

Summer Menu

Welcome to your new Summer menu; which runs through until October half term 2011



Our new Summer menu has been developed using pupil surveys, and our menu forum to create tasty recipes.

Our menus are not only nutritionally balanced, but also provide delicious dishes that children love to eat!



Our menus include the best quality and freshest ingredients, sourced directly from growers and producers.

This ensures we can maintain a robust supply chain and have complete traceability from the field to the plate.



Free School Meals are available to children whose parents are in receipt of :

- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit, with an annual income of no more than £16,190
- Guarantee element of State pension Credit
- Support under part VI of Immigration and Asylum Act 1999 (IAA) – *Please contact the Free School Meals Team if this applies to you*

If you receive Working Tax Credit, however, you do not qualify for free school meals

For more information on Free School meals please telephone : **0300 1234100**



Are you interested in a career in school catering that fits around your family life?

If so why not join our friendly, professional catering team.

Appropriate training will be given, smart uniforms provided.

Please contact the Chartwells admin team either in writing or telephone:

Chartwells
The Barn
Penny-Come-Quick
Zelah
Truro
TR4 9JD

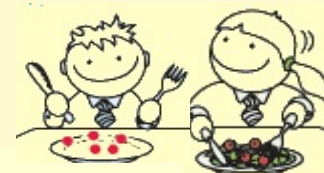
Telephone **01872 540263** for further information and an application form

EAT

LEARN

LIVE

Summer Menu



Week Commencing: 25th April, 16th May, 13th Jun, 4th July, 25th July, 19th Sep, 10th Oct

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|---|---|---|--|
| Main Meal | Mexican chicken fajita or Veggie bangers and mash with gravy (V) | Beef burger in a bun with tomato sauce or Baked Quorn lasagne with garlic bread (V) | Roast pork with stuffing and apple sauce or Quorn roast with stuffing and gravy (V) | Spaghetti bolognese or Oriental noodle stir fry (V) | Salmon fish fingers or Cheese & tomato pizza bap (V) |
| To go with | Mexican rice, garden peas and Mediterranean vegetables & Salad bowl | Potato wedges, baked beans and coleslaw & Salad platter | Roast potatoes, new potatoes, broccoli and parsnips & Salad sticks | Carrots and green beans & Mixed salad | Chips, pasta salad, sweetcorn and ratatouille & Salad platter |
| Pudding | Frosted lemon drizzle cake or Fruit salad | Fruit jelly and ice-cream or Melon boats | Forest fruit flapjack or Fresh fruit cups | Chocolate pudding with custard or Fruit bites | Shortbread fingers and fresh fruit slices or Fresh fruit platter |
| Drinks/Bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread |

Week Commencing: 2nd May, 23rd May, 20th June, 11th July, 5th Sep, 26th Sep, 17th Oct

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|--|--|---|
| Main Meal | Baked gammon and pineapple or Macaroni cheese and garlic bread (V) | Lamb koftas in tomato sauce or Quorn burger and tomato sauce (V) | Roast turkey, stuffing and gravy or Vegetarian meat loaf, stuffing and gravy (V) | Cottage pie or Pizza wedge (V) | Crispy battered fish or Ravioli and garlic and herb bread (V) |
| To go with | Parsley potatoes, garden peas and crunchy coleslaw & Salad sticks | Spaghetti, jacket wedges, carrots and roasted vegetables & Salad bowl | Roast potatoes, new potatoes, cauliflower and green beans & Salad platter | Jacket potato, baked beans and broccoli & Salad sticks | Chips, pasta salad, mushy peas and sweetcorn & Mixed salad bowl |
| Pudding | Toffee apple crumble with custard or Melon boats | Fresh fruit salad with ice-cream or Fruit bites | Jam tart and custard or Fruit salad | Chocolate brownie or Fruit cups | Golden rice crispy bar or Fruit platter |
| Drinks/Bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread |

Week Commencing: 9th May, 6th June, 27th June, 18th July, 12th Sep, 3rd Oct

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|---|--|---|---|
| Main Meal | Mince beef and onion pie or Napoli pasta bake (V) | Sausages and mash with gravy or Quesadilla (V) Toasted Mexican filled tortilla | Roast chicken with stuffing and gravy or Quorn roast with stuffing and gravy (V) | Lasagne with garlic bread or Italian pizza pinwheel (V) | Cod fish fingers or Sweet pepper quiche (V) |
| To go with | Parsley potatoes, sweetcorn and sautéed leeks & Salad sticks | Savoury rice, cauliflower florets and green beans & Mixed salad bowl | Roast potatoes, new potatoes carrots & seasonal cabbage & Salad platter | Jacket wedges, garden peas and ratatouille & Salad sticks | Chips, pasta salad, baked beans and broccoli & Mixed salad bowl |
| Pudding | Cheesecake or Fruit cups | Summer fruit muffin or Fruit bites | Chocolate oaty bake with custard or Fruit platter | Peach jelly and ice cream or Melon boats | Crunchy cookie and fruit slices or Fruit salad |
| Drinks/Bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread | Cornish milk Water Homemade bread |

