

Class Catering is at the forefront of promoting a healthy lifestyle. We believe that nutritious, healthy meals designed by students and teachers, with help from our staff of experts, enhance the curriculum and help children learn. Your menu offers a choice of fresh, healthy cooked food which meets the Government food based standards and has been nutritionally analysed to create balanced, healthy meals. Your menus retain the Food for Life served here award and are freshly prepared using the finest, fresh and local ingredients:

- Red Tractor, Farm Assured British Meat from local butchers
- All fish products carry the MSC logo
- No undesirable additives and hydrogenated fats
- A variety of locally sourced fruit, vegetables and Fair Trade bananas served fresh daily. If you would like more information please visit our website.
- Creative Meat Free Mondays are used each month to promote sustainable living
- Whole grains and fruits used in all baked desserts
- All sauces enriched with vegetables to help increase the daily vegetable uptake
- Limits on added salt and sugar used in cooking and baking

#### Food Allergies and Intolerances

If your child has been advised by their GP or Health Care Professional to follow a special diet, please complete our Special Diet Information Form available from your school. All allergen information relating to this menu is available on request.

#### Free School Meals

If your child does not currently have a delicious healthy school meal what a great time to start! If you are in receipt of certain benefits your child may be eligible for a free school meal.

#### Our Mission Statement

Deliver more than expected. Care more than expected. Quite simply we do not want to be just good we aim to deliver the best.

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# LET'S BE FOOD SMART FOR BODY AND BRAIN

## Spring/Summer 2021

Please note that due to the current Coronavirus COVID-19 pandemic this menu may change due to minimised staffing / social distancing



**WEEK 1 – 19<sup>th</sup> Apr, 10<sup>th</sup> May, 31<sup>st</sup> May, 21<sup>st</sup> Jun, 12<sup>th</sup> Jul, 30<sup>th</sup> Aug, 20<sup>th</sup> Sep, 11<sup>th</sup> Oct**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>Pizza Bar</b><br>A Selection of Homemade Veggie Pizza on a Wholemeal Base (v) | Italian Pork Meatballs in a Homemade Tomato Sauce with Pasta | Roast Gammon with Roast Potatoes and Gravy          | Sweet and Sour Chicken with Rice                    | Fish Fingers and Chips                              |
| Chickpea and Spinach Curry with Rice (v)   | Roast Vegetable Pasta Bake (v)                               | Vegan Sausage with Roast Potatoes and Gravy (v)     | Spring Vegetable Hot Pot (v)                        | Cheese and Baked Bean Slice with Chips (v)          |
| 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 |
| Deli Option with Tuna, Cheese or Ham   | Deli Option with Tuna, Cheese or Ham                         | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                |
| Sweetcorn Green Beans  | Mixed Vegetables   | Carrots Cauliflower                                 | Broccoli Spring Cabbage                             | Peas Baked Beans                                    |
| Raspberry and Coconut Flapjack   | Jelly with Fresh Oranges                                     | Fruit Cookie  | Marble Berry Cake with Custard                      | Ice Cream and Fresh Fruit                           |

**WEEK 3 – 12<sup>th</sup> Apr, 3<sup>rd</sup> May, 24<sup>th</sup> May, 14<sup>th</sup> Jun, 5<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> Oct, 25<sup>th</sup> Oct**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| Macaroni Cheese (v)                                 | Mild Chilli con Carne with Rice and Nachos          | Roast Chicken with New Potatoes and Gravy           | Beef Burger with Potato Wedges                      | Fish Fingers and Chips                                |
| Savoury Vegetable Rice (v)                          | Sweet Potato Dahl with Naan Bread (v)               | Cheese and Potato Pie (v)                           | Veggie Burger with Potato Wedges (v)                | Cheese and Tomato Pinwheel with Chips (v)             |
| 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 Salmon Mayo |
| Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                  |
| Broccoli Carrots                                    | Mixed Vegetables                                    | Carrots Spring Cabbage                              | Sweetcorn Green Beans                               | Peas Baked Beans                                      |
| Fruit Flapjack                                      | Sticky Toffee Pudding with Custard                  | Strawberry Jelly                                    | Chocolate Shortbread                                | Ice Cream and Fresh Fruit                             |

**WEEK 2 – 26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| Cheese and Tomato Pizza on a Wholemeal Base (v)     | Pork Sausage with Mashed Potatoes and Gravy         | Roast Pork with Roast Potatoes and Gravy            | Chicken Korma with Rice                             | Fish Fingers and Chips                              |
| Veggie Bolognese with Pasta (v)                     | Vegan Sausage with Mashed Potatoes and Gravy (v)    | Lentil and Vegetable Shepherdess Pie (v)            | Vegetable Chow Mein (v)                             | Cheese and Onion Pasty with Chips (v)               |
| 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 |
| Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                | Deli Option with Tuna, Cheese or Ham                |
| Carrots Peas  | Broccoli Cauliflower                                | Carrots Cabbage                                     | Farmhouse Mixed Vegetables                          | Peas Baked Beans                                    |
| Fruit Crumble with Custard                          | Iced Carrot Cake                                    | Chocolate Crispy Cake                               | Berry Fruity Jelly                                  | Ice Cream and Fresh Fruit                           |

**(v) Vegetarian option**

**Fresh seasonal salad and bread available daily.**

**Fresh fruit, yoghurt and fruit jelly available daily as an alternative to the dessert of the day.**

**Special Diets**

A dairy free, gluten free and egg free menu is available on request. Please complete the special diets information form available from your school. On return we will issue you with a specific menu for you to make your choices from. For students with multiple allergen requirements or more complex special diets we will liaise with our team of nutritionists

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. All allergen information is available on request from the kitchen.

**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.