

# Why should you opt for school meals?

Saves time worrying about preparing a packed lunch that will provide all the nutrients required for a growing child.

School meals provide a nutritionally balanced meal, giving the right amount of nutrients essential at lunchtime to support healthy growth.

Having a school meal together with friends develops your child's social skills.

Encourages children to try new foods and dishes.

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



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

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

- ✓ **Income Support (IS)**
- ✓ **Income Based Job Seekers Allowance (IBJSA)**
- ✓ **Income-related Employment and Support Allowance (ESA(IR))**
- ✓ **Support under part VI of the Immigration and Asylum Act 1999**
- ✓ **Child Tax Credit** provided you 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. Note: From 1 May 2009, if you are entitled to Working Tax Credit during the four-week period immediately after your employment ceases, or after you start to work less than 16 hours per week, your children are entitled to free school milk and meals.
- ✓ **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 2010, 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.

## 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/19/3/10/CDS

Primary and Special School

# LUNCH MENU

April - Oct 2010



take part, take pride | [www.sutton.gov.uk](http://www.sutton.gov.uk)



WEEK 1

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Alaskan Salmon in Breadcrumbs\*  
Cheese & Onion Quiche (v)  
Oven Baked New Potatoes Baked Beans/Peas  
Salad Bar  
Orange Juice Sorbet

Lamb Bolognese with Tricolour Pasta  
Vegetable Curry with Rice (v)  
Sweetcorn/Cauliflower  
Salad Bar  
Iced Carrot Cake

Roast Gammon & Gravy  
Quorn Puff Pie (v)  
Roast Potatoes Cabbage/Carrots  
Salad Bar  
Butterscotch Tart

Chicken Risotto  
Cheese & Tomato Pizza (v)  
Sweetcorn/Broccoli  
Salad Bar  
Strawberry Jelly & Peaches

Organic Beefburger in a Sesame Seed Bun  
Soufflé Jacket (v)  
Oven Baked Jacket Wedges Baked Beans/Peas  
Salad Bar  
Ice Cream

WEEK 2

Organic Pork Sausages with Gravy  
Roasted Vegetable Pasty (v)  
Creamed or Herby Diced Potatoes Peas/Sweetcorn  
Salad Bar  
Oaty Peach Melba Crumble & Custard

Spanish Chicken & Rice  
Cheese & Pepper Frittata (v)  
Carrots/Peas  
Salad Bar  
Chocolate Mousse with Fresh Strawberries

Roast Chicken with Sage & Onion Stuffing & Gravy  
Country Vegetable Pie (v)  
Roast Potatoes Green Beans/Carrots  
Salad Bar  
Pineapple Sponge & Custard

Beef Lasagne  
Vegetable & Quorn Paella (v)  
Broccoli & Cauliflower/Carrots  
Salad Bar  
Frozen Raspberry Yoghurt

Whitefish Fingers\*  
Cheese Whirls (v)  
Low Fat Oven Chips Baked Beans/Peas  
Salad Bar  
Shortbread & Chocolate or Strawberry Milkshake

WEEK 3

Whitefish in Breadcrumbs\* with Sauté Potatoes  
Pasta in Tomato & Basil Sauce (v)  
Baked Beans/Peas  
Salad Bar  
Clementine Sponge & Custard

Cottage Pie  
Cheese & Tomato Pizza (v)  
Carrots/Green Beans  
Salad Bar  
Summer Fruit Salad

British Roast Pork & Gravy  
Roasted Vegetable Bake (v)  
Roast Potatoes Carrots/Cabbage  
Salad Bar  
Chocolate Sponge & Chocolate Sauce

Chicken Curry with Rice  
Macaroni Cheese (v)  
Sweetcorn & Mixed Peppers/ Cauliflower  
Salad Bar  
Orange Jelly & Ice Cream

Organic Pork Sausages  
Vegetable Tartlet (v)  
Oven Baked Jacket Wedges Baked Beans/Peas  
Salad Bar  
Oaty Banana Cookie & Fruit Juice

**Hot nutritious food in line with Government Standards**

The three week Spring / Summer 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
- Wholemeal French Bread
- A pudding of the day or a choice of fresh fruit, yogurt or cheese and biscuits
- Drinking water

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. Meals are prepared and cooked daily by a team of caring catering staff.

**Facts**

- ✓ No harmful additives or hydrogenated fats are used
- ✓ Products containing GM foods are not knowingly used
- ✓ No salt is added to the food
- ✓ No nut products are used
- ✓ Fresh seasonal vegetables, are used where possible.
- ✓ Free range eggs
- ✓ Fish used is certified to the Marine Steward Council's (MSC) environmental standards



**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

**Week 1** w/c 19/04/10 | 10/05/10 | 07/06/10 | 28/06/10 | 19/07/10 | 13/09/10 | 04/10/10  
**Week 2** w/c 26/04/10 | 17/05/10 | 14/06/10 | 05/07/10 | 30/08/10 | 20/09/10 | 11/10/10  
**Week 3** w/c 03/05/10 | 24/05/10 | 21/06/10 | 12/07/10 | 06/09/10 | 27/09/10 | 18/10/10

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

(v) = vegetarian option  
\* = Fish is certified to the Marine Steward's Council's (MSC) Standards