

Munch the friendly dragon

yummm...
what's on
today's
menu?



**Kirklees school
meals service**
with weekly menus



munchin

School name:

Almondbury Community School

For further information
Tel: 01484 221928
www.kirklees.gov.uk/schoolmeals

 **Kirklees**
COUNCIL

Introduction



It is very important for all young people to eat a healthy, balanced diet and Kirklees Catering Service takes this responsibility very seriously. Here are some facts about our service and the meals we offer in school:

- Schools serve a nutritious and tasty two course meal, freshly prepared on site at a set price of **£1.90** each day.
- Every menu is tailored to each individual school after consulting with our customers (you, your children and their teachers).
- All menus are planned in line with the Government's School Food Standards.
- We cater for Vegetarian, Halal and special diets. (If your child has a special dietary requirement or an allergy to any foods please inform the Head Teacher at their school, who will liaise with the kitchen supervisor to ensure your child's needs are met).
- Our service holds the prestigious Food for Life Silver Catering Mark Award. This means all our menus include a minimum of 75% freshly prepared dishes using local, seasonal and organic produce. We use free range eggs, farm assured meat, sustainable fish and ensure all food used is free from undesirable additives and preservatives .
- Primary schools have regular visits from our mascot, Munch the School Meals Dragon. Munch promotes healthy foods and educates children about healthy eating and lifestyles.
- We hold themed events, linked to what's happening in and out of school which make lunchtime educational and fun.
- Research has shown that children concentrate much better if they have eaten a healthy, balanced meal at lunchtime, which can support your child's learning in school.
- To find out more about school meals and view your child's school menu on line go to: www.kirklees.gov.uk/schoolmeals
- From September 2014 all children in Reception and Years 1 and 2 are entitled to free school meals. If you're on a low income and receive certain benefits you may be eligible for additional support such as free milk and free school meals for children not in reception or years 1 and 2. To find out more call **01484 221928**. All eligible parents should apply as it gives your child extra support and helps their school.

Week 1



School name: **Almondbury Community School**

Monday

Crispy Crumb Fish served with Steamed Sweetcorn, Baby Carrots & New Potatoes
OR

Quorn Tikka Masala accompanied with Boiled Rice & Naan Bread

Steamed Sponge & Vanilla Sauce
Yoghurt
Fresh Fruit

Tuesday

Homemade Meat or Quorn Burger in a Bun served with Mixed Salad & Chips
OR

Cheese Quiche & Crunchy Coleslaw & Jacket Potato

Chocolate Slab Cake
Yoghurt
Fresh Fruit Kebab

Wednesday

Roast Chicken, Seasoning & Gravy with Mixed Vegetables, Roast & Creamed Potatoes
OR

Salmon Fishcake with Lemon Mayonnaise served with Garden Peas & Roast Potatoes

Homemade Flapjack & Milkshake
Cheese & Biscuits
Fresh Fruit

Thursday

Homemade Sausage Roll with Baked Beans & Potato Wedges
OR

Oven Baked Macaroni Cheese served with Homemade Tomato Bread & Mixed Salad

Victoria Sponge & Creamy Custard
Jelly Faces
Yoghurt
Fresh Fruit

Friday

Homemade Shepherds Pie served with Fresh Cabbage
OR

Jacket Potato with Various Fillings & Crispy Mixed Salad

Fresh Fruit Salad & Ice Cream
Dairy Cream & Jam Scone

Week 2

Monday

Oven Baked Fish Fingers with Baked Beans & Jacket Wedges
OR

Chicken Casserole & Dumplings served with Green Beans

Homemade Sponge & Creamy Custard
Cheese & Biscuits
Fresh Fruit

Tuesday

Sausage Toad & Gravy with Fresh Seasonal Vegetables & Creamed Potatoes
OR

Cheese Pinwheel with Homemade Tomato Sauce, Steamed Broccoli & Roast Potatoes

Seasonal Fresh Fruit Salad with Jelly
Gateau
Yoghurt

Wednesday

Chunky Chicken Pie with Fresh Seasonal Vegetables & New Potatoes
OR

Salmon Fillet served with Coleslaw & Couscous

Homemade Biscuit & Fruit Juice
Fresh Fruit Kebab
Yoghurt

Thursday

Succulent Pork Loin, Seasoning & Gravy with Seasonal Vegetables, Creamed & Roast Potatoes
OR

Organic Pasta Baked Bean & Cheese Bake accompanied by Homemade Tomato Bread

Creamy Rice Pudding & Jam Muffin
Yoghurt
Fresh Fruit

Friday

Wholemeal Pizza served with Mixed Salad & Crunchy Sweetcorn
OR

Chilli Con Carne served with Garlic Bread & Rice

Seasonal Fruit Crumble & Custard
Ice Cream Roll
Fresh Fruit