

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Minced Meat Pasty Vegetarian Sausages	Homemade Lamb Steaklets in mint Gravy Cheese Flan	Roast Beef with Yorkshire Pudding Vegetarian Layer Bake	Cheese, Sweetcorn & Tomato Pizza Chicken Curry & Sweetcorn Rice	Fish Fingers with Lemon & Parsley Garnish Tomato, Salmon & Basil Pasta Cheese, Egg & Pasta Salad
Oven Baked Sauté Potatoes Midi Boiled Potatoes	Creamed Potato	Roast Potatoes Boiled Potatoes	Oven Baked Jacket Wedges Garlic Bread	Chipped Potatoes Jacket Potatoes
Golden Sweetcorn Baked Beans	Broccoli Florets Carrots & Peas	Cabbage Sliced Carrots	Oven Baked Tomatoes Garden Peas	Baked Beans Coleslaw
Gingerbread Person Low Fat Yoghurt Fruit Cup	Chocolate Pudding & Chocolate Sauce Low Fat Yoghurt Fruit Cup	Fruit Flapjack with Strawberry Sauce Low Fat Yoghurt Fruit Cup	Fruit Cup & Shortbread Low Fat Yoghurt	Fruit Jelly & Strawberry Sponge Fingers Low Fat Yoghurt Fruit Cup

Week Commencing 19/04/10 | 10/05/10 | 07/06/10 | 28/06/10 | 19/07/10 | 13/09/10 | 04/10/10

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Pasta Bolognaise Vegetarian Savoury Pasta Mince	Chicken Pie Cauliflower, Broccoli & Cheese Bake	Roasted Breast of Turkey Vegetarian Cottage Pie	Cheese, Pineapple & Tomato Pizza Beef Lasagne	Fish Fingers with Lemon & Parsley Garnish Tuna Pasta Bake Vegetarian Lasagne
Jacket potatoes	Oven Baked Jacket Wedges	Roast Potatoes Midi Boiled Potatoes	Oven Baked Diced Potatoes	Chipped Potatoes Jacket Potatoes
Broccoli Garden Peas	Oven Baked Tomatoes Baked Beans	Sliced Carrots Cabbage	Chopped Tomatoes Baked Beans	Garden Peas Golden Sweetcorn
Fruit & Ice Cream Low Fat Yoghurt Fruit Cup	Iced Sponge & Lemon Sauce Low Fat Yoghurt Fruit Cup	Chocolate Crispy Cake and Peppermint Sauce Low Fat Yoghurt Fruit Cup	Fruit Sponge & Custard Low Fat Yoghurt Fruit Cup	Fruit Muffin Low Fat Yoghurt Fruit Cup

Week Commencing 26/04/10 | 17/05/10 | 14/06/10 | 05/07/10 | 30/08/10 | 20/09/10 | 11/10/10

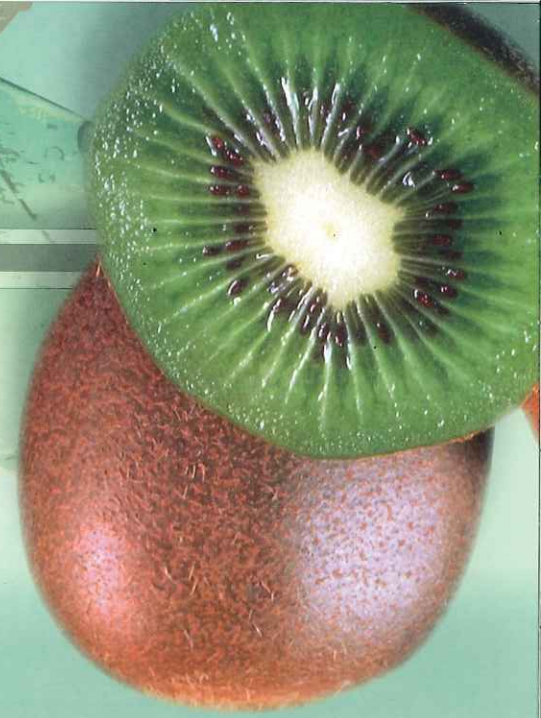
Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Margherita Sausages and Pasta in Tomato Sauce	Savoury Mince in Yorkshire Pudding Vegetable Bolognaise	Roast Pork Vegetarian Burger	Chicken Drumsticks Vegetable Moussaka	Fish Fingers with Lemon & Parsley Garnish Tomato Fish Bake Fruit & Vegetable Risotto
Oven Baked Sauté Potatoes Midi Boiled Potatoes	Creamed Potatoes	Roast Potatoes Boiled Potatoes	Pasta Spirals and Cheese Sauce Midi Potatoes	Chipped Potatoes Jacket Potatoes
Golden Sweetcorn Garden Peas	Sliced Carrots Cabbage Gravy	Broccoli Florets Carrots Gravy	Cauliflower & Sweetcorn Medley Garden Peas	Baked Beans Coleslaw
Jaffa Cake Sponge and Chocolate Sauce Low Fat Yoghurt Fruit Cup	Fruit Shortbread & Milkshake Low Fat Yoghurt Fruit Cup	Devonshire Split Low Fat Yoghurt Fruit Cup	Rice Pudding & Jam Low Fat Yoghurt Fruit Cup	Strawberry Iced Bun Low Fat Yoghurt Fruit Cup

Week Commencing 03/05/10 | 24/05/10 | 21/06/10 | 12/07/10 | 06/09/10 | 27/09/09 | 19/10/09

SALAD OPTION, BREAD AND CHILLED WATER AVAILABLE DAILY

Good Food



Here in South Gloucestershire we pride ourselves that
“Every Child Matters”

Our menus have been developed to incorporate organic and local products such as **cheese, eggs, vegetables** and **fresh meats**, to help secure a sustainable local environment.

Good wholesome foods and hearty, traditional puddings are nutritionally balanced to support the health and wellbeing of young people, helping them to enjoy and achieve throughout the school day.

We invest in the development of our staff through a range of NVQ and other training opportunities, including Food Safety and Hygiene, Craft skills and Healthy Diets.

If you would like to discuss your child's dietary requirements, please contact the Catering Manager at your School.

Your views and comments are important to us. A comment form is available on our website: www.schoolmeals@southglos.gov.uk

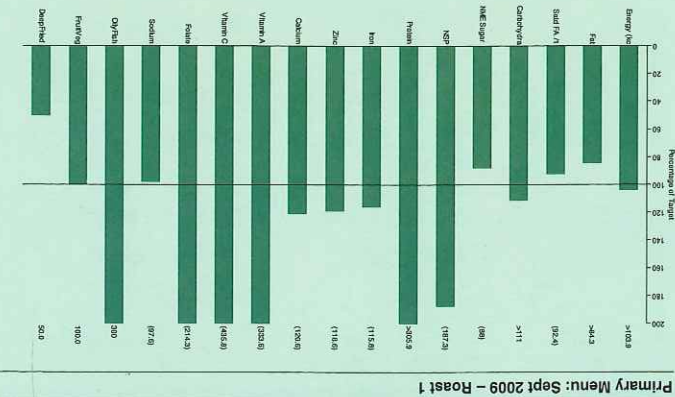
For enquiries about employment opportunities, contact the Catering Service on: ☎ **01454 863278 / 01454 863245**



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Nutrition Plan Summary

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	Kcal	>550.9	530	Target	20.9	3.9	15.5
Fat	g	>17.4	20.6	Maximum	3.2	15.5	7.7
Salt FA /100g fd	g	(6.0)	6.5	Maximum	0.5	7.7	10.9
Carbohydrate	g	>78.3	70.6	Minimum	7.7	10.9	12.3
Non Milk Extrinsic Sugar	g	(13.6)	15.5	Maximum	1.9	12.3	10.9
Protein	g	>22.9	15.4	Minimum	7.5	205.3	16.7
Iron	mg	(3.5)	3	Minimum	0.5	16.7	16.7
Zinc	mg	(3.0)	2.5	Minimum	0.5	20.0	20.0
Calcium	mg	(232.8)	183	Minimum	39.8	20.6	20.6
Vitamin A	µg	(53.8)	408.8	Minimum	355.0	233.6	336.2
Vitamin C	mg	(45.8)	10.5	Minimum	35.3	336.2	114.3
Folate	µg	(13.6)	53	Minimum	60.6	114.3	2.4
Sodium	mg	(487.1)	499	Maximum	11.9	2.4	50.0
Deep Fried Products	Portion	1.0 per 5 menus	1.0	Maximum	1.0	50.0	0.0
Fruit and Vegetables	Portion	2.0 per 1 menus	2.0	Minimum	0.0	0.0	200.0
Oily Fish	Menu	3.0 per 15 menus	1	per 15 menus	2.0	200.0	0.0