

Free Lunch!

Key Stage 1

Every child in Reception, Year 1 and Year 2 is entitled to a free school lunch.

A healthy lunch will benefit your child by:

- Providing a balanced meal which improves concentration and learning in the afternoon.
- Introducing your child to a wide range of foods
- Developing their social skills, children sit down at a table together and enjoy a meal,

You do not need to apply, though you will need to order the meals so please contact your child's school for further information.

Our Oxfordshire Suppliers

British Meats

British Meats based in Challow near Wantage supply prime quality meat to Food & More schools in Oxfordshire. British Meats sources its beef, pork and lamb from within 50 miles of its state of the art facilities in Challow.



Cyril Hicks Ltd

Cyril Hicks Ltd is a Banbury based family run fruit & vegetable supplier.



Key Stage 2

Children in Key Stage 2 are also entitled to free school meals if parents are receiving:

- Income Support
- income based Employment & Support Allowance
- income based Jobseekers Allowance
- support under part VI of the Immigration and Asylum Act 1999
- the Guaranteed element of State Pension Credit
- Child Tax Credit provided your annual income as assessed by the Inland Revenue does not exceed £16,190 and provided that Working Tax Credit is not included.

How to apply

Ask for an application form from your child's school.

Contact Food & More

Telephone: 01865 780 200
Email: food.more@carillionplc.com
Mail: Food & More, Cuffas Lea House,
3500 John Smith Drive, Oxford, OX4 2WB

Further Information is available from
www.foodandmore.uk.com or
www.facebook.com/foodandmore



Food & More is Carillion's catering business and offers bespoke catering solutions to the education and business sectors across the UK. Food & More is Oxfordshire's leading supplier of school meals.



THE MENU

PRIMARY SCHOOL AUTUMN 2017



Did you know?

- All our eggs are Free Range
- Over 75% of our meals are freshly prepared using seasonal ingredients
- We use Oxfordshire Suppliers for meat and fruit & vegetables
- All our menus comply with the school food plan healthy eating standards

Are your children eating School meals?

Healthy, well fed children are better learners and have the best chance to succeed. They are:-

- Better behaved.
- More alert with higher levels of concentration.
- Proven to have better academic improvement.

School meals are nutritious, healthy and tasty!

SCHOOL LUNCHES

AVAILABLE DAILY - natural yogurt with toppings, chopped fresh fruit, fresh bread, salad bar and lots of fresh water!

Week One

September 4th, September 25th, October 16th, November 13th
December 4th

MONDAY

Ham & Cheese Pizza or **Vegetable Frittata**
Sweetcorn, Mixed Leaf Salad
Cherry Oat Cookie

TUESDAY

Sticky Barbecue Chicken with Rice or
Pasta with Roasted Vegetables
Mixed Seasonal Vegetables
Chocolate & Mandarin Brownie

WEDNESDAY

Gammon with Yorkshire Pudding,
Roast Potatoes & Gravy or **Quorn Roast with Yorkshire
Pudding, Roast Potatoes & Gravy**
Savoy Cabbage, Carrots
Melting Moments

THURSDAY

Beef Lasagne with Garlic Bread
or **Cheesy Topped Vegetable Pasta Bake with Garlic
Bread**
Green Beans, Sweetcorn
Pears with Ice Cream

FRIDAY

Breaded Fish Fillet or Pink Salmon Nuggets with
Chips or Pasta
Quorn Burger with Chips or Pasta
Baked Beans, Peas
Strawberry Jelly with Peach Slices

Week Two

September 11th, October 2nd, October
30th, November 20th, December 10th

MONDAY

Chicken & Sweetcorn Pizza or **Jacket Potato
with Cheese, Beans** or Tuna
Sweetcorn, Beans
Oaty Apple Crumble with Custard

TUESDAY

Meatballs or **Veggie Meatballs in a
Tomato Sauce**
Rice, Mixed Broccoli & Cauliflower
Orange Cake

WEDNESDAY

Roast Pork with Yorkshire Pudding, Roast Potatoes &
Gravy or **Quorn Roast with Yorkshire Pudding, Roast
Potatoes & Gravy**
Green Beans, Carrots
Chocolate Crispy Cake

THURSDAY

Beef Bolognese with Pasta or **Cheese Whirl with New
Potatoes**
Broccoli, Sweetcorn
Raspberry Iced Smoothie

FRIDAY

Breaded Fish Fillet with Chips or Pasta
Veggie Sausage Roll with Chips or Pasta
Baked Beans, Peas
Shortbread Biscuits with
Orange Wedge

Week Three

September 18th, October 9th, November 6th, November
27th, December 18th

MONDAY

Cheese & Ham Pizza or **Margherita Pizza**
Baked Beans, Sweetcorn
Lemon Drizzle Cake

TUESDAY

Pork Sausages with Mashed Potato and Gravy or **Mixed Bean
Casserole**
Mixed Seasonal Vegetables
Cornflake Crispy Slice

WEDNESDAY

Roast Chicken Breast with Yorkshire Pudding, Roast
Potatoes & Gravy or **Quorn Roast with Yorkshire
Pudding, Roast Potatoes & Gravy**
Savoy Cabbage, Carrots
Banana Cake

THURSDAY

Cottage Pie or **Macaroni Cheese**
Broccoli, Peas
Oaty Fruit Flapjack

FRIDAY

Fish Fingers with Chips or Pasta or **Veggie
Hotdog with Chips or Pasta**, Baked Beans,
Sweetcorn
Arctic Roll

Mixed Bean Casserole Allergy advice - all our food is prepared in a kitchen where nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability.

