

LOVE SCHOOL Meals



Love School Meals is how you can keep up-to-date with everything you need to know about our delicious and nutritious school meals.

Our monthly e-newsletter provides information about what's new on the menu each term, tips on tackling fussy eaters, information about our Beyond the Kitchen educational activities and so much more. We even run competitions so you have a chance to win great prizes too!



How do I sign up?

Register your details quickly and easily at www.loveschoolmeals.co.uk
Oh, and don't forget to search Love School Meals on Facebook and like our page and follow us on Twitter @loveschoolmeals



Need more information?

If you would like more information on school meals please contact us on 07818240048 or e-mail us on michelle.harrison@compass-group.co.uk



@LOVESCHOOLMEALS
LOVESCHOOLMEALS



Our commitment to healthy eating in our schools

Our commitment to healthy eating in our schools is still as strong as ever. We go a long way to ensure that children eat well and understand the importance of a healthy diet and lifestyle.

We can adapt our menus to meet special dietary requirements so that school meals can be enjoyed by all children.

We're proud that all our menus meet or exceed Government food and nutrition standards.

Wherever possible we minimise and eliminate food additives in the school meals we serve.

The rigour in our sourcing means that we can trace all our products back to source.

Our very own team of nutritionists develop all our menus to ensure balanced and healthy choices.

07818240048



Autumn/Winter 2016



Week one

31/10 21/11 12/12 09/01 30/01 27/02 20/03

Monday

Mega Mozzarella & Tomato Pizza** "v"
with Jacket Wedges, Sweetcorn & Broccoli "v"
Pasta Pack's Tomato Neapolitan Pasta**
Pasta served with a Neapolitan Sauce, Sweetcorn & Broccoli

Chocolatey Cake
with Chocolate
Sauce

Tuesday

Roast Chicken, Stuffing with Bud's Crispy Spuds
with Gravy, Peas & Sliced Carrots
Super Cheesy Mediterranean Tart with Cous Cous "v"
Caramelised Onion, Spinach, Tomato & Cheese Tart with
Cous Cous, Peas & sliced Carrots

Fruit Flapjack *

Wednesday

Sadie's Chinese Chicken Noodles
Chinese Chicken with Noodles, Green Beans & Sweetcorn
The Very Veggie Hero Hotdog "v"
Vegetarian Hot Dog with Oven Baked Wedges, Green
Beans & Sweetcorn

Boss's Banana Bread &
Butter Pudding * with
Custard

Thursday

Roast Pork with a Mountain Mash
with a Creamy Mash & Gravy, Sliced Carrots & Braised Red
Cabbage
Super Quorn Roast "v"
Quorn Roast with a Creamy Mash & Gravy, Sliced Carrots &
Braised Red Cabbage

Silvertop's Yoghurt & Fruit
Dippers

Friday

Fish Fingers with Chips
Golden Pollock Fillet Fish Fingers with Chips, Baked Beans
& Peas
Cheesy Leek Sausages & Chips "v"
Cheese & Leek Sausages served with Chips, Baked Beans
& Peas

Yummy Courgette, Apple &
Cinnamon Muffin*

Jacket Potatoes are
available every day
with a choice of
fillings.



Week two

07/11 28/11 19/12 16/01 06/02 06/03 27/03

Monday

Mega Mozzarella & Tomato Pizza**
with Oven Baked Jacket Potato , Sweetcorn & Crunchy
Salad
Fab Italian Style Omelette "v"
Italian Veg Frittata, with Herby Garlic Bread Wedge,
Sweetcorn & Crunchy Salad

Fruity Sponge Cake* with
Custard

Tuesday

Bangers with a Mash Mountain
Pork Sausages with a Creamy Mash & Gravy, Swede &
Broccoli
Pasta Pack's Mac 'N' Cheese "v"
Macaroni Cheese with Swede & Broccoli

Chocolate Oatie Cookie with
Fruit Slices

Wednesday

All Day Breakfast
Bacon, Scrambled Eggs with Oven Baked Wedges, Peas &
Baked Beans
Vegetarian All Day Breakfast "v"
Quorn Sausage, Scrambled Eggs with Oven Baked
Wedges, Peas & Baked Beans

Fruit Strudel* with Custard

Thursday

Turkey with Bud's Crispy Spuds
with Gravy, Sliced Carrots & Seasonal Cabbage
Cauli Corn Bake "v"
Cauliflower & Creamed Corn Bake with Bud's Crispy
Spuds, Sliced Carrots & Seasonal Cabbage

Raspberry Fro Yo

Friday

Fish Goujons with Chips
Golden Salmon Goujons with Chips, Baked Beans &
Crunchy Light Coleslaw
Quorn Sausage "v"
with Chips, Baked Beans & Crunchy Light Coleslaw

Cornflake Tart with
Custard

Week three

14/11 05/12 02/01 23/01 20/02 13/03 03/04

Monday

The Very Veggie Burger
Vegetarian Burger in a Bap with Oven Baked Wedges, Peas
& Baked Beans
Reggae Reggae Beans "v"
Reggae Reggae Beans with Oven Baked Wedges, Peas &
Baked Beans

Boss's Banana & Sticky
Toffee Pudding* with
Custard

Tuesday

Roast Chicken with Sage & Onion Stuffing & Bud's Crispy Spuds
with Gravy, Stuffing, Broccoli & Sliced Carrots
Cheese & Onion Roly Poly "v"
Suet Pastry Roll Filled with Caramelised Onion, Cheese &
Baby Spinach, with Broccoli & Sliced Carrots

Silvertop's Yummy Yoghurt
with Melon & Peaches

Wednesday

Pasta Pack's Meatball Pasta Bake
Turkey Meatballs in a Tomato Sauce with Pasta, Sweetcorn
& Roasted Veg
Barry's BBQ Bean Wrap "v"
BBQ Beans & Veg in a Tortilla Wrap with Sweetcorn &
Roasted Veg

Oatie Fruit Crumble* with
Custard

Thursday

Roast Gammon with a Mash Mountain
with a Creamy Mash & Gravy, Seasonal Cabbage &
Cauliflower
Lentil Roast with a Mash Mountain "v"
with a Creamy Mash & Gravy, Seasonal Cabbage &
Cauliflower

Silvertop's Cool Ice Cream
Pot

Friday

Crispy Fish & Chips
Crispy Battered Pollock with Chips, Baked Beans &
Crunchy Light Coleslaw
Cheesy Bread Whirl with Chips "v"
Cheese, Onion & Potato Herby Bread Whirl, Baked Beans &
Crunchy Light Coleslaw

Chocolate Sultana
Crispie

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us
We have a fresh salad bar available daily
All of our bread is baked fresh every day

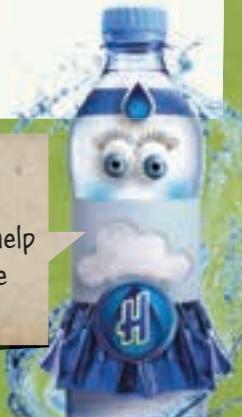


There is a vegetarian
choice every day...
and don't forget that
salad is available daily.

If you don't fancy
dessert, you can
always enjoy fresh
fruit or yoghurt.



Keep yourself
topped up with
water - it will help
you concentrate
all day long.



£2.15