

# FOODIE NEWS!

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JUNE 2013

whole  
SCHOOL  
meals

REAL FOOD FOR REAL ENERGY

Whole School Meals Newsletter - [www.wholeschoolmeals.co.uk](http://www.wholeschoolmeals.co.uk)

## New Menu!



The summer term has begun and we are willing the sun to join us. We have a new menu in anticipation! Please see over the page for details.

We've got some brand new dishes alongside some old favourites. The chicken nuggets are home-made with chicken breast coated in natural breadcrumbs. The cheesy leek and pea pasta is delicious and we've given you the recipe for that, below, to try at home – it's really tasty. Meatballs in tomato sauce remains on the

menu – the children tell us again and again that they love this dish and we mustn't take it off!

As ever, our meals are tasty and nutritious. We analyse each menu cycle to ensure it meets all the children's nutritional needs and we use as many fresh, local vegetables as we can. There is a daily vegetarian option and if your child has any special dietary needs we do our utmost to meet those – please contact

**Julia Hallett** to discuss:  
[operations@wholeschoolmeals.co.uk](mailto:operations@wholeschoolmeals.co.uk).



**PRIMARY  
SCHOOL MEAL  
PRICE IS £2.20  
FROM SEPTEMBER**

A two course meal with salad and bread side servings is excellent value at £2.20. We introduced this price in September 2012 and it will remain in place until further notice. We do NOT plan an increase in September. You can pay by cash or cheque – please see our **NEW** website for the different ways to pay: [www.wholeschoolmeals.co.uk](http://www.wholeschoolmeals.co.uk). Your child does not have to have a meal every day; we deduct the cost from your balance whenever they have a school dinner. If you have any questions please post them on our Facebook page and we will answer them there. Or call our office on **01304 611010**.

## Cheesy Leek & Pea Pasta

Serves 4 - 6

Pasta shapes	350g
Leeks	150g
Peas	150g
Butter	50g
Flour	50g
Milk	1 pt
Cheese	125g
Mustard powder	to taste
Black pepper	to taste

### METHOD

1. Cook pasta in boiling water, rinse and drain.
2. Slice leeks and gently fry in a little olive oil.
3. Make up white sauce, add half cheese and mustard powder.
3. Gently mix pasta, peas and leeks into the cheese sauce and place in tin.
4. Sprinkle on remaining cheese and place into hot oven gas mark 8, for approx 30 minutes.
5. Serve with tomato garnish.

*try it  
at home!*



LOTTERY FUNDED



## Whole School Meals - Menu Plan June 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & Spring Onion Wrap or Vegetable Bolognese 1/2 Jacket Potato Mixed Salad & Sweetcorn Gooney Chocolate Cake & Chocolate Sauce Fruit Pot	Minced Beef & Vegetable Pie with Gravy or Red Dragon Pie Creamed Potatoes Green Beans & Cabbage Blueberry Muffins Yoghurt / Fruit Pot	Roast Pork & Apple Sauce or Cauliflower & Broccoli Bake Roast or Creamed Potatoes Broccoli & Parsnips Ice Cream/Frozen Fruit Smoothie Fruit Pot	Chicken Korma or Mushroom Carbonarra Rice Carrots & Mixed Vegetables Fruit Crumble & Custard Fruit Pot	Fish Fingers or Cheesy Scotch Eggs Chips or Pasta Peas & Baked Beans Fruit Yoghurt & Fruit Slices Fruit Pot
WEEK 2	Home-made Pizza or Vegetable Curry & Rice Sweet Tomato Pasta Peas & Carrots Peach Goodie & Custard Fruit Pot	Savoury Minced Beef or Mediterranean Bread Creamed Potatoes Green Beans & Sweetcorn Apple Tart & Cream Yoghurt/Fruit Pot	Roast Gammon or Leek & Potato Pie Roast or Creamed Potatoes Cabbage & Swede Oat Cookie & Milk Fruit Pot	Jacket Potato with Prawns or Cheese or Mexican Bean Wraps & Savoury Rice Mixed Salad & Baked Beans Marble Sponge & Custard Fruit Pot	Salmon Nuggets or Cheese & Tomato Quiche Chips/Pasta Peas & Sweetcorn Iced Buns Yoghurt/Fruit Pot
WEEK 3	Baked Sausages & Gravy or Portuguese Vegetable Stew Creamed Potatoes Peas & Sweetcorn Fruit Yoghurt & Fruit Slices Fruit Pot	Pork Meatballs in Tomato Sauce served with pasta or Caribbean Rice Garlic Bread Carrots & Swede Fruit Jelly Yoghurt/Fruit Pot	Roast Turkey & Stuffing or Carrot & Lentil Bake Roast/Creamed Potatoes Cauliflower & Cabbage Carrot Cake Yoghurt/ Fruit Pot	Home-made Chicken Nuggets or Macaroni Cheese Baked New Potatoes Mixed Salad & Sweetcorn Ice Cream/Frozen Fruit Smoothie Fruit Pot	Battered Fish or Cheese Ploughman's Chips/Pasta Coleslaw & Baked Beans Jam Scone Yoghurt / Fruit Pot
WEEK 4	Cheesy Leek & Pea Pasta or Vegetable Lasagne Chunk of Bread Peas & Sweetcorn Shortbread & Pineapple Coulis Yoghurt/ Fruit Pot	Home-made Beefburger & Tomato Sauce or Veggie Sausages 1/2 Jacket Potato or Wedges Mixed Salad & Coleslaw Angel Delight Fruit Pot	Roast Chicken & Stuffing or Spring Vegetable & New Potato Bake Roast/Creamed Potatoes Broccoli & Cauliflower Raspberry Buns Yoghurt/Fruit Pot	Spaghetti Bolognese or Corn Chowder & Rice Garlic Bread Carrots & Mixed Vegetables Summer Fruit Sponge & Custard Fruit Pot	Fish Goujons or Home-made Pizza Chips/Pasta Baked Beans & Peas Chocolate Krispie Cake Yoghurt/ Fruit Pot

Bread, salad and fresh drinking water are available with every meal. Fresh fruit is available as an alternative to main dessert daily.