

Class Catering is at the forefront of promoting a healthy lifestyle. We believe that nutritious, healthy meals designed by students and teachers, with help from our staff of experts, enhance the curriculum and help children learn. Your menu offers a choice of fresh, healthy cooked food which meets the Government food based standards and has been nutritionally analysed to create balanced, healthy meals. Your menus retain the Food for Life served here award and are freshly prepared using the finest, fresh and local ingredients:

- Red Tractor, Farm Assured British Meat from local butchers
- All fish products carry the MSC logo
- No undesirable additives and hydrogenated fats
- A variety of locally sourced fruit, vegetables and Fair Trade bananas served fresh daily. If you would like more information please visit our website.
- Creative Meat Free Mondays are used each month to promote sustainable living
- Whole grains and fruits used in all baked desserts
- All sauces enriched with vegetables to help increase the daily vegetable uptake
- Limits on added salt and sugar used in cooking and baking

#### Food Allergies and Intolerances

If your child has been advised by their GP or Health Care Professional to follow a special diet please contact by calling 0121 429 9390 or email [allergens@classcatering.co.uk](mailto:allergens@classcatering.co.uk).

All allergen information relating to this menu is available on request.

#### Free School Meals

If your child does not currently have a delicious healthy school meal what a great time to start! If you are in receipt of certain benefits your child may be eligible for a free school meal.

#### Our Mission Statement

Deliver more than expected. Care more than expected. Quite simply we do not want to be just good we aim to deliver the best.

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# LET'S BE FOOD SMART FOR BODY AND BRAIN

## Autumn/Winter Menu 2019/2020



**WEEK 1** 28th Oct, 18th Nov, 9th Dec, 20th Jan, 10th Feb, 2nd Mar, 23rd Mar

Monday Planet Earth Day	Tuesday World Food Day Italian	Wednesday Originals Day	Thursday Street Food Day Moroccan	Friday Friday Favourites
Pizza Bar A Selection of Homemade Veggie Pizzas on a Wholemeal Base (v)	Italian Pork Meatballs in a Homemade Tomato Sauce with Pasta	Roast Gammon with Roast Potatoes and Gravy	Chicken Pitta with Steamed Rice	Fish Fingers and Chips
Chickpea and Spinach Curry with Rice (v)	Roasted Vegetable Pasta Bake (v)	Vegan Sausage with Roast Potatoes and Gravy (v)	Vegetable and Bean Moroccan Tagine with Steamed Rice (v)	Veggie Fajitas and Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese
Ham Sandwich	Cheese Sandwich	Tuna Sandwich	Chicken Sandwich	Turkey Sandwich
Sweetcorn Green Beans	Roasted Seasonal Vegetables	Carrots Parsnips	Broccoli Roasted Peppers	Peas Baked Beans
Fruit Layer Slice	St. Clements Sponge	Raspberry and Coconut Flapjack	Chocolate and Pear Cake with Custard	Fruit Crumble with Custard

**WEEK 3** 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 24th Feb, 16th Mar

Monday Planet Earth Day	Tuesday World Food Day	Wednesday Originals Day	Thursday Street Food Day American	Friday Friday Favourites
Macaroni Cheese (v)	Beef Lasagne	Roast Chicken with Mashed Potatoes and Gravy	Beef Burger with Potato Wedges	Fish Fingers and Chips
5 Bean Mild Chilli non Carne with Rice (v)	Sweet Potato and Lentil Dhal with Naan (v)	Cheese and Potato Pie (v)	Veggie Burger with Potato Wedges (v)	Cheese and Tomato Pinwheel with Oven Baked Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Salmon Mayo	Pasta Bar with Tomato Sauce and Cheese
Ham Sandwich	Cheese Sandwich	Tuna Sandwich	Chicken Sandwich	Turkey Sandwich
Broccoli Carrots	Cauliflower Green Beans	Roasted Root Vegetables	Sweet Red Onions Sweetcorn	Peas Baked Beans
Fruit Flapjack	Fruit Crumble with Custard	Tropical Fruit Sponge and Custard	Chocolate Shortbread	Berry Crumble Slice

**IF YOUR SCHOOL RETURNS AFTER OCTOBER HALF TERM ON MONDAY 4TH NOVEMBER  
YOUR MENU RUN WILL START ON WEEK 2.**

**WEEK 2** 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 9th Mar, 30th Mar

Monday Planet Earth Day	Tuesday World Food Day Great British	Wednesday Originals Day	Thursday Street Food Day Asian	Friday Friday Favourites
Veggie Bolognese with Pasta (v)	Pork Sausages with Mashed Potato and Gravy	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka Curry with Rice	Fish and Chips
French Bread Cheese and Tomato Pizza (v)	Vegan Sausage with Mashed Potato and Gravy (v)	Lentil and Vegetable Shepherdess Pie (v)	Vegetable Chow Mein (v)	Cheese and Onion Pasty with Oven Baked Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese
Ham Sandwich	Cheese Sandwich	Tuna Sandwich	Chicken Sandwich	Turkey Sandwich
Roasted Peppers Peas	Parsnips Broccoli	Cabbage Carrots	Sweetcorn Seasonal Vegetables	Peas Baked Beans
Oaty Carrot Cake	Cinnamon Apple Crumble with Custard	Chocolate Crispy Cake	Peach Melba Crumble Slice	Berry Swirl Cake

**(v) Vegetarian option**

Fresh seasonal salad and bread available daily.

Fresh fruit, yoghurt and fruit jelly available daily as an alternative to the dessert of the day.

**Allergens**

A gluten free and dairy free menu is available on request, please email [allergens@classcatering.co.uk](mailto:allergens@classcatering.co.uk) please detail on the email, the name of the school your child will be attending. You will then be sent the Gluten or Dairy free menu for that school, you have to complete the menu choice and return to [allergens@classcatering.co.uk](mailto:allergens@classcatering.co.uk) - should no menu be returned your child will not receive an allergy free menu. If your child has multiple allergies, please email [allergens@classcatering.co.uk](mailto:allergens@classcatering.co.uk) and we will talk directly to you.

All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. All allergen information is available on request from the kitchen.

**Coconut**

Coconut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use coconut in our kitchens.