

**From November 2011**

BAND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week 1
<b>RED</b>	Spaghetti Bolognese (H/M)	Hot Dog	Stew and Dumplings (H/M)	Roast Gammon and Pineapple	Chicken with BBQ Sauce (H/M)	
<b>YELLOW</b>	Cheese & Tomato Pizza (V)	Jacket Potato with Tuna	Crispy Fish Fingers	Cheesy Pasta Bake (V)	Jacket Potato with Cheese & Beans (V)	
	Potato Wedges Garlic Bread	Diced Potatoes	Chips	Creamed Potatoes Garlic Bread	Savoury Rice	
	Carrots Garden Peas	Sweetcorn Baked Beans	Mushy Peas Carrots	Cabbage Cauliflower	Sweetcorn Broccoli	
	Chocolate Sponge & Chocolate Sauce Oaty Biscuit & Milkshake Muller Yoghurt	Apple Lattice & Custard Cupcake & Juice Muller Yoghurt	Coconut Sponge & Custard Chocolate Crunch Muller Yoghurt	Rice Pudding & Fruit Jam & Lemon Tarts with Milk Muller Yoghurt	Lemon Shortcake & Custard Gateaux Muller Yoghurt	

<b>RED</b>	Shepherds Pie (H/M)	Chicken Curry with Rice (H/M)	Minced Beef Pie (H/M)	Roast Pork & Apple Sauce	Chicken Bites with Homemade Tomato Sauce	Week 2
<b>YELLOW</b>	Jacket Potato with Tuna & Sweetcorn	Crispy Battered Fish	Jacket Potato with Cheese (V)	Tuna Pasta Bake (H/M)	Cheese Flan (H/M) (V)	
	Creamed Potatoes	Naan Bread Chips	Creamed Potatoes	Roast Potatoes Garlic Bread	Jacket Wedges	
	Carrots Cauliflower Cheese	Sweetcorn Garden Peas	Mushy Peas Carrots	Broccoli Sweetcorn	Garden Peas Baked Beans	
	Rainbow Sponge & Raspberry Sauce Chocolate Mousse Muller Yoghurt	Swiss Roll & Custard Cornflake Bun & Milk Shake Muller Yoghurt	Apple Flapjack & Custard Butterfly Bun & Orange Juice Muller Yoghurt	Lemon Roly Poly & Custard Fruit Jelly Muller Yoghurt	Rice Pudding & Fruit Chocolate Cookie Muller Yoghurt	

<b>RED</b>	Sweet and Sour Pork with Noodles (H/M)	Meat and Potato Pie (H/M)	Meatballs in Tomato Sauce with Spaghetti (H/M)	Roast Chicken & Stuffing	Homemade Burger in a Bun	Week 3
<b>YELLOW</b>	Crispy Battered Fish	Jacket Potato with Tuna Mayonnaise	French Bread Pizza (V)	Fish Pasta Bake (H/M)	Jacket Potato with Cheese (V)	
	Chips	Creamed Potato	Diced Potatoes Garlic Bread	Roast Potatoes Crusty Bread	Jacket Wedges	
	Sweetcorn Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Garden Peas Carrots	Baked Beans Sweetcorn	
	Cherry Iced Sponge & Custard Viennese fingers & Milk Muller Yoghurt	Fruit Crumble & Custard Ice Cream Muller Yoghurt	Apple Sponge & Custard Strawberry Mousse Muller Yoghurt	Bakewell Tart & Custard Pinwheels & Milkshake Muller Yoghurt	Jam Sponge & Custard Trifle Muller Yoghurt	

**Salad, Fresh Fruit, Yoghurt and Milk are all available every day.**

**H/M – Homemade**

**V – Vegetarian**

- All food oven baked (including potato products) wherever possible.
- Bread available daily without spread.
- All desserts are made on the premises.



## Dear Parent / Carer

We are pleased to provide you with the new School Lunch Menus for meals available after the half term break. Our team of Cooks and Managers create menus that your child will like, using comments received from parents and children.

A School Lunch is the ideal chance for children to try new and healthy food options while having a positive experience. Having a school lunch is a good social experience where children also develop good eating habits.

Research carried out by the School Food Trust shows that children who ate a nutritionally balanced meal at lunch time were more alert and over three times more likely to be 'on-task' after lunch time, than those who didn't. Research has shown that children eating healthier lunches do far better in tests and their absence due to sickness dropped by around 14%.

### Interesting facts about Rotherham School Lunches

- We attend school council groups to discuss the catering service with the pupils;
- Meals are freshly prepared daily, using fresh and raw ingredients wherever possible;
- Meals are prepared by our dedicated, trained catering teams
- Our recipes and menus are nutritionally analysed;
- Our meat is quality assured to one of the accreditation marks such as Red Tractor;
- We use locally sourced meat, fruit, vegetables and dairy products where possible;
- We use a selection of fish from sustainable sources;
- We use free range eggs;
- We hold theme days throughout the year to provide additional interest for the children.

A frequent question asked about school lunches is about portion sizes.

In our schools the portions served are measured to ensure that they meet the recommended daily allowances. The portions deliver a specified amount of energy, carbohydrate, protein and fats and increasing our portion sizes would mean we provide too many of these nutrients. An excess of which can contribute to health problems.

If your son or daughter would like to try a school meal please talk to your school administration team, we will be pleased to see them.

Regards

**Ron Parry**  
*Principal Catering Officer*

