

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



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



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.

SUMMER MENU

AVAILABLE FROM

TUESDAY 18TH APRIL 2017

A great value, tasty, nutritious two course lunch for just £2.00 a day



WEEK ONE

Weeks beginning: 17 Apr; 8 May; 5 Jun; 26 Jun ; 17 Jul

MONDAY

Homemade spaghetti bolognaise
 Quorn bolognaise with spaghetti
 Garlic bread and salad bar
 Jacket potato with cheese
 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
 Homemade coleslaw and salad bar
 Tuna and sweetcorn deli roll
 Homemade hummingbird 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 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: 24 Apr; 15 May; 12 Jun; 3 Jul

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
 NEW! Homemade chocolate puddle pudding

WEDNESDAY

Local butcher's roast turkey 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 oat 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: 1 May; 22 May; 19 Jun; 10 Jul

MONDAY

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

TUESDAY

Pork sausages (with optional gravy)
 Vegetarian sausages
 Creamy mashed potatoes, carrots and broccoli
 NEW! Tomato pasta pot
 NEW! Fruit, yoghurt and granola pots

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