

FOODIE NEWS!

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whole
SCHOOL
meals

REAL FOOD FOR REAL ENERGY

Whole School Meals Newsletter - www.wholeschoolmeals.co.uk

It's Time to Get Cooking!



Hands-on cookery classes for children and adults

After-School Cookery Clubs

Are you in Year 6? How do you fancy learning to cook some delicious dinners and divine desserts? **"Jeni's Kitchen" After-School Cookery Club** takes place at Castle Community College in Deal, on Mondays, with the first 6-week course starting on 17th September 2012.

So long as you are aged 10 or over, you can come along after school for six weeks and do some great cooking.

"Jeni's Kitchen" Year 6 Cookery Club starts at 3.30pm and ends at 5.00pm. You will need to make your own way to and from Castle Community College. Each week you will cook a meal and take it home.

If you would like to join the club and can come every Monday from 17th September to 22nd October, please ask your parent or carer to book you a place. They can ring Stephanie Hayman on **01304 362563** or email **steph@wholeschoolmeals.co.uk**. The cost is £1.50 per child, per week.

We hope to see you there!



**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 prepare our meals in our school kitchens and use as much fresh Kentish produce as we can from local suppliers to ensure excellent quality. You can pay by cash or cheque at school (unless your school uses the ParentPay system) or online here: **www.wholeschoolmeals.co.uk**. Please make a minimum payment of £11 if paying by cheque or online. 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**.

Cookery lessons for adults

If you would like to do more cooking from scratch, on a budget, but need a bit more confidence and skills in the kitchen, you'll love our **Keen2Cook** cookery lessons. We're offering parents and carers a six-session course in cooking for the family. The courses run in the mornings and in the evenings, so you can choose the most convenient times to suit you, and they take place in north Deal. We can help with transport if you have difficulty getting to the venue. Everyone is welcome - it's practical and fun!

Keen
2Cook

The cost is just £5 per session, or £2 if your child is entitled to Free School Meals. Find out more or book your place by calling **Steph** on **07960 471427** or email **steph@wholeschoolmeals.co.uk**



LOTTERY FUNDED



Term 1 (w/c 4 September 2012) starts with Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Pork Meatballs or Vegetable Paella Pasta Mixed Vegetables & Sweetcorn Ice Cream/Fruit Smoothie Fruit Pot	Homemade Pizza or Veggie Bolognese ½ Jacket Potato Baked Beans & Peas Ginger Cake & Lemon Sauce Yoghurt/Fruit Pot	Roast Beef & Tidy Pud or Cauliflower & Broccoli Bake Roast Potatoes/Pasta Broccoli & Carrots Rice Pudding with Peaches Fruit Pot	Chicken & Vegetable Pie & Gravy or Sweet & Sour Stir Fry with Noodles Creamed Potatoes Cauliflower & Cabbage Shortbread & Milk Fruit Pot	Fish Fingers or Cheese & Lentil Pan Chips or Pasta Peas & Baked Beans Apple & Pear Crumble & Custard Fruit Pot
WEEK 2	Chilli Con Carne or Veggie Spring Rolls Rice Peas & Carrots Chocolate Mandarin Cake & Cream Fruit Pot	Fisherman's Pie or Macaroni Cheese Chunk of Bread Green Beans & Sweetcorn Oat Cookie & Milk Fruit Pot	Roast Pork & Apple Sauce or Leek & Potato Pie Roast or Creamed Potatoes Cabbage & Swede Fruit Jelly Yoghurt/Fruit Pot	Minced Beef Cobbler or Veggie Shepherds Pie Parsley Potatoes Cauliflower & Broccoli Jam Sponge & Custard Fruit Pot	Burger in a Bun or Veggie Burger in a Bun Chips/Pasta 3 Bean Salad & Peas Angel Delight Yoghurt/Fruit Pot
WEEK 3	Fish in Batter or Roasted Vegetable Tart Creamed Potatoes Peas & Sweetcorn Syrup Sponge & Custard Fruit Pot	Beef Curry/Casserole or Spanish Omelette Rice Carrots & Swede Oat Peach Crumble & Custard Fruit Pot	Roast Gammon or Carrot & Lentil Bake Roast Potatoes/Rice Cauliflower & Cabbage Chocolate Crunch Yoghurt/Fruit Pot	Spaghetti Bolognese or Pasta Provencale Garlic Bread Mixed Vegetables & Carrots Apple Pie & Custard Fruit Pot	Tuna Pizza or Bean Goulash Chips/Pasta Sweetcorn & Baked Beans Iced Carrot Cake Yoghurt/Fruit Pot
WEEK 4	Chicken Sweetcorn Pasta Bake or Caribbean Rice Chunk of Bread Peas & Sweetcorn Marble Sponge & Custard Fruit Pot	Baked Sausages & Gravy or Curried Vegetable Pasty Creamed Potatoes Carrots & Green Beans Apple & Rhubarb Sponge & Custard Fruit Pot	Roast Pork & Apple Sauce or Crunchy Vegetable Crumble Roast/Creamed Potatoes Broccoli & Cauliflower Fruit Jelly Yoghurt/Fruit Pot	Lasagne & Garlic Bread or Veggie Chilli Garlic Bread Salad & Mixed Vegetables Ice Cream/Fruit Smoothie Fruit Pot	Salmon Nuggets or Mexican Bean Wraps Chips/ ½ Jacket Potato Baked Beans & Peas Jam Tart & Custard Fruit Pot

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