

Good Food

Here in South Gloucestershire we pride ourselves that
“Every Child Matters”

Our menus have been developed to incorporate organic and local products such as **cheese, eggs, vegetables** and **fresh meats**, to help secure a sustainable local environment.

Good wholesome foods and hearty, traditional puddings are nutritionally balanced to support the health and wellbeing of young people, helping them to enjoy and achieve throughout the school day.

We invest in the development of our staff through a range of NVQ and other training opportunities, including Food Safety and Hygiene, Craft skills and Healthy Diets.

If you would like to discuss your child's dietary requirements, please contact the Catering Manager at your School.

For enquiries about employment opportunities, contact the Catering Service on: ☎ **01454 863278 / 01454 863245**



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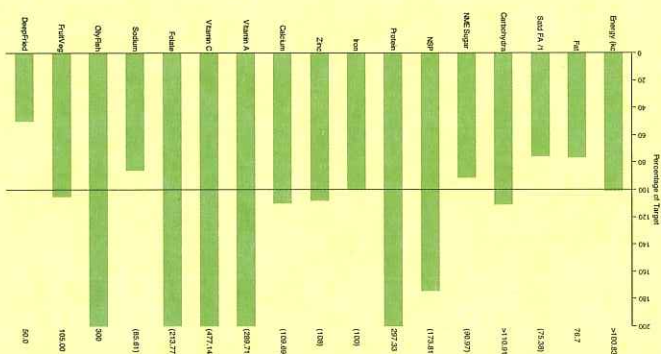
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This information is also available in other languages, in large print, Braille or audio tape. Please phone ☎ 01454 868008 if you need any of these or any other help to access Council services.

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Nutrition Planning Summary

Nutrient	Nutritional Guideline Type: Primary	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	Primary (5-11 Years)	kcal	>534.4	530.00	Target	4.4	0.8	✓
Fat	Primary (5-11 Years)	g	15.8	20.60	Maximum	4.8	23.3	✓
Satd Fat 100g td	Primary (5-11 Years)	g	(4.9)	6.50	Maximum	1.6	24.6	✓
Carbohydrate	Primary (5-11 Years)	g	>78.3	70.60	Minimum	10.9	15.4	✓
Non Milk Extrinsc Sugar	Primary (5-11 Years)	g	(14.1)	15.50	Maximum	1.4	9.0	✓
NSP (Fibre)	Primary (5-11 Years)	g	(7.3)	4.20	Minimum	3.1	73.8	✓
Protein	Primary (5-11 Years)	g	22.3	7.50	Minimum	14.8	197.3	✓
Iron	Primary (5-11 Years)	mg	(3.6)	3.00	Minimum	0.0	0.0	✓
Zinc	Primary (5-11 Years)	mg	(2.7)	2.50	Minimum	0.2	8.0	✓
Calcium	Primary (5-11 Years)	mg	(21.7)	193.00	Minimum	18.7	9.7	✓
Vitamin C	Primary (5-11 Years)	µg	(507.0)	175.00	Minimum	189.7	10.9	✓
Vitamin A	Primary (5-11 Years)	µg	(50.1)	10.50	Minimum	39.6	377.1	✓
Folate	Primary (5-11 Years)	µg	(113.3)	53.00	Minimum	60.3	113.8	✓
Sodium	Primary (5-11 Years)	mg	(427.2)	499.00	Maximum	71.8	14.4	✓
Deep Fried Products	Primary (5-11 Years)	Menu	1.0	2.00	Per 5 Menus	Maximum	1.0	50.0
Fruit and Vegetables	Primary (5-11 Years)	Portion	2.1	2.00	Per 1 Menu	Minimum	0.1	5.0
City Fish	Primary (5-11 Years)	Menu	3.0	1.00	Per 15 Menus	Minimum	2.0	200.0



Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Meatballs in Tomato Sauce Cheese Quiche	Roast chicken with sage & onion stuffing Vegetarian sausages	Lamb curry with rice Cheese, sweetcorn & tomato pizza	Roast beef with yorkshire pudding Vegetarian layer bake	Fish fingers with lemon & parsley garnish Tomato fish bake Fruit and vegetable risotto
Oven baked sauté potatoes Spaghetti	Roast potatoes / Boiled potatoes	Oven baked jacket wedges Garlic bread	Creamed potatoes	Chipped potatoes / Jacket potatoes
Broccoli florets Golden sweetcorn	Sliced carrots Shredded cabbage Gravy	Oven baked tomatoes Garden peas	Cauliflower and broccoli florets Baton carrots Gravy	Garden peas Coleslaw
Sliced Peaches and Ice Cream Low fat yoghurt Fruit cup	Chocolate Pudding and Chocolate Sauce Low fat yoghurt Fruit Cup	Fruit crumble and custard Low fat yoghurt Fruit cup	Coconut jam tart and custard Low fat yoghurt Fruit cup	Fruit flapjack with strawberry sauce Low fat yoghurt Fruit cup

Week Commencing 01/11/10 | 22/11/10 | 13/12/10 | 17/01/11 | 07/02/11 | 07/03/11 | 28/03/11

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Beef pasta bolognaise Vegetarian savoury pasta mince	Roast lamb with mint sauce Vegetarian cottage pie	Shepherd's pie Cheese, pineapple and tomato pizza	Roast chicken with sage & onion stuffing Vegetarian moussaka	Fish fingers with lemon & parsley garnish Tomato, salmon and basil pasta Spicy bean casserole
Jacket potatoes	Creamed potatoes	Oven baked jacket wedges	Roast potatoes / Parsley boiled potatoes	Chipped potatoes / Jacket potatoes
Sliced green beans Garden peas	Sliced carrots Shredded cabbage Gravy	Chopped tomatoes Golden sweetcorn	Broccoli florets Sliced carrots Gravy	Baked beans Coleslaw
Fruit cocktail and yoghurt Low fat yoghurt Fruit cup	Chocolate crispy cake and peppermint sauce Low fat yoghurt Fruit cup	Fruit sponge and custard Low fat yoghurt Fruit cup	Apple crumble and custard Low fat yoghurt Fruit cup	Fruit jelly and Strawberry sponge fingers Low fat yoghurt Fruit cup

Week Commencing 08/11/10 | 29/11/10 | 03/01/11 | 24/01/11 | 14/02/11 | 14/03/11 | 04/04/11

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & tomato casserole with dumplings Pizza Margherita	Roasted Breast of Turkey Vegetarian burger	Chicken pie Cauliflower, broccoli and cheese bake	Roast beef with yorkshire pudding Vegetarian mince in yorkshire pudding	Fish fingers with lemon & parsley garnish Tuna pasta bake Vegetarian lasagne
Oven baked sauté potatoes / Boiled potatoes	Creamed potatoes	Oven baked jacket wedges	Roast potatoes / Boiled potatoes	Chipped potatoes / Jacket potatoes
Golden sweetcorn Garden peas	Carrot & cauliflower medley Shredded cabbage Gravy	Oven baked tomatoes Baked beans	Broccoli florets Sliced carrots Gravy	Garden peas Coleslaw
Mandarins and Ice Cream Low fat yoghurt Fruit cup	Devonshire split Low fat yoghurt Fruit cup	Iced sponge and lemon sauce Low fat yoghurt Fruit cup	Chocolate cookie and milkshake Low fat yoghurt Fruit cup	Dorset apple cake and custard Low fat yoghurt Fruit cup

Week Commencing 15/11/10 | 06/12/10 | 10/01/11 | 31/01/11 | 28/02/11 | 21/03/11