

# Spring / Summer Menu 2021



with **The Greens**



**Monday Tuesday Wednesday Thursday - allergy aware Friday**

**WEEK 1 - 19/4/21, 10/05/2021, 07/06/2021, 28/06/2021, 19/07/2021, 20/09/2021, 11/10/2021**

Macaroni Cheese	Chicken Pasta Bake	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Beef Chilli Con Carne with Rice	Fish Fingers with Tomato Sauce and Chips
Vegetable Sausages with New Potatoes	Roasted Pepper and Sweetcorn Pizza with Jacket Wedges	Vegetable and Chick Pea Wellington with Roast Potatoes and Gravy	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Cheese and Tomato Quiche
BBQ Beans or Sweetcorn	Green Beans and Crunchy Coleslaw	Carrots and Cauliflower	Broccoli and Roasted Vegetables	Baked Beans and Garden Peas
Pineapple Cake with Custard	Apple Crumble with Custard	Chocolate Mousse	Fruity Jelly with Ice Cream	Butterscotch cookie

**WEEK 2 - 26/4/21, 17/05/2021, 14/06/2021, 05/07/2021, 06/09/2021, 27/09/2021, 18/10/2021**

Cheese and Tomato Pizza with a Half Jacket Potato	Stir Fried Chicken and Vegetable Noodles	Roast Gammon with Roast Potatoes and Gravy	Beef Bolognese with Pasta Twists	Battered Fish Fillet with Chips
Roasted Vegetable Pasta Bake	Vegetable Pasty with Potato Salad	Cheese and Summer Vegetable Wrap with Roasted Potatoes	Jacket Potatoes with Cheese, Baked Beans or Tuna Mayonnaise	Vegetable Curry with Rice
Green Beans and Cauliflower	Baked Beans or Crunchy Coleslaw	Carrots and Cabbage	Sweetcorn and Courgettes	Garden Peas and Baked Beans
Fruity Flapjack	Peach Sponge with Custard	Strawberry Mousse	Orange Fruity Jelly with Ice Cream	Oaty Melting Moments

**WEEK 3 - 3/5/21, 24/05/2021, 21/06/2021, 12/07/2021, 13/09/2021, 04/10/2021**

Vegetable Bolognese with Pasta Twists	Beef Lasagne	Roast Chicken with Roast Potatoes and Gravy	Sticky Texas Style Chicken with Rice	Fish Fingers or Salmon Fish Fingers with Tomato Sauce and Chips
Cheese and Tomato Calzone	Vegetable Chilli with Rice	Vegetable Cottage Pie	Jacket Potatoes with Cheese, Baked Beans or Tuna Mayonnaise	Cheesy Courgette Sausages and Chips
Broccoli and Roasted Vegetables	Coleslaw and Cauliflower	Carrots and Green Beans	Broccoli and Sweetcorn	Baked Beans and Garden Peas
Chocolate Sponge with Chocolate Sauce	Carrot Cake with Custard	Lemon Mousse	Strawberry Fruity Jelly and Ice Cream	Raisin Shortbread with Fruit Slices

**Served Daily**

Freshly Baked Bread

Seasonal Vegetables/Salads

Fresh Fruit

EasiYo Yoghurt



**UNIVERSAL INFANT FREE SCHOOL MEALS**

Don't forget that all **Reception, Year 1 and Year 2** pupils can enjoy a **school meal without charge every day** irrespective of income. **However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!**

**FREE SCHOOL MEALS- LOW INCOME**

Are you missing out? To check free school meal entitlement please contact your school office.



**FREE SCHOOL MEAL PARCELS AND VOUCHERS**

If you need more information about our food parcels, or if your school provides vouchers; and you'd like support on how to spend them, then please get in touch with us via your school or view our supporting documents online - [www.autographfood.co.uk/place/environments/education](http://www.autographfood.co.uk/place/environments/education)

**FOOD ALLERGIES AND INTOLERANCES**

Autograph's award winning special diets process ensures that all pupils with allergies and intolerances can enjoy school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office.

Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

**A WORD FROM YOUR LOCAL TEAM**

We are very proud of the freshly produced quality food that we feed your children, these lunches will help your children with their social skills and expand their tastes.

**If you have any feedback on the menus or ideas for new recipes please let us know.**

**CONTACT US**

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact [autograph.schools@interserve.com](mailto:autograph.schools@interserve.com)



Look out for the VE symbol on our menu for some tasty vegan options.

Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.

Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal).

Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

Spring/Summer 2021 - Cornwall PFI Primary