



# NOURISH YOUR CHILD'S INNER SUPERHERO!

## Our Food

Taylor Shaw's menus are designed to be child friendly, as well as compliant with the Government's school food standards. We use high quality, healthy and nutritious ingredients, prepared fresh on site, on the day of consumption, by suitably trained and child focused employees.

At the heart of our service lies a menu that contains the correct balance of food and nutrients across the week, in order to encourage children to learn, love food, play and grow.

Our lunches include a choice of...

- Meat & vegetarian main courses and accompanying carbohydrates
- 2 vegetable options
- Various salad choices
- Wholemeal or white fresh, crusty baked bread, daily
- A selection of hot and cold desserts
- Chilled water



## Feedback/Contact

If you would like to comment on our meals or provide feedback on our service, please email [Jaime.Gardener@TaylorShaw.com](mailto:Jaime.Gardener@TaylorShaw.com)

## Medical Diets and Allergies

If your child has a specific dietary need for a medical reason, we will work with you to create a menu to meet the needs of your child. We have a Medical Diet Procedure to follow, to ensure your child can safely eat with us. If you would like your child to have a school meal we would need to see a medical certificate from your GP or a recent letter from your child's consultant. We can then proceed with creating a suitable menu. If you would like to find out more, please email us for information at:

[nutrition@taylorshaw.com](mailto:nutrition@taylorshaw.com)

Your school will have given you a letter to sign and return to the nutritionist, in the self-addressed envelope. Please return this as soon as possible to ensure your child is able to eat with us in September 2018

## Help your school and yourself - claim free school meals

Taking up free school meals has benefits for everyone:

- Children get a healthy nutritious meal for Free!
- Schools can benefit directly by receiving £1320 for each eligible child – Pupil Premium
- Families entitled to free school meals could save more than £400 per child per year.

*Children in Reception, years 1 & 2, are eligible for a Universal Infant Free School*

Families in receipt of the following benefits are entitled to claim free school meals:

- Income Support
- Income Based Jobseeker Allowance (IBJSA)
- Employment & Support Allowance Income Related (ESA(IR))
- Support under part VI of the Immigration and Asylum Act 1999
- Child Tax Credit (TC602) provided your annual household income does not exceed £16,190. Please note that if you are receiving Working Tax Credit (WTC) your children will not be entitled to free school meals.
- Universal Credit - if you apply on or after 1st April 2018, your household income must be less than £7,400 per year (after tax and not including benefits)

Register online at <https://www.gov.uk/apply-free-school-meals> or pick up an application form from your child's school.

# PRIMARY AUTUMN WINTER 2018/2019 MENU

## Saint Mary's Church of England Primary School

**Week One Dates** 29/10/2018 - 19/11/2018 - 10/12/2018 - 31/12/2018 - 21/01/2019 - 11/02/2019 - 04/03/2019 - 25/03/2019

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Red Tractor Turkey Meatballs with Crushed New Potatoes and Arrabbiata Sauce	Classic Italian Lasagne al Forno topped with Mozzarella served with Garlic Dough Balls	Roast Chicken served with Roast Potatoes, Sage & Onion Stuffing and Gravy	Mild Chicken and Butternut Squash Curry served with Steamed Brown Rice and Garlic Naan Strips	Freshly Baked Fillet of Battered MSC certified Fish with Chips
Halal Main Course	Halal Farm Assured Chicken Meatballs with Crushed New Potatoes and Arrabbiata Sauce	Halal Lamb Lasagne al Forno topped with Mozzarella	Halal British Roast Chicken served with Roast Potatoes, Sage & Onion Stuffing and Gravy	Mild Halal Chicken and Butternut Squash Curry served with Steamed Brown Rice and Garlic & Coriander Naan Strips	Freshly Baked Fillet of Battered MSC certified Fish with Chips
Vegetarian Main Course	Stir Fried Vegetables & Beans with Noodles & Sweet Chilli Sauce	Roasted Vegetable Sausages, Red Onion Gravy & Creamy Mash	Quorn Roast served with Roast Potatoes, Sage & Onion Stuffing and Gravy	Provençale Vegetable, Basil and Wholemeal Tortilla Lasagne with Garlic Dough Balls	Baked Vegetable Spring Roll with a Curry Sauce and Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Broccoli	Fresh Carrots & Sweetcorn	Sliced Green Beans & Cauliflower	Roasted Peppers & Sweetcorn and Cabbage	Garden Peas or Baked Beans
Dessert	Reduced Sugar Banana & Chocolate Muffin	Cherry and Sultana Flapjack	Fruit Jelly & Ice Cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie

**Week Two Dates** 05/11/2018 - 26/11/2018 - 17/12/2018 - 07/01/2019 - 28/01/2019 - 18/02/2019 - 11/03/2019 - 01/04/2019

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Toad in the Hole with Onion Gravy	Braised Red Tractor Beef, Vegetable and Potato Pie with Shortcrust Pastry	Roast Beef served with Roast Potatoes, Yorkshire Pudding and Gravy	Classic British Chicken Tikka Masala with Naan Fingers Sticky Mango Chutney	Freshly Baked Fish Fingers with Chips
Halal Main Course	Halal Chicken Toad in the Hole with Onion Gravy	Braised Halal Lamb, Vegetable and Potato Pie with Shortcrust Pastry	Halal Roast Beef served with Roast Potatoes, Yorkshire Pudding and Gravy	Classic Halal Chicken Tikka Masala with Naan Fingers Sticky Mango Chutney	Freshly Baked Fish Fingers with Chips
Vegetarian Main Course	Baked Vegetable Pizza Slice served with a Fresh Garden Salad	Falafel with Warm Wholemeal Pitta & Mint Yoghurt Dressing	North African Braised Squash and Sweet Potato Stew	Japanese Oven Baked Vegetable Katsu Curry with Wholegrain Coriander Rice	Oven Baked Bean Burrito with Chips and Arrabbiata Sauce
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Fresh Carrots	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas or Baked Beans
Dessert	Apple Crumble with Custard	Fruity Flapjack Slice	Fruit Jelly & Ice Cream	Banana Gingerbread Pudding and Custard	Blueberry Muffin

**Week Three Dates** 12/11/2018 - 03/12/2018 - 24/12/2018 - 14/01/2019 - 04/02/2019 - 25/02/2019 - 18/03/2019 - 08/04/2019

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	British Farm Assured Chicken Sausages & Mash with a Red Onion Gravy	Low and Slow Braised Beef Bolognese with Organic Penne Pasta	Roast Lamb served with Roast Potatoes, Stuffing and Gravy	Red Tractor Chicken served with Wholegrain Rice and a Rustic Tomato Sauce	Freshly Baked Fish Fingers with Chips
Halal Main Course	British Farm Assured Halal Chicken Sausages & Mash with a Red Onion Gravy	Low and Slow Braised Halal Lamb Bolognese with Organic Penne Pasta	Halal Roast Lamb served with Roast Potatoes, Stuffing and Gravy	Halal Red Tractor Chicken served with Wholegrain Rice and a Rustic Tomato Sauce	Freshly Baked Fish Fingers with Chips
Vegetarian Main Course	Tuscan Tomato and Mixed Bean Organic Penne Pasta Bake with Garlic Dough Balls	Middle Eastern Spiced Beans, colourful Couscous & Riata Dressing	Quorn Roast served with Roast Potatoes, Stuffing and Gravy	Piri Piri, Baked Sweet Potato and Rainbow Slaw	<b>Vegetarian Brunch</b> Vegetarian Sausage, Baked Beans, Mushroom & Mini Hash Browns
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean Vegetables & Broccoli	Garden Peas Or Baked Beans
Dessert	Eves Pudding & Custard	Superfood Flapjack	Fruit Jelly & Ice Cream	Banana Muffin	Chocolate Crunch Slice

**Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily**