

## PACKED LUNCH VS SCHOOL MEAL

Packed lunches can be *difficult...*

Shopping for ingredients, preparing the food, ensuring that you provide the goodness and nutrition your child needs to learn, not to mention finding a squashed brown banana on a Friday! Who needs the hassle?



School lunches are *great!*

They're cooked fresh every day, full of nutrients to aid learning and taste delicious. No mess, no fuss, just good school food.



**YOU CAN SAVE UP TO £437 PER YEAR!**  
for KS1 child by choosing Free School Meals!

## THE FOOD PROVENANCE MAP



## FREE School Meals

Don't forget, Key Stage 1 pupils get their lunchtime meals for free, and if your family receive certain benefits you may also be entitled to free school meals for your child at any age! Whether your child is in KS1 or KS2, please remember to register for free school meals if you think you are entitled. Doing this helps your family and your school! For more details, please contact your school reception.

## Allergens & Dietary Safeguarding

If your child has a specific dietary need for a medical reason we will do everything we can to provide them with a healthy meal. You can view our Dietary Safeguarding and Allergens policies on our website [feedinghungryminds.co.uk](http://feedinghungryminds.co.uk). If you would like your child to have a school lunch, a medical dietary request form is available from your school's reception or from our website.

Just look at what your child gets from a school lunch!



## Get in Touch...



Visit: [www.feedinghungryminds.co.uk](http://www.feedinghungryminds.co.uk)

Email: [hello@feedinghungryminds.co.uk](mailto:hello@feedinghungryminds.co.uk)

Call: 01924 792 334



## FANTASTIC FAMILY FAJITAS!

Try it at home!

A healthy week night dinner to make and share with the whole family

### Ingredients

300g Quorn Pieces  
1/2 tbsp Oil  
1 tsp Cajun Seasoning  
70g Onion Red  
70g Mixed Peppers  
6 Tortilla Wraps  
120g Mild Cheddar



### Method

1. Slice peppers and onion into strips
2. In a suitable pan, heat the oil then add the Quorn pieces and fry until soft.
3. Add the Cajun spice, onions and peppers and continue to cook until the vegetables are tender.
4. Lay out the wraps on a clean, dry surface.
5. Evenly divide the Quorn and vegetable mixture between the wraps, spooning it into the centre of each wrap. Sprinkle the cheese evenly between the wraps.
6. To roll the wrap, fold the bottom third of the wrap up onto itself, then fold in the sides and roll the wrap. Cut in half and serve hot. Serves 6.

We WANT You!

### Would you like to be part of a passionate team?

Look no further! If you're looking for a career change, getting back into work or a term-time only job then ISS Education would love to hear from you. If you are interested please get in touch to find out more about job opportunities.

Tel - 01924 896696



**Competition Time** Tell us what you think of our service! Send us your feedback to be in with the chance to win £100 of book vouchers for your child's school. We'll hold a termly prize draw and notify the winner via email. Please include the phrase 'Competition Time' in the subject. We look forward to hearing from you!

Email - [hello@feedinghungryminds.co.uk](mailto:hello@feedinghungryminds.co.uk)



Your New School Lunch Menu is Here!



Spring Summer 2019



Meet our suppliers!

## Poskitt's, Yorkshire

We source our fresh root vegetables from MH Poskitt in Yorkshire.

Poskitt's is a family owned farming business based in the East Riding of Yorkshire specializing in the growing of root vegetables.

They grow, wash, pack and distribute all our products from one site meaning they control all aspects of production.

MH Poskitt won the Northern Farming Awards Arable Farmer of the Year 2018!



### Your Food for Life Served Here

The Soil Association awards caterers with Food for Life Served Here status for providing food which is healthy, sustainably sourced and better for animal welfare. At your school, ISS Education has achieved Food for Life Bronze Served Here, meaning:

At least 75% of our dishes are freshly prepared on site

All of our meat is from farms which satisfy UK animal welfare standards

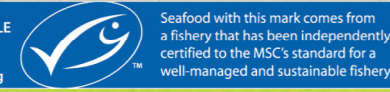
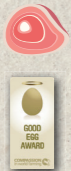
All of the eggs we use are free range

We don't use any undesirable additives, artificial trans fats or GM ingredients

We source British, local and seasonal produce where possible

We have achieved the MSC's (Marine Stewardship Council) Chain of Custody certification which demonstrates that the fish we serve is from well-managed and sustainable fisheries

We serve Muller Mini Corners which are made in Shropshire using milk from Red Tractor assured British farms



MSC-C-50236

### Week 1

WEEK COMMENCING: 22ND APRIL/13TH MAY/3RD JUNE/24TH JUNE/15TH JULY/5TH AUGUST/26TH AUGUST/16TH SEPT/1ST OCT/21ST OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Tomato Pasta Bake	Sweet & Sour Chicken with Rice	Roast Gammon with Yorkshire Pudding, Roast Potatoes & Gravy	Fish Fingers & Chips with Tomato Ketchup	Beef Burger
Vegetable Chow Mein	Margherita Pizza	Quorn Sausage with Yorkshire Pudding, Roast Potatoes & Gravy	Bean Burger & Chips with Tomato Ketchup	Quorn Korma with Rice
Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans
Peas & Sweetcorn	Cauliflower & Green Beans	Broccoli & Carrots	Peas & Beans	Mixed Vegetables
Custard Biscuit	Pineapple Upside Down Sponge with Ice Cream	Ice Cream & Fruit Compote	Golden Crispy Cake	Pear & Chocolate Sponge with Chocolate Sauce

### Week 2

WEEK COMMENCING: 29TH APRIL/20TH MAY/10TH JUNE/1ST JULY/22ND JULY/12TH AUGUST/2ND SEPT/23RD SEPT/7TH OCT/28TH OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Sausage & Mash	Beef Lasagne with Garlic Bread	Roast Chicken with Yorkshire Pudding, Roast Potatoes & Gravy	Margherita Pizza	Battered Fish & Chips with Tomato Ketchup
Macaroni Cheese	Rainbow Frittata with Potato Wedges	Quorn Mince with Yorkshire Pudding, Roast Potatoes & Gravy	Vegetable Balti with Rice	Quornish Pasty with Chips
Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Salmon, Cheese, Coleslaw or Baked Beans
Peas & Sweetcorn	Broccoli & Red Cabbage	Baby Carrots & Green Beans	Roast Mediterranean Vegetables	Beans & Sweetcorn
Fruity Flapjack	Jelly & Peaches	Lemon Drizzle Cake	Apple & Banana Cake with Custard	Chocolate Tiffin

### Week 3

WEEK COMMENCING: 6TH MAY/27TH MAY/17TH JUNE/8TH JULY/29TH JULY/19 AUGUST/9TH SEPT/30TH SEPT/14TH OCT/4TH NOV

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza	Beef Keema with Rice & Naan Bread	Roast Turkey with Yorkshire Pudding, Roast Potatoes & Gravy	Spaghetti Bolognese	Chicken Nuggets with Chips
Tomato Pasta	Quorn Burger in a Bun with Potato Wedges	Cheese & Leek Pasty	Sticky Quorn Sausages with Potato Wedges	Cheese & Tomato Puff Pin Wheel
Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans	Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Baked Beans
Cauliflower & Peas	Mixed Vegetables	Carrots & Cabbage	Sweetcorn & Broccoli	Peas & Beans
Chocolate & Orange Brownie	Apple Sponge with Ice Cream	Vanilla Cheesecake	Pear & Berry Crumble with Custard	Strawberry Mousse

## The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



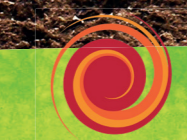
Where possible we use ingredients sourced from local producers.

## Food FOCUSSED FUN!

From summer picnics and Christmas lunch to World Book Day and Space Week, we have a calendar full of special events. We serve exciting themed menus and provide fun activities too! Look out for more information about our theme days and events throughout the school year.

## GREEN FINGERS WEEK

In May we will be inviting your child to take part in our Green Fingers event. This week long event is an exciting opportunity to learn where their food comes from and how they can grow their own! There will be sample tasters and the chance to win some great prizes, including a visit from TV gardener Chris Collins!



Feeding Hungry Minds