

Free School Meals

All pupils in Reception, Year 1 and 2 are entitled to free school meals.

A study published in the British Journal of Nutrition in February 2016 showed that organic milk and meat contains around 50% more beneficial Omega-3 fatty acids than non-organic. There is strong evidence that Omega-3 fatty acids reduce the risk of heart disease and dementia.

Don't forget we are a local company, based in Headcorn

Census Day
19th January
2017

GOLD FOOD FOR LIFE

The Contract Dining Company is extremely proud to announce that we have been awarded the Soil Association's Gold Food for Life Catering Mark.

We are the first caterer in Kent to provide this for all our schools. This means that at least 15% of the menu is organic, including milk, yoghurts, mince, burgers and meat balls, plus 5% of meat is Free Range, as are our eggs. All seasonal fruit and vegetables are bought locally and are sourced from the SE of England. We are passionate about the quality of food we provide and the effect food has on the environment and on children's health. Having this award also rubber stamps our commitment to buying ethically and supporting local suppliers and farmers.

Recipes

These recipes can be found at http://www.thecontractdiningcompany.co.uk/kent_school_meals/file/recipes.php

- Beetys Chocolate Brownie
- Sticky Chicken
- Funky Fruity Flapjack
- Vegetable Enchiladas

Look out for Fun Days!



Allergens

Our menus now show information on all allergens contained in our dishes. Please use the chart below to enable you to view the allergens in each dish.

- | | | |
|-------------|------------------------------|------------------------|
| 1. Wheat | 6. Sesame Seeds | 10. Fish |
| 2. Gluten | 7. Soybeans/Soya | 11. Mustard |
| 3. Milk | 8. Sulphite/ Sulphur Dioxide | 12. Crustacea |
| 4. Eggs | 9. Celery/Celeriac | 13. Molluscs |
| 5. All Nuts | | 14. Lupin/ Lupin flour |
- *May contain traces of



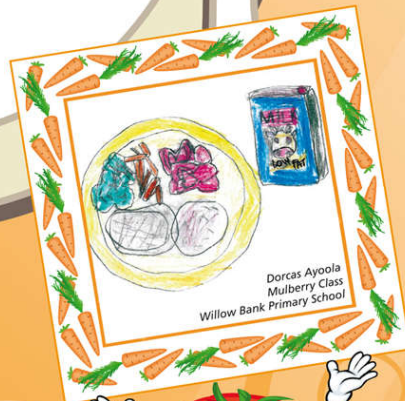
The Contract Dining Company

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Suitable for Vegetarians. All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. Full allergen information is available on request.

SPRING MENU

THE CONTRACT DINING COMPANY



WEEK 1

• 2nd Jan • 23rd Jan
• 20th Feb • 13th Mar

MONDAY

- Spaghetti Bolognese (1,2,8,9)
- Cauliflower & Broccoli Bake** (1,2,3,11)
- Boiled Potatoes
- Cabbage & Sweetcorn
- Mixed Salad
- Beety's Chocolate Brownie (1,2,3,4)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

TUESDAY

- Oven Baked Sausages (1,2)
- Vegetable & Quorn Stir Fry (1,2,3,7)
- Mashed Potatoes
- Baked Beans & Green Beans
- Mixed Salad
- Apple & Raspberry Crumble Cake (1,2,4)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

WEDNESDAY

- Orange Glazed Roast Gammon
- Spanish Tortilla (4)
- Roast Potatoes
- Broccoli & Roast Parsnips**
- Mixed Salad
- Organic Yoghurts (3)
- Fruit Pots/Fruit

THURSDAY

- Pasta Day (wholegrain)
- Carbonara Sauce (1,2,3,11)
- Tomato & Herb Sauce
- Quorn Bolognese (1,2,4,8,9)
- Filled Jacket Potatoes
- Carrots & Leeks, Mixed Salad**
- Mandarin Sponge & Custard (1,2,3,4)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

FRIDAY

- Fish Fingers & Tomato Sauce (1,2,10)
- Stuffed Pitta Pockets (1,2,4)
- Chunky Chips
- Peas
- Mixed Salad
- Organic Yoghurts (3)
- Fruit Pots/Fruit

Boiled potatoes available as an alternative to chips, wedges or roast potatoes. Freshly baked homemade bread (1,2,3,4,7) and fresh fruit available daily.
All seasonal fruit & vegetables are highlighted. If requested by school, jacket potatoes are available daily.

WEEK 2

• 9th Jan • 30th Jan
• 27th Feb • 20th Mar

MONDAY

- Lasagne (1,2,3)
- Vegetable Enchiladas (1,2,3,7)
- Garlic & Herb Bread (1,2)
- Spring Greens & Carrots
- Mixed Salad
- Strawberry & Vanilla Mousse (3)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

TUESDAY

- 100% Organic Beef Burger & Tomato Sauce
- Southern Fried Burger (1,2,4,10,12)
- New Potatoes
- Baked Beans & Sweetcorn
- Mixed Salad
- Oat & Apricot Cookie (1,2,4)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

WEDNESDAY

- Roast Loin of Pork & Apple Sauce
- Honey Roasted Quorn Fillet (1,2,3,4)
- Roast Potatoes
- Cauliflower & Cabbage**
- Mixed Salad
- Organic Yoghurts (3)
- Fruit Pots/Fruit

THURSDAY

- Sausage Meat Plait (1,2,4)
- Macaroni Cheese (1,2,3,11)
- Creamed Potatoes
- Green Beans & Traffic Light Peppers
- Mixed Salad
- Banana Cake & Custard (1,2,3,4)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

FRIDAY

- Battered Fish & Tomato Sauce (1,2,3,10,11)
- Oven Baked Risotto (wholegrain) (8,9)
- Chunky Chips
- Peas
- Mixed Salad
- Organic Yoghurts (3)
- Fruit Pots/Fruit

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WEEK 3

• 16th Jan • 6th Feb
• 6th Mar • 27th Mar

MONDAY

- Sticky Chicken (1,2,7)
- Italian Pasta Bake (1,2,7,8,9)
- Mexican Rice (wholegrain)
- Peas & Curly Kale
- Mixed Salad
- Chunky Apple Cake & Custard (1,2,3,4)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

TUESDAY

- Cottage Pie (8,9)
- Salmon & Spinach Pasta (1,2,3,10)
- Jacket Potato
- Spring Greens & Cauliflower
- Mixed Salad
- Pears in Hot Chocolate Sauce (3)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

WEDNESDAY

- Roast Chicken with Sage & Onion Stuffing (1,2)
- Quornish Pasty (1,2,4)
- Roast Potatoes
- Carrots & Brussel Sprouts** or Cabbage
- Mixed Salad
- Organic Yoghurts (3)
- Fruit Pots/Fruit

THURSDAY

- Organic Meatballs in Italian Sauce (1,2)
- Roasted Vegetable & Chick Pea Noodles (1,2,4,8,9)
- Penne Pasta
- Sweetcorn and Peppers
- Mixed Salad
- Funky Fruity Flapjack (1,2,3,8)
- Organic Yoghurts (3)
- Fruit Pots/Fruit

FRIDAY

- Fish Fingers & Tomato Sauce (1,2,10)
- Quorn Sausages (1,2,3,4)
- Chunky Chips
- Baked Beans
- Mixed Salad
- Organic Yoghurts (3)
- Fruit Pots/Fruit

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