that we increase the number of school meals taken so that we avoid having to use funds from our budget to subsidise our catering function.

This applies whether your child is in KS1 or KS2.

Our Summer menu includes some new exciting ideas to tempt your taste buds as well so some traditional favourites. The All day Breakfast is especially popular and we are hoping that the Pulled Pork in a Bun and Fish Finger sandwich will excite your child to have a school meal on a regular basis!

We also recently introduced our online payment system, Parentmail. We are thrilled with the response and hope that you are finding it easier to book and pay for your child's meals.



**SCHOOL MEALS - the right choice for your child.**

Eating a good balance of healthy, tasty food helps children learn and develop. That's why encouraging your child to take up a school meal is so important.

At school, children have the opportunity to try new food, to enjoy eating and socialising with their friends and to tuck in to a nutritionally balanced meal full of the energy and nutrients to concentration and help them learn at school.

It's easy to assume that making your own lunch is always cheaper but when you compare the cost of a school meal to everyday spends, it is good value.

Even if your child is a fussy eater our Catering Manager is able to employ strategies to persuade your child to try a greater range of foods. You would be surprised at how differently your child can behave when they are sitting comfortably with their friends!



*Learning for Life*

**FAWBERT & BARNARD'S PRIMARY SCHOOL**



**SUMMER MENU**

**AVAILABLE FROM**

**TUESDAY 18TH APRIL 2017**

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



**WEEK ONE**

Weeks beginning: 4/9; 25/9; 16/10;

**MONDAY**

Homemade spaghetti bolognaise  
 Quorn bolognaise with spaghetti  
 Garlic bread and salad bar  
 Jacket potato with selection of toppings  
 Fresh fruit platter

**TUESDAY**

NEW! Pulled pork in a brioche bun, with lettuce and tomato  
 Quorn burger with bbq sauce in a brioche bun with lettuce and tomato

Jacket Potato with selection of toppings  
 Homemade coleslaw and salad bar  
 Tuna and sweetcorn deli roll  
 Jam sponge and custard

**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 cauliflower  
 NEW! Hot roast in a roll  
 Ice cream sundae

**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  
 NEW! Scotch pancakes with sliced bananas and maple syrup

**FRIDAY**

Oven baked chicken breast nuggets in crispy batter  
 Quorn dippers  
 Chips, baked beans, garden peas, salad bar  
 Melon slices

**WEEK TWO**

Weeks beginning: 11/9; 2/10

**MONDAY****PASTA DAY!**

Choose from some meat free toppings: three cheese, tomato and basil, pesto (nut free) ratatouille  
 Homemade bread rolls and salad bar  
 Cheese and cucumber deli roll  
 Waffles with warm summer berries

**TUESDAY**

Homemade minced beef and onion pie and gravy  
 Homemade cheese and onion pie  
 Mashed potato, carrots, and broccoli  
 Jacket potato with selection of toppings  
 Chocolate cake and custard

**WEDNESDAY**

Local butcher's roast chicken served with Yorkshire pudding, stuffing and gravy  
 Homemade vegetarian toad in the hole  
 Roast potatoes, carrots and green beans  
 NEW! Frozen yoghurt pots

**THURSDAY****PICNIC DAY!**

Filled roll of choice (ham, cheese, tuna)  
 Carrot and cucumber sticks  
 Whole fresh fruit portion or individual fruit pot  
 Homemade oatly cookie or shortbread finger  
 Bottle of water or carton of juice

**FRIDAY**

Fish fingers in a brioche bun with lettuce and mayonnaise  
 Vegetable nuggets  
 Chips, garden peas, sweetcorn, salad bar  
 Fresh fruit platter

**WEEK THREE**

Week beginning: 18/9; 9/10

**MONDAY**

Homemade beef pastitsio (layers of bolognaise and macaroni topped with cheese sauce)  
 Homemade macaroni cheese  
 Garlic bread and salad bar  
 Jacket potato with selection of toppings  
 100% fruit lolly

**TUESDAY**

Pork sausages (with optional gravy)  
 Vegetarian sausages  
 Creamy mashed potatoes, carrots and broccoli  
 NEW! Tomato pasta pot  
 Chocolate cracknell

**WEDNESDAY**

Chicken roast served with Yorkshire pudding, stuffing and gravy  
 Quorn fillet served with Yorkshire pudding and gravy  
 Roast potatoes, carrots and cabbage  
 School's favourite homemade cookie and a glass of cold milk

**THURSDAY**

Individual homemade cheese and tomato pizza  
 Pasta salad and salad bar  
 Ham salad deli roll  
 Fresh fruit platter

**FRIDAY**

Oven baked fillet of fish in a crispy bubble coating (gluten free)  
 Omelette  
 Chips, garden peas, baked beans, salad bar  
 Summer fruit jelly and ice cream

**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