



We care about Good School Food!



The Soil Association awards caterers with Food for Life Served Here status for providing food which is healthy, sustainably sourced and better for animal welfare. In Bristol, we have achieved Food for Life Silver Served Here, meaning:

- At least 75% of our dishes are freshly prepared on site
- All of our meat is from farms which satisfy UK animal welfare standards
- All of the eggs we use are free range
- We source British, local and seasonal produce where possible
- We use Organic milk in homemade dishes
- We have achieved the MSC's (Marine Stewardship Council) Chain of Custody certification which demonstrates that the fish we serve is from well-managed and sustainable fisheries

THE KITCHEN

YOUR MENU FOR WEEK ONE

- mains -	- vegetarian -	- desserts -
MONDAY Cheesy Vegetable Pasta Bake served with Peas & Carrots	MONDAY Roasted Vegetable Quiche & Boiled Potatoes served with Carrots & Peas	MONDAY Apple Sponge with Custard
TUESDAY Fish, Spinach & Lentil Dahl with Rice served with Green Beans & Sweetcorn	TUESDAY Vegetable & Chickpea Jambalaya with Green Beans & Sweetcorn	TUESDAY Chocolate & Beetroot Brownie
WEDNESDAY Roast Turkey, Roast Potatoes & Gravy with Broccoli & Honey Roast Parsnips	WEDNESDAY Quorn Sausage, Roast Potatoes & Gravy served with Broccoli & Honey Roast Parsnips	WEDNESDAY Lemon & Thyme Cake
THURSDAY Chilli con Carne with Rice served with Sweetcorn & Carrots	THURSDAY Cheese & Onion Quiche with Boiled Potatoes with Sweetcorn & Carrots	THURSDAY Mixed Berry Crumble with Custard
FRIDAY Battered Fish & Chips served with Baked Beans & Peas	FRIDAY Homemade Spicy Patty & Chips served with Baked Beans & Peas	FRIDAY Orange Shortbread

WEEK COMMENCING: 30TH OCTOBER, 20TH NOVEMBER, 11TH DECEMBER, 8TH JANUARY, 29TH JANUARY, 26TH FEBRUARY, 19TH MARCH

THE KITCHEN

YOUR MENU FOR WEEK TWO

- mains -	- vegetarian -	- desserts -
MONDAY Quorn Sausages, Mashed Potato & Gravy served with Sweetcorn & Carrots	MONDAY Butternut Squash & Bean Stew & Rice served with Sweetcorn & Carrots	MONDAY Apple Flapjack
TUESDAY Salmon Gratin & New Potatoes with Green Vegetable Medley & Cauliflower	TUESDAY Vegetable Pasta Bolognese served with Green Vegetable Medley & Cauliflower	TUESDAY Chocolate & Pear Pudding with Chocolate Sauce
WEDNESDAY Roast Chicken, Roast Potatoes & Gravy served with Spring Greens & Carrots	WEDNESDAY Red Onion & Tomato Frittata & Roast Potatoes with Spring Greens & Carrots	WEDNESDAY Orange Cake with Custard
THURSDAY Lamb Kofta with Mint & Lemon Rice served with Green Salad & Coleslaw	THURSDAY Macaroni Cheese with Spicy Beans served with Green Salad & Coleslaw	THURSDAY Pear & Cinnamon Sponge with Vanilla Sauce
FRIDAY Homemade Fish Cakes with Lemon & Chips served with Baked Beans & Peas	FRIDAY Spicy Bean Burger & Chips served with Baked Beans & Peas	FRIDAY Frosted Carrot Cake

WEEK COMMENCING: 6TH NOVEMBER, 27TH NOVEMBER, 18TH DECEMBER, 15TH JANUARY, 5TH FEBRUARY, 5TH MARCH

THE KITCHEN

YOUR MENU FOR WEEK THREE

- mains -	- vegetarian -	- desserts -
MONDAY Vegetable & Lentil Crumble served with Sweetcorn & Carrots	MONDAY Roasted Vegetable Enchilada served with Sweetcorn & Carrots	MONDAY Apple & Berry Crumble with Custard
TUESDAY Tuna & Sweetcorn Pasta Bake served with Broccoli & Cauliflower	TUESDAY Quorn Paella served with Broccoli & Cauliflower	TUESDAY Lemon Cake
WEDNESDAY Beef & Vegetable Pie with Roast Potatoes served with Carrots & Cabbage	WEDNESDAY Butternut Squash Pastry Puff & Roast Potatoes served with Cabbage & Carrots	WEDNESDAY Chocolate Brownie
THURSDAY Chicken Sausage, Mashed Potato & Gravy with Green Beans & Sweetcorn	THURSDAY Vegetable & Chickpea Curry & Rice served with Green Beans & Sweetcorn	THURSDAY Peach Sponge with Custard
FRIDAY Battered Fish & Chips served with Baked Beans & Peas	FRIDAY Vegetable & Bean Burger & Chips served with Baked Beans & Peas	FRIDAY Fruity Flapjack

WEEK COMMENCING: 13TH NOVEMBER, 4TH DECEMBER, 1ST JANUARY, 22ND JANUARY, 19TH FEBRUARY, 12TH MARCH