

# CATERING FOR MEDICAL DIETS

Our Dietitian holds a dietary advice helpline on a Tuesday and Wednesday. If you would like her to contact you, please visit our website and complete the on-line enquiry form with your contact details and subject to discuss.

The CCS Dietitian will tailor our standard menus for children who need one or more of the top 14 allergens to be excluded from their diet. For further information, please visit our website to download the full medical diet procedure and request form. The Dietitian can also be contacted regarding allergen information for any of our dishes.



**ON OUR SUMMER MENU...**

- ✔ We continue to exceed the School Food Standards without any compromise to the taste and quality of our meals.
- ✔ Our freshly made natural EasiYo yoghurt contains billions of friendly bacteria which are great for our gut health and help strengthen our immune system.
- ✔ We have reduced the level of added sugars in our desserts by approximately 40%.
- ✔ Unlimited fresh fruit is available to accompany all desserts.

**EasiYo**

## SCHOOL LUNCH

*Great reasons to choose a*

**Better for your child**

- Tasty and nutritionally balanced
  - Improves concentration, helping children to do better in school
  - Children enjoy eating together which develops social skills
  - An opportunity to try new foods
- Better for you**
- Excellent value and FREE to all Reception, Year 1 and Year 2 pupils
  - Saves valuable time for busy families
  - Gives you the reassurance that your child is eating well

# School Lunch SUMMER MENU

APRIL-OCTOBER 2018



Welcome to  
CAMBRIDGESHIRE  
CATERING  
SERVICE

All pupils in Reception, Year 1 and Year 2 are entitled to school meals

**FREE of charge**

This is a saving for families of up to £400 per year



# What's on the SUMMER MENU








## Week 1

Week commencing: April 16th • May 7th • June 4th • June 25th • July 16th • Sept 10th • Oct 1st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Quorn meatball sub 	Beefy mac 'n' cheese with herby focaccia	<b>Barbecue Bar</b> Beef burger in a bap with potato salad	Roast chicken, stuffing and gravy with crispy roast potatoes or mashed potatoes	Golden fish fingers with chips 
OPTION 2	Jacket potato with cheese and baked beans 	Sweet potato and chickpea curry with brown rice 	Hot dog with potato salad 	Veggie tartlet  with crispy roast potatoes or mashed potatoes	Crispy veggie fingers with chips 
OPTION 3	Falafel salad wrap 	Chicken mayo salad wrap	<b>Ready to go picnic</b>  Egg and cress sandwich, veggie sticks, fruit, biscuit and fruit juice	Ham and cheese baguette	Ploughman's sandwich 
SIDES	Garden peas Rainbow salad	Fresh broccoli	Corn on the cob Summer coleslaw	Carrots Green beans	Garden peas Baked beans
DESSERTS	Brownie with ice cream Fresh fruit slices	Tutti fruity Tuesday Fresh yoghurt Cheese and crackers	 Yoghurt cheesecake Fresh fruit slices	Ice cream tub with a wafer Fresh yoghurt · Fresh fruit slices	Lemon poppy seed muffin with milk · Fresh yoghurt · Fresh fruit slices · Cheese and crackers

## Week 2












Week commencing: April 23rd • May 14th • June 11th • July 2nd • July 23rd • Sept 17th • Oct 8th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Southern style burger in a bap 	Buttermilk chicken with roasted pepper rice or brown rice	Beef chunky chilli taco with new potatoes	Roast gammon and pineapple with gravy and crispy roast potatoes or mashed potatoes	Golden fish fingers with chips 
OPTION 2	Mac 'n' cheese with garlic bread 	Veggie sausage pasta with cheesy focaccia 	Summer frittata and new potatoes 	Roasted Quorn fillet with crispy roast potatoes or mashed potatoes 	Bagel pizza with chips 
OPTION 3	Jacket potato with roasted vegetables in a tomato sauce topped with cheese 	Fish finger roll	<b>Ready to go picnic</b>  Cheese sandwich, veggie sticks, fruit, biscuit and fruit juice	Tuna melt roll	BLT sandwich
SIDES	Corn on the cob Minted garden peas	Green beans	Sweetcorn Fresh broccoli	Roasted summer vegetables Carrots	Garden peas Baked beans
DESSERTS	Arctic sponge roll Fresh fruit slices Cheese and crackers	Tutti fruity Tuesday Fresh yoghurt	Oaty peach crumble with custard · Fresh yoghurt · Fresh fruit slices	Yoghurt bar · Fresh fruit slices Cheese and crackers	Fudge tart · Fresh yoghurt Fresh fruit slices

Salad bar & wholemeal bread available daily

## Week 3

Week commencing: April 30th • May 21st • June 18th • July 9th • Sept 3rd • Sept 24th • Oct 15th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Margarita pizza with jewelled couscous 	Sunshine chicken lasagne	<b>All day brunch</b> Omelette, sausage, bacon and diced potatoes	Roast turkey, stuffing and gravy with crispy roast potatoes or mashed potatoes	Crispy bubble fish fillet and chips 
OPTION 2	Spanish Quorn paella 	Summer quiche with pasta salad 	<b>Veggie all day brunch</b> Omelette, veggie sausages and diced potatoes 	Stuffed roast peppers with crispy roast potatoes or mashed potatoes 	Quorn dippers with barbecue dip and chips 
OPTION 3	Jacket potato with barbecue baked beans 	Tuna and sweetcorn pasta pot	<b>Ready to go picnic</b>  Cheese and coleslaw sandwich, veggie sticks, fruit, biscuit and fruit juice	Falafel salad wrap 	Ham and cucumber baguette
SIDES	Sweetcorn Coleslaw	Mixed rainbow salad Garden peas	Baked beans Grilled tomatoes	Fresh broccoli Carrots	Garden peas Tomato spaghetti hoops
DESSERTS	Flapjack and milk Fresh fruit slices	Tutti fruity Tuesday Fresh yoghurt Cheese and crackers	Jelly and ice cream Fresh fruit slices Cheese and crackers	 Lemon mousse · Fresh yoghurt Fresh fruit slices	Berry slice with custard Fresh fruit slices Fresh yoghurt

Unlimited fresh fruit available to accompany all desserts

Salad bar available subject to the style of service.  
Some menus or items on the menu are subject to change. All desserts are suitable for vegetarians.

