



Thurrock Catering Services Autumn - Winter 2009 - 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU 1	Oven Roasted Pork Chipolata Sausages	Beefburger served in a Bap	Homemade Minced Beef Pie	Fresh Roast Chicken with Yorkshire Pudding	Traditional Cottage Pie
Week Commencing	Breaded White Fish Fillet 	Homemade Fish Pie	Oven Baked Chicken Tikka		Oven Baked Fish Cake 
2 Nov 09					
23 Nov 09	Hot Cheesy Wrap Stack	Quorn Burger served in a Bap 	Cheesy Leek Pasta	Homemade Quorn & Vegetable Pie 	Homemade Cheese & Tomato Pizza
14 Dec 09					
4 Jan 10	Paprika Wedges	Chipped Potatoes	Oven Baked Diced Potatoes	Fresh Roast Potatoes	New Potatoes
25 Jan 10					
22 Feb 10	Mashed Potatoes	Half Jacket Potato	Plain Rice		Pasta
15 Mar 10					
	Baked Beans	Sweetcorn Niblets	Garden Peas	Swede and Carrot Batons	Broccoli Florets
	Green Beans	Country Mixed Vegetables	Sliced Fresh Carrots	Seasonal Fresh Cabbage	Cauliflower Florets
	Homemade Marble Cake with Custard	Oaty Fruit Crunch with Custard	Strawberry Milkshake with Shortbread Finger	Apple Sponge with Custard	Mandarin Muffin
MENU 2	Freshly Baked Beef Lasagne	Homemade Chicken Pie	Traditional Shepherds Pie	Roast Pork with Yorkshire Pudding	Beef Bolognaise
Week Commencing	Hot Chicken Baguette	Oven Baked Fish Fingers 	Chicken Meatballs in Homemade Tomato Sauce		Breaded Salmon Fillet 
9 Nov 09					
30 Nov 09	Homemade Vegetable Quiche	Jacket Potato with Cheese or Beans	Cheese, Onion and Potato Roll	Quorn Sausage Casserole 	Quorn Chow Mein 
11 Jan 10					
1 Feb 10	New Potatoes	Mashed Potatoes	Pasta	Fresh Roast Potatoes	Potato Smiles
1 Mar 10					
22 Mar 10	Potato Wedges	Oven Baked Diced Potatoes	New Potatoes		Spaghetti
	Sweetcorn Niblets	Baked Beans	Country Mixed Vegetables	Fresh Roasted Parsnips	Garden Peas
	Sliced Fresh Carrots	Broccoli Florets	Cauliflower Florets	Seasonal Fresh Cabbage	Swede and Carrot Batons
	Amsterdam Cake with Custard	Sticky Apple Flapjack with Custard	Lemon Drizzle Cake	Apple Pie with Custard	Chocolate Sponge with Chocolate Custard
MENU 3	BBQ Chicken Fillet	Beefburger served in a Bap	Homemade Chicken Curry	Roast Beef with Yorkshire Pudding	Homemade Minced Beef Cobbler
Week Commencing	Hot Sausage Baguette	Chicken and Tomato Pasta	Oven Baked Salmon Nuggets 		Oven Baked Fish Fingers 
16 Nov 09					
7 Dec 09	Cheese & Vegetable Bake	Quorn Burger served in a Bap 	Homemade Cheese & Tomato Pizza	Homemade Quorn Shepherds Pie 	Homemade Macaroni Cheese
18 Jan 10					
8 Feb 10	New Potatoes	Half Jacket Potato	Oven Baked Diced Potatoes	Fresh Roast Potatoes	Potato Wedges
8 Mar 10					
29 Mar 10	Tri Coloured Pasta	Potato Smiles	Plain Rice		Mashed Potatoes
	Garden Peas	Country Mixed Vegetables	Green Beans	Cauliflower Florets	Baked Beans
	Sweetcorn Niblets	Baked Beans	Sliced Fresh Carrots	Seasonal Fresh Cabbage	Broccoli Florets
	Banana Sponge with Custard	Toffee Cake with Custard	Jelly and Angel Delight	Peach & Apple Crumble with Custard	Sultana Cake with Custard

Each day a meal consists of one item from each food group, i.e. a main course, potato, rice or pasta, vegetable or salad and a dessert. Fresh Salad, Fresh Yoghurt, Fresh Fruit, Cheese & Breadcrumbs/Biscuits are also available daily. Wholemeal bread with spread is available in addition to these items for those children with larger appetites. This meal aims to give the balance of nutrients required by your child, but due to the nature of some carbohydrate-based main meals the potato row may be substituted with additional vegetables or salad, if your child wishes.

School Meals in Thurrock

Thurrock Catering Services are the in house catering provider within Thurrock Borough Council. We are committed to providing the highest standards of food quality and service, and in achieving this, parents can be assured that:

- All menus comply with, and usually exceed, the Government's National Nutritional Standards for school lunches.
- Our menus are now colour coded to allow schools to adopt our "Pupils Choice" system to guarantee each child their preferred menu choice every time, with over 10% of schools now using this system.
- Our food purchasing contracts control the sourcing of safe ingredients and ensure the necessary delivery and storage methods to maintain the highest levels of food safety.
- We regard your child as a valued customer and serve all children in a friendly and supportive manner, helping them to expand their eating experience with care.
- We do not knowingly use foods containing genetically modified ingredients and we avoid using artificial additives and colourings wherever possible.
- We work closely with The Marine Stewardship Council, the School Food Trust & the Food for Life Partnership to develop flag ship schools in the borough, and work towards the Soil Association food sourcing targets.
- We are aiming to achieve the Bronze Food for Life standard across all schools by December 2009.

Children use up a great deal of energy during a full school day. They need to concentrate during lessons, let off steam at play times and recharge their batteries for the afternoon. Eating a school meal helps to achieve this and provides the following:

- **Hot, Healthy and Nutritionally Balanced Menus.**
- A selection of homemade products and recognised meals that provide choice and variety to suit all tastes.
- Convenience - saving you time preparing packed lunches.
- Enhanced learning abilities - studies have shown that children concentrate better in lessons if they have had a fulfilling lunchtime meal.
- Teaches children the social skills involved with eating with others and how to make choices.
- By having a school lunch your child can receive two of their 5-a-day portions of fruit and vegetables.

Our new menus contain many of your child's old favourites such as sausages and burgers, and now Quorn dishes, these are fresh and of the highest quality, as well as fish dishes which are accredited by the Marine Stewardship Council, as coming from sustainable stocks. We also offer a number of new exciting dishes to tempt your child to try something different. We buy and source our food from the UK and local suppliers, providing fresh local ingredients wherever possible. Working with the Soil Association to achieve the "Food for Life" accreditation.

Would you like to join our team?

Thurrock Catering Service employs over 150 locally trained qualified staff to work across the borough in our school kitchens, at hours to suit the school day. If you would like to be part of a successful catering organisation with hours that fit around your family life, working 1-4 hours per day, term time only, then why not give us a call on 01375 413519 for further details and an application form.

Free school Meals

Is your child missing out? There is such a thing as a free lunch!!

You could be entitled to free school meals if you receive

- Child Benefit
- Plus one of the following:
 - Income support
 - Income-based job seekers allowance
 - Child Tax Credit (income under £16,040)
 - Guaranteed part of Pension Credit
- Income related employment and support allowance

Working tax credit is not an entitlement to free school meals.

You may be entitled to apply & receive FREE school meals for your child. For further details please contact Administration Awards & Benefits 01375 652511

We are always looking for ways to improve our service so any comments or suggestions you may have would be gratefully received.

Contact Details

General Enquiries Tel - 01375 413621 Fax - 01375 413518

Website

www.thurrock.gov.uk/education/schools/content.php?page=catering

Thurrock Catering Service,
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THURROCK COUNCIL

primary school menu



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Catering Services

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