



YOUR GUIDE TO SCHOOL MEALS

TREAT YOUR CHILD
TO A TASTY LUNCH **EVERY DAY**



**GREAT
VALUE**
healthy meals
for your child

SAMPLE MENU

A two-course meal with a drink costs less than a cup of coffee on the high street.

We can provide a healthy packed lunch if your child prefers.

MONDAY

Chicken Tikka Masala (h/m) 


Tuna Melt Baguette

Rice & Cous Cous

Vegetables of the Day

Anzac Biscuit (h/m)

TUESDAY

Pork Casserole (h/m) 
served with Tomato Bread

Salmon Fillet Nibbles (3) 

Herby Potatoes

Vegetables of the Day

Banana Loaf (h/m)

WEDNESDAY

Roast Turkey, Suffing & Gravy 

Jacket Potato with a choice of Fillings & Salad (v)

Roast Potatoes

Vegetable Medley

Fruit Crumble & Custard (h/m)

THURSDAY

Beefburger in a Bap

Pasta Palma Rosa (v) (h/m)

Oven Baked Jacket Wedges

Vegetables of the Day

Chocolate Brownie Finger (h/m)

FRIDAY

Vinegar Infused Fish Goujons 

Parsnip & Sweetcorn Flan (v) (h/m)

Oven Baked Saute Potatoes

Peas

Lemon Bite Biscuit (h/m) or Yogurt

Available daily – seasonal fruit platter, bread basket and choice of drink.

(v) Vegetarian

(h/m) **Homemade** – These dishes are freshly prepared and cooked on site by the Catering Team



HAVE A LOOK AT OUR GOOD FOOD

In Cheshire East we are passionate about giving our children tasty, healthy school meals – and we are just as passionate about giving you good value for money.

Look at our sample menu and you will see we serve up great lunches. Giving your child a school lunch saves you time each day and is the easy way for you to be sure that they are getting a good meal. Eating lunch at school also encourages children to socialise at meal times, develop good table manners and broaden their experience of foods. A good diet facilitates learning and improved behaviour and sets children on the way to making healthier food choices in the future.

All our meals are nutritionally balanced to meet government guidelines and made in school by professionally qualified catering staff. Where possible we source locally such as bread from Roberts Bakery and seasonal fruit and vegetables. From November 2011 all our meat is provided by one of our local butchers (dependant on area).

Cheshire East Catering has been awarded the Food for Life Association Bronze Catermark, this means we serve food without harmful additives, no GM ingredients, all the meat is Farm Assured and 75% of the menu is 'homemade' in schools. We have 'self-serve' salad bars or unlimited vegetables with all main meals.

We have a process for dealing with medical diets, e.g. peanut allergies, coeliac or diabetic children. Just contact your child's school for more details.

For more information visit the Cheshire East Council website **www.cheshireeast.gov.uk** and search 'school meals'.



ARE YOU MISSING OUT ON FREE SCHOOL MEALS?

Contact us: **0300 123 5012** or **freeschoolmeals@cheshireeast.gov.uk**



WHAT DOES IT ALL MEAN?



This means we serve food without harmful additives, no GM ingredients all the meat is Farm Assured and 75% of the menu is 'home made' in schools. In schools, we have 'self serve' salad bars or unlimited vegetables with all main meals.



Red Tractor Assurance sets out to maintain, develop and promote integrated Assurance standards for the benefit of its assured members within the whole food industry. It sets standards for farms as well as other critical links in the food supply chain both pre- and post-farm.



Change 4 Life encourages families to eat well, move more, and live longer, happier lives. Join today and receive your free info pack at www.nhs.uk/Change4life



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery.



In 2010 Compassion in World Farming awarded us a Good Egg Award for using free range eggs from cage-free hens.



The pork on our menu carries the Quality Pork Standard logo for your assurance of quality and traceability.



**FRESH THINKING
FRESH FOOD**

