

Winter Menu



Week Commencing: **31st Oct, 21st Nov, 12th Dec, 9th Jan, 30th Jan, 27th Feb, 19th March**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Fruity Chicken Curry or vegetable curry with boiled rice or Jacket Potato	Beef Burger in a bun with Tomato Sauce or Veggie Sausage Toad In The Hole	Roast Turkey or Quorn Roast With stuffing and gravy	Cottage Pie or Macaroni Cheese	Salmon Fish Fingers or Pizza Wedge
To go with	Sweet corn and crunchy coleslaw & Mixed Salad Bowl	Potato Wedges, Baked beans, Green Beans & Salad Platter	Roast or Boiled Potatoes Carrots and Seasonal Cabbage & Salad Sticks & Bites	Broccoli, Swede & Mixed salad Bowl	Chips or Jacket Potato Peas and Roasted Mediterranean Vegetables & Salad Platter
Pudding	Chocolate Pudding and Chocolate sauce or Fruit Salad	Carrot Cake or Fresh Fruit Bites	Toffee Apple Crumble and Custard or Fruit salad	Fruit in Jelly with Ice-Cream or Fruit Bites	Apple Flapjack & custard or Fruit Salad
Drinks/Bread	Water Homemade bread	Water Homemade bread	Water Homemade bread	Water Homemade bread	Water Homemade bread

Week Commencing: **7th Nov, 28th Nov, 19th Dec, 16th Jan, 6th Feb, 5th March, 26th March**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Italian Beef Bolognaise or vegetable bolognaise with spaghetti or Jacket Potato	Creamy Ham Pasta Carbonara or Cheese & tomato Pizza Bap (V)	Roast Gammon or Quorn Roast (V) And gravy	Turkey & Sweetcorn Pie and gravy or Macaroni Cheese (V)	Crispy Battered Fish or Veggie Burger (v)
To go with	Peas, Roasted Vegetables & Salad Sticks	Potato wedges, Broccoli, Sweetcorn & Mixed salad Bowl	Roast or Boiled Potatoes, Mashed Swede, Green Beans & Salad Platter	Creamy Mashed Potatoes, Garlic Bread, Carrots, Sweetcorn & Salad Sticks	Chips or Jacket Potato, Peas & Baked Beans & Mixed salad Bowl
Pudding	Lemon Drizzle Cake or Fruit Salad	Fairtrade Banana, Apple and Oat Crumble with Custard or Fruit Bites	Rice Pudding or Fruit Salad	Jam Roly Poly and Custard or Fruit Bites	Golden Rice Crispy cake or Fruit Salad
Drinks/Bread	Water Homemade bread	Water Homemade bread	Water Homemade bread	Water Homemade bread	Water Homemade bread

Week Commencing: **14th Nov, 5th Dec, 2nd Jan, 23rd Jan, 20th Feb, 12th Mar, 2nd April**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Mexican Chilli or vegetable chilli with Rice or Jacket Potato	Oven Baked Sausages in Onion Gravy or Vegetable Tikka Masala	Roast Chicken or Vegetarian Loaf With stuffing and gravy	Beef & Mushroom Pie or Napoli Pasta Bake	Cod Fish Fingers or Vegetable Wrap
To go with	Sweet corn and crunchy coleslaw & Salad Sticks	Creamed Potatoes, Boiled Rice, Peas, Carrots & Mixed Salad Bowl	Roast or Boiled Potatoes, Cauliflower & Green Beans & Salad Platter	Potato Wedges, Broccoli & Roasted Vegetables & Salad Sticks & Bites	Chips or Jacket Potato, Peas & Carrots & Mixed salad Bowl
Pudding	Sticky Toffee Pudding With Vanilla Sauce or Fruit Salad	Homemade Cookie with fruit slices or Fruit Bites	Apple Pie With Custard or Fruit Salad	Chocolate & Apricot Brownie or Fruit Bites	Fiery Ginger & Orange Cake with Custard or Fruit Salad
Drinks/Bread	Water Homemade bread	Water Homemade bread	Water Homemade bread	Water Homemade bread	Water Homemade bread



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appetite for life



Winter Menu



Welcome to your new Winter menu; which runs through until Easter 2012



Our new Winter menu has been developed for the school children of Newport following feedback using pupil surveys, parents and schools to create tasty recipes that your children will enjoy.

Our menus are nutritionally balanced and compliant to the Appetite for Life standard, but also provide delicious dishes that children love to eat!

Our menus include the best quality and freshest ingredients, sourced directly from growers and producers.

This ensures we can maintain a robust supply chain and have complete traceability from the field to the plate.

If your child has any special dietary needs, these are also catered for in conjunction with the catering team and the community dietician. Halal meat choices are also available in those school kitchens where this is a requirement.



Free School Meals are available to children whose parents are in receipt of :

- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit, with an annual income of no more than £16,190
- Guarantee element of State pension Credit
- Support under part VI of Immigration and Asylum Act 1999 (IAA) – *Please contact the Free School Meals Team if this applies to you*

If you receive Working Tax Credit, however, you do not qualify for free school meals

For more information on Free School meals please telephone the Pupil Organisation Team at

Newport City Council on: 01633 656656



Are you interested in a career in school catering that fits around your family life?

If so why not join our friendly, professional catering team.

Appropriate training will be given, smart uniforms provided.

Please contact the Chartwells admin team either in writing or telephone:

Chartwells
Queens Training Kitchen
Queens Hill
NEWPORT
NP20 5HJ

Telephone **01633 253243** for further information and an application form