

## Our school dinners

Classic Menu Autumn - Winter 2015 - 2016



Recipes inspired by nature,  
developed by our pupils.

## Your school meals - from field to fork!

Everyone wants to have a tasty and enjoyable meal at lunchtime, to achieve this we start with quality ingredients and then with careful planning we ensure they are delivered fresh from the field to the fork.



We search high and low across our region to find the very best ingredients that offer the best taste and nutritional value. We also work with school children to help them understand and appreciate where the food comes from and the value in eating fresh local produce. In return they've helped us develop our menus so not only are the meals nutritionally balanced but are also sure to be popular with their friends.

Recently a group of pupils from Tuxford Academy Food Forum joined us on a trip to see the whole journey from the farmer's field to the butcher's counter. Jamie Martin was just one of the pupils who got a lot from the day

*"It was a really interesting visit and it showed me the excellent quality of meat used in our school dinners."*

To find out more about where your school meals come from visit [nottinghamshire.gov.uk/schoolmeals](http://nottinghamshire.gov.uk/schoolmeals)

## Food allergy labelling

 Celery (and celeriac)	 Molluscs (e.g. clams, mussels, whelks, oysters, snails, squid)
 Cereals containing gluten	 Mustard
 Crustaceans, (e.g. prawns, crabs, lobster, crayfish)	 Nuts
 Eggs	 Peanuts
 Fish	 Sesame
 Lupin (lupin flowers and their seeds)	 Soybeans
 Milk	 Sulphur dioxide (a food additive and preservative)

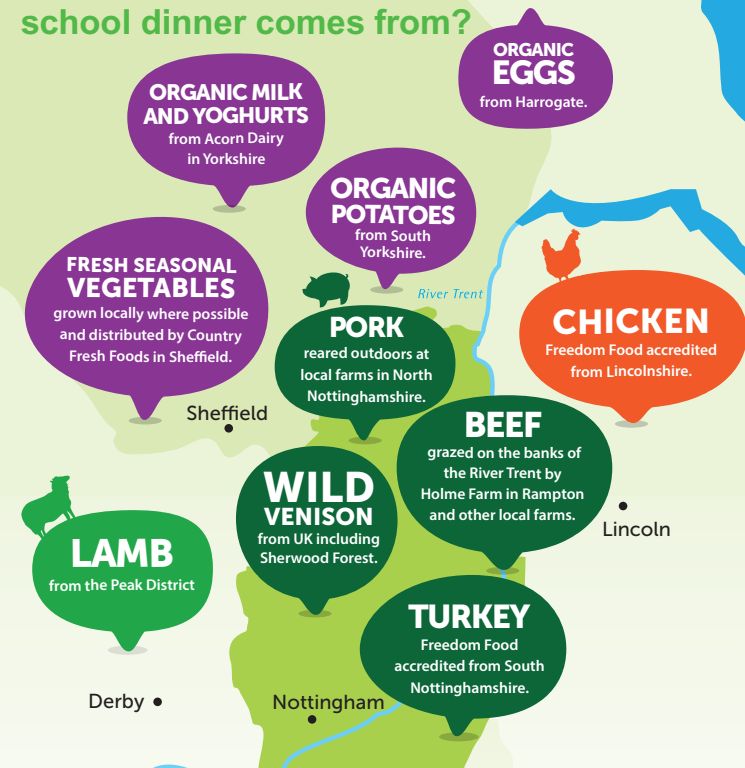
MSC- C- 50678

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
MSC  
[www.msc.org](http://www.msc.org)



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

## Do you know where your school dinner comes from?



The meat used in our dinners is from an award winning local butchers – Maloney's ([www.quality-butchers.co.uk](http://www.quality-butchers.co.uk)). Their meat comes from animals that are born and reared outdoors, and allowed to graze freely in the fields and parks in and around the county.

In Nottinghamshire we are actively trying to reduce our carbon footprint and are proud to be going local with our school dinners, to cut down on our food miles.

Please note that occasionally accompaniments pictured may differ from the menu as a result of seasonality or deliveries. Medical dietary requirements are catered for. Please visit our website [nottinghamshire.gov.uk/schoolmeals](http://nottinghamshire.gov.uk/schoolmeals) for more information.



## Menu cycle one

2 November, 23 November, 14 December, 18 January,  
8 February, 7 March, 28 March

Monday



Vegetarian  
sausage roll & gravy  
Potato croquettes  
Seasonal vegetables  
Cherry shortcake &  
custard



Tuesday



Cheesy cottage pie  
& gravy  
Seasonal vegetables  
Fruit salad &  
frozen yoghurt



Wednesday



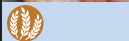
Turkey risotto  
Crusty bread  
Vegetable medley  
Crispy jam tart &  
custard



Thursday



Roast pork,  
stuffing & gravy  
Mashed potatoes  
Roast potatoes  
Seasonal vegetables  
Cheese & crackers with  
apple wedge



Friday



MSC Fish fingers  
Jacket wedges  
Coleslaw  
Sweetcorn  
Spiced apple cake  
& custard



## Menu cycle two

9 November, 30 November, 5 January, 25 January,  
22 February, 14 March



Margherita pizza  
Potato croquettes  
Coleslaw  
Mixed salad  
Rice pudding & jam



Venison and  
vegetable pie with gravy  
Mashed potatoes  
Seasonal vegetables  
Pancake with fruit  
drizzled with honey



Spaghetti bolognese  
Garlic dough ball  
Vegetable medley  
Cornflake tart & custard



Roast turkey, stuffing &  
gravy  
Mashed potatoes  
Roast potatoes  
Seasonal vegetables  
Fruit in jelly



MSC Fish goujons  
Tomato ketchup  
Jacket wedges  
Seasonal vegetables  
Apricot slice & custard



## Menu cycle three

16 November, 7 December, 11 January, 1 February,  
29 February, 21 March



Quorn dippers in a  
tortilla wrap  
Jacket wedges  
Mixed salad  
Coleslaw  
Butterscotch tart



Nottinghamshire  
sausage in onion gravy  
Mashed potatoes  
Seasonal vegetables  
Chocolate ice cream  
cake with hot chocolate  
sauce



Beef tacos  
Potato croquettes  
Seasonal vegetables  
Apple & blackberry pie &  
custard



Roast beef, Yorkshire  
pudding & gravy  
Mashed Potatoes  
Seasonal vegetables  
Fruit cookie & milkshake



MSC Fish portion  
Oven chips  
Seasonal vegetables  
Fruit salad &  
frozen yoghurt

