



### 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**

**(Updated 5 February 2018)**

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  
Jacket potato with choice of fillings  
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**

Pasta bolognaise bake  
Peas, sweetcorn, garlic bread  
Tomato and basil pasta bake  
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