

# Why should you opt for school meals?



A well fed child is more likely to learn and participate in the afternoon activities.



## Special Diets

We cater for children with special dietary needs. To discuss your child's requirements please contact the Operations Manager Sutton Catering on: **020 8770 6581**

For full information about School Lunches visit: [www.sutton.gov.uk/schoolmeals](http://www.sutton.gov.uk/schoolmeals)  
Alternatively contact the Client Catering Officer **020 8770 6221** or the Operations Manager **020 8770 6581** both at 24 Denmark Road, Carshalton, Surrey, SM5 2JG

## Are you entitled to free school meals and milk?

If you are in receipt of any of the following, you may be entitled to **FREE** school meals and milk:

- a) Income Support (IS)
- b) Income Based Job Seekers Allowance (IBJSA)
- c) Income-related Employment and Support Allowance (ESA(IR))
- d) Support under part VI of the Immigration and Asylum Act 1999
- e) Child Tax Credit, provided they are not entitled to Working Tax Credit, and have an annual income (as assessed by Her Majesty's Revenue and Customs) that as of 6 April 2010 does not exceed £16,190. Where a parent is entitled to Working Tax Credit during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to free school milk and meals.

### f) Guarantee element of State Pension Credit

Applications for free school meals and milk will be processed confidentially at the school that your child attends.

This information was correct at April 2011, to check current information visit: [www.sutton.gov.uk/schoolmeals](http://www.sutton.gov.uk/schoolmeals) or at your child's school

Applications for free school milk will only be considered for children attending primary school up to and including year 6 and special schools.

## Paying for School Meals and Milk

Parents are encouraged to pay on line via Parent Pay, a web based system that allows parents/guardians to make secure payments by credit and debit card. Alternatively parents can use a Pay Point card. Further information is available from your child's school or [www.parentpay.com](http://www.parentpay.com)

## Sutton Catering Vacancies

Vacancies are advertised on the London Borough of Sutton website [www.sutton.gov.uk](http://www.sutton.gov.uk) and click on job vacancies.



Catering/schoolmenu/11/10/10/CDS

Primary and Special School

# LUNCH MENU

Nov 2011 – Mar 2012



take part, take pride | [www.suttonchildren.org.uk](http://www.suttonchildren.org.uk)



Sutton

WEEK 1

MONDAY

\*Alaskan Salmon Goujons with Sauté Potatoes  
Vegetable Lasagne (v)  
Baked Beans/Peas  
Syrup Sponge and Custard

TUESDAY

Beef Goulash with Rice  
Vegetarian Pizza (Sweetcorn, Red Onion, Mixed Peppers) (v)  
Green Beans/Cauliflower  
Orange Jelly and Mandarins

WEDNESDAY

Roast Pork with Gravy  
Leek and Lentil Pie (v)  
Roast Potatoes  
Carrots/Red Cabbage (L)  
Pear and Chocolate Sponge and Chocolate Sauce

THURSDAY

Lamb Pasta Bolognaise  
Vegetable and Quorn Chow Mein  
Broccoli (L)/Sweetcorn  
Winter Fruit Salad

FRIDAY

Organic Burger in a bun made with Beef from Rother Valley Farm (L)  
Homemade Vegetable Burger in a bun(v)  
Low Fat Oven Chips  
Baked Beans/Peas  
Oaty Banana Cookie and Juice

WEEK 2

Beef Meatballs in Tomato Sauce with Tricolour Pasta  
Leek & Potato Bake (v)  
Roasted Seasonal Vegetables (L)/ Sweetcorn  
Ginger Cake with Vanilla Sauce

Lamb Moussaka  
Vegetarian Spaghetti Bolognaise  
Carrots/Green Beans  
Chocolate and Fair trade Banana Cake with Custard

Roast Chicken, Sage and Onion Stuffing with Gravy  
Quorn and Seasonal Vegetable Hot Pot (v)  
Roast Potatoes  
Broccoli(L)/Roast Parsnips(L)  
Butterscotch Tart

Hot Pot made with Organic Beef from Rother Valley Farm (L)  
Margarita Pizza (v)  
Carrot and Swede Mash/Peas  
Apple Crumble and Custard

\*Fish Fingers with Baked Jacket Wedges  
Vegetable and Cheese Filled Jackets (v)  
Baked Beans/Sweetcorn  
Chocolate Fudge Cake

WEEK 3

\*Whitefish in Non Fried Breadcrumbs with Herby Diced Potatoes  
Butternut Squash and Quorn Risotto (v)  
Baked Beans/Peas  
Eve's Pudding and Custard

Cottage Pie made with Organic Beef from Rother Valley Farm (L) and Gravy  
Margarita Pizza (v)  
Sweetcorn/Green Beans  
Rice Pudding and Jam

Freedom Food Roast Turkey from Holly Berry Farm with Gravy  
Cauliflower Cheese (v)  
Roast Potatoes  
Roasted Seasonal Vegetables(L)/ Peas  
Chocolate Sponge and Chocolate Sauce

Chicken Curry with Rice  
Macaroni Cheese (v)  
Sweetcorn and Mixed Peppers /Carrots  
Strawberry Jelly and Pears

Pork & Beef Sausages  
Mushroom and Pepper Tartlet (v)  
Baked Jacket Wedges  
Baked Beans/Peas  
Ginger Crisp and Vanilla Ice Cream (L)

Freshly prepared nutritious meals from locally sourced, quality produce.

The three week menu has been nutritionally analysed to meet the Food Based and Nutrient Based Standards for School Lunches. The meals are low in fat, salt, and sugar and high in fibre, which contributes to your child receiving the food they need to help them grow, stay healthy and concentrate better in the afternoons.

Menu Offer

- A choice of two main meals, one of which is suitable for a vegetarian diet
- A choice of two vegetables
- A salad bar (locally sourced where possible)
- French Bread
- A pudding of the day or a choice of seasonal fresh fruit or yogurt
- Drinking water
- The carbohydrate is included in the main dish unless otherwise stated.
- The menu is planned to take into account popular foods, the time of year and dietary considerations.
- All new recipes are tested in advance by pupils.

Facts

- ✓ 85% of dishes are freshly prepared
- ✓ 10% of food is organic
- ✓ All meat is British farm assured as a welfare minimum
- ✓ All fish used, apart from tuna, is certified to the Marine Steward Council's (MSC) environmental standards.
- ✓ The Skipjack Tuna is not on the 'fish to avoid list'
- ✓ Free range eggs
- ✓ Fair Trade bananas and castor sugar
- ✓ Fresh seasonal and local fruit and vegetables are used subject to availability
- ✓ No harmful additives or hydrogenated fats are used
- ✓ No nut products are used
- ✓ No salt is added to the food
- ✓ Products containing GM foods are not knowingly used



In July 2011 Sutton Catering became the first Local Authority Caterer in London, and one of only five Local Authority caterers in Britain, to have been awarded this prestigious certification in recognition of their work in actively using locally sourced, seasonal, quality ingredients.

The Menu is subject to change and may vary in some kitchens where there are limited facilities.

\* Fish is certified to Marine Steward Council's (MSC) environmental standards (v) Vegetarian option (L) Local

Week 1 w/c 31/10/11 | 21/11/11 | 12/12/11 | 09/01/12 | 30/01/12 | 27/02/12 | 19/03/12  
Week 2 w/c 07/11/11 | 28/11/11 | 19/12/11 | 16/01/12 | 06/02/12 | 05/03/12 | 26/03/12  
Week 3 w/c 14/11/11 | 05/12/11 | 02/01/12 | 23/01/12 | 20/02/12 | 12/03/12