

**WEEK 1 3rd Sep, 24th Sep, 15th Oct, 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan**

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs with Tomato Sauce and Pasta	Chicken Korma with Rice	Roast Gammon with Roast Potatoes and Gravy	Cottage Pie	Fish Fingers and Chips
Bombay Potato Bake	Pasta Primavera	Vegan Sausages with Roast Potatoes and Gravy	Chickpea and Veg Stir Fry with Rice	Cheese, Onion and Potato Pasty with chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Cauliflower Green Beans	Mixed Salad Broccoli Carrots	Mixed Salad Carrots Cabbage	Mixed Salad Sweetcorn Peas	Mixed Salad Peas Baked Beans
Banana Muffin	Fruit Jelly	Fruit Flapjack	Fruit Crumble with Custard	Fruit and Yoghurt
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

**WEEK 2 10th Sep, 1st Oct, 12th Nov, 3rd Dec, 14th Jan, 4th Feb**

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Bar with Diced Potatoes	Pork Sausages with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes, Stuffing and Gravy	Beef Lasagne	Jumbo Fish Finger with Chips
Frittata with Diced Potatoes	Vegan Sausages with Mashed Potatoes and Gravy	Vegetable Turnover with Roast Potatoes and Gravy	Baked Veggie Wrap	5 Bean Chilli Nachos with Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Sweetcorn Green Beans	Mixed Salad Carrots Curly Kale and Peas	Mixed Salad Carrots Parsnips	Mixed Salad Broccoli Cauliflower	Mixed Salad Sweetcorn BBQ Baked Beans
Fruit Shortbread	Chocolate and Pear Cake with Custard	Iced Carrot Cake	St Clements Custard Pot	Fruit and Yoghurt
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

Fresh seasonal salad and bread available daily.

Fresh fruit & Yoghurt also available daily as an alternative to the dessert of the day.

**WEEK 3 17th Sep, 8th Oct, 29th Oct, 19th Nov, 10th Dec, 21st Jan, 11th Feb**

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken with Diced Potatoes	Pork and Apple Plait with Mashed Potatoes	Roast Pork with Roast Potatoes and Gravy	Chilli Con Carne with Rice	Salmon Fish Fingers With Chips
Veggie Burger in a Bun with Diced Potatoes	Sweet Chilli Vegetable Stir Fry with Noodles	Quiche with Roast Potatoes	Macaroni Cheese	Cheese and Tomato Pizza with Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Carrots Green Beans	Mixed Salad Broccoli Cauliflower	Mixed Salad Carrots Swede	Mixed Salad Sweetcorn Green Beans	Mixed Salad Peas and Sweetcorn Baked Beans
Apple Custard Crunch	Sticky Toffee Pudding with Custard	Fruit Jelly	Chocolate Raspberry Crunch with Raspberry Custard	Fruit and Yoghurt
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

**Allergens**

A Gluten free and Dairy free menu is available on request, please email [allergens@thecontractdiningcompany.co.uk](mailto:allergens@thecontractdiningcompany.co.uk) with the name of the school which your child will be attending. You will then be sent the Gluten or Dairy Free standard menu for that school. For any further additional allergen requirements please email [allergens@thecontractdiningcompany.co.uk](mailto:allergens@thecontractdiningcompany.co.uk) with the name of the school your child will be attending.

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.

**Coconut**

Coconut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use coconut in our kitchens.

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

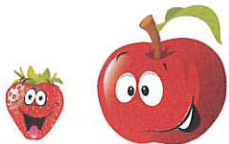


We are the first caterer in Kent to provide this for all our schools. This means that at least 15% of the menu is organic, including milk, yoghurts, mince, burgers and meatballs, plus 5% of meat is Free Range, as are our eggs. All seasonal fruit and vegetables are bought locally and are sourced from 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 favourite recipes are available to download from our website.

- Mild Chicken Curry
- Chunky Taco
- Tutti Fruti
- Shortbread
- Sticky Date Pudding



### Free School Meals

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



Don't forget we are a local company based in West Malling.

LOOK OUT FOR OUR FUN DAYS



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.

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# LET'S BE FOOD SMART

FOR BODY AND BRAIN

## Autumn/Winter Menu 2018/2019

