

Autumn Term 2017 order Form

Pupil Name	
Class	

In an effort to reduce unnecessary paper wastage please complete this form for the whole term as extra copies may not be available, thank you.

Week Commencing		Monday	Tuesday	Wednesday	Thursday	Friday
Monday 30th October	Week 1					
Monday 6th November	Week 2					
Monday 13th November	Week 3					
Monday 20th November	Week 1					
Monday 27th November	Week 2					
Monday 4th December	Week 3					
Monday 11th December	Week 1					
Monday 18th December	Week 2					

Completion Notes

Please refer to the current menu cycle.
You may also view the menus on the School's website.

Record your child's main meal preference for each day of the week using the following abbreviations:

You only need to record
M = Main meal
V = Vegetarian meal
J = Jacket potato

You do not need to record your child's vegetable, potato, jacket potato topping or dessert choice.

Please return your completed order form to the main school reception.

For pupils in Years 3 - 6 the price of a school meal per day is £2.30. Payment is by cash or cheque (payable to Catering Academy Ltd)
 Pupils in Reception and Years 1 - 2 receive a free meal under the Government's initiative.
 Menus may be subject to change due to unforeseen circumstances.

ALLERGY ALERT! Please record any known allergies or intolerances that affect your child in the box below:

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PARENT'S COPY

Week Commencing		Monday	Tuesday	Wednesday	Thursday	Friday
Monday 30th October	Week 1					
Monday 6th November	Week 2					
Monday 13th November	Week 3					
Monday 20th November	Week 1					
Monday 27th November	Week 2					
Monday 4th December	Week 3					
Monday 11th December	Week 1					
Monday 18th December	Week 2					

Autumn Term 2017 Menus

Vitality Autumn Term Menu

	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Lasagne	Creamy chicken fricassee	Roast turkey with stuffing and gravy	Chicken curry with pineapple and coconut	Freshly battered lemon infused fish of the day	
Vegetarian course	Pasta with a tomato and basil sauce	Quorn, oriental vegetable and noodle stir fry	Cauliflower cheese	Vegetable, chickpea and tomato curry	Cheese and onion pasty	
Carbohydrates	Boiled new potatoes	Wholegrain rice	Roast potatoes	Egg noodles	Chips	
Vegetables	Cauliflower Glazed carrots	Sweetcorn French beans	Baton carrots Garden peas	Broccoli florets	Mushy peas Baked beans	
Jacket Potato Filling	Crispy bacon and cheese	Tuna mayonnaise	Chicken mayonnaise with sweetcorn	Creamy coleslaw	Cheddar cheese	
Dessert	Apple crumble and custard	Cocoa cookie	Gingerbread cake	Ice cream	Brownie	
Available Daily	Yoghurt pot Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	Yoghurt pot Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	

THE EATWELL PLATE
A guide to the right balance of the five main food groups

- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

Food Allergies & Intolerance – If you require information on allergens or your child suffers from a food intolerance, please inform a Team Member before ordering their food and drinks.

Vitality Autumn Term Menu

	Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Piri Piri chicken	Cheese burger in a soft bun	Honey glazed bacon loin	Beef casserole	Cod fillet fish fingers	
Vegetarian course	Sweet potato and spinach frittata	Veggie burger in a soft bun with cheese	Veggie mince cottage pie	Macaroni cheese	Quorn sausage roll	
Carbohydrates	Savoury rice	Oven baked wedges	Roast potatoes	Herby wholemeal pasta	Chips	
Vegetables	French beans Sweetcorn	Baked beans Broccoli	Glazed carrots and parsnips Braised red cabbage	Sweetcorn Green beans	Peas Baked beans	
Jacket Potato Filling	Crispy bacon and cheese	Tuna mayonnaise	Chicken mayonnaise with sweetcorn	Creamy coleslaw	Cheddar cheese	
Dessert	Strawberry mousse	Cherry sponge pudding and custard	Creamy rice pudding and jam	Chocolate crispy cake	Ice cream	
Available Daily	Yoghurt pot Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	Yoghurt pot Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	

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Vitality Autumn Term Menu

	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Pork sausages with caramelised red onion gravy	Beef chilli con carne	Tuna, sweetcorn and pepper panini	Chicken goulash	Cod fillet fish fingers	
Vegetarian course	Quorn sausage with a tomato sauce	Veggie mince chilli	Vegetable lasagne	Cheese and tomato pizza	Mixed vegetable and bean Tortilla	
Carbohydrates	Mashed potatoes	Wholegrain rice	New potatoes	Pasta	Chips	
Seasonal Vegetables	Roasted root vegetables Baked beans	Medley of green vegetables Carrots	Green beans Sweetcorn	Sweetcorn Broccoli	Peas Baked beans	
Jacket Potato Filling	Tuna and sweetcorn mayonnaise	Cheddar cheese	Chicken mayonnaise	Creamy coleslaw	Baked beans	
Dessert	Mousse	Banana cake with toffee custard	Apple & cinnamon flapjack	Ice cream	Rhubarb and vanilla sponge and custard	
Available Daily	Yoghurt pot Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	Yoghurt pot Freshly cut fruit Crudités	Jelly Freshly cut fruit Crudités	

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WE'D LOVE TO HEAR FROM YOU . . .

Should you wish to talk to me directly then I may be contacted on **01604 677 456** and my e-mail is **wooldale@catering-academy.co.uk**

Finally, may I take this opportunity to thank you for taking the time to read this correspondence and offer a huge welcome to all the new pupils joining the School for the first time

Yours sincerely, Richard Dean - Catering Manager