



YOUR MENU Week ONE

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken Or Selection of Baguettes and Sandwiches Ham Cheese or Tuna Mayo Served With Rice & Peas	Jacket Potato & Cheese or Fish Fingers Served with Pasta Twist & Baked beans or sweetcorn	Roast Chicken or Roast Quorn served with Yorkshire pudding and gravy Served With carrots, Fresh Broccoli & roast potatoes	Quorn Dippers or Vegetable Samosa Served with Dutchess Potatoes & Seasonal Mixed Vegetables	Homemade pizza or Fish of the day Served With chunky chips, peas or Salad
Fresh Seasonal Salad Bar With Fresh Bread Available Daily A Daily Selection Of Fresh Fruit & Fruit Yoghurts				
Chocolate Cracknell or Fresh fruit salad	Homemade sponge and Custard or Fresh Fruit Salad	Chocolate Muffin or Fresh Fruit	Warming Winter Fruit Crumble & Custard or Jelly	Flavoured Ice cream or Fruit Cocktail

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian options available daily.

For any allergen/dietary requirements please speak to The Catering Supervisor

MADE FRESH



YOUR MENU Week 5

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato Served with Cheese & Beans Or Fish Fingers	Halal Chicken Sausage or Pork Sausage Or Selection of Sandwiches & Baguettes	Roast Chicken or Quorn Roast in Gravy & Yorkshire pudding	Tomato & Basil Quorn Pasta Or Cheese & potato Pie	Homemade Pizza Or Fish Fingers
Served With Pasta Beans of Sweetcorn & Salad	Served Creamed Potato Carrots & Peas or Salad	Served with Fresh Seasonal Vegetables and Roast Potatoes	Served With Homemade Garlic bread & Garden peas	Served With Chunky Chip Baked Beans or Peas & Salad
<p>Fresh Seasonal Salad Bar With Fresh Bread Available Daily</p> <p>A Daily Selection Of Fresh Fruit & Fruit Yoghurts</p>				
Shortbread Biscuits Or Fresh Fruit Cocktail	Homemade Flapjack & Custard or Fresh Fruit	Chocolate Sponge or Fresh Fruit	Lyndon Biscuits or Fresh fruit Cocktail	Flavoured Icecream or Fresh Fruit

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian options available daily.

For any allergen/dietary requirements please speak to the Catering Supervisor

MADE FRESH



YOUR MENU Week THREE

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry Rice & Naan Bread or Selection of Sandwiches & Baguettes Cheese, Tuna or Ham	Tomato & Basil Quorn Pasta Or Vegetable Samosas	Roast Chicken or roast Quorn served with Yorkshire Pudding and gravy	Homemade Beef Bolognaise with Spaghetti Or Fish Fingers	Homemade margherita pizza Fish of the day
Peas & Sweetcorn or Salad	Fresh Seasonal Vegetables and Pasta Twists	Served With Fresh Broccoli , Carrots & Roast Potatoes	Served With Fresh Seasonal Vegetables, & Garlic Bread	Served With, Chunky Chips , baked beans or Sweetcorn & Salad
Fresh Seasonal Salad Bar With Fresh Bread Available Daily A Daily Selection Of Fresh Fruit & Fruit Yoghurts				
Chocolate Cracknell Or Fresh Fruit	Muffin or Fruit Cocktail	Homemade Chocolate Crunch or Fresh fruit salad	Jelly Or Cheesecake	Flavoured Ice cream Fruit Cocktail

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian options available daily.

For any allergen/dietary requirements please speak to the Catering Supervisor

MADE FRESH



YOUR MENU Week FOUR

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry Rice & Naan bread Or Selection of Sandwiches & Baguettes	Halal Chicken or Pork Hot Dog or Homemade Cheese Flan	Roast Chicken or Roast Quorn Served with Yorkshire Pudding and Gravy	Jacket Potato served with Cheese & Beans or Fish fingers	Homemade Pizza Or Fish of the day
Served With Fresh Seasonal Vegetables & Salad	Served with Fresh Seasonal Vegetables & Dutchess Potatoes	Fresh Seasonal Vegetables With Roast Potatoes	Served With Pasta Beans or Sweetcorn	Served With Chunky Chips Garden Peas or Salad
<p>Fresh Seasonal Salad Bar With Fresh Bread Available Daily</p> <p>A Daily Selection Of Fresh Fruit & Fruit Yoghurts</p>				
Homemade Chocolate Crunch or Fresh Fruit	Homemade Sponge cake & Custard or Fresh Fruit Cocktail	Cookie or Fresh Fruit Or Yoghurt	Fruit Jelly or Apple Crumble & Custard	Flavoured Ice cream Or Fruit Cocktail

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian options available daily.

For any allergen/dietary requirements please speak to the Catering Supervisor

MADE FRESH



YOUR MENU Week TWO

Monday

Tuesday

Wednesday

Thursday

Friday



ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian options available daily.

For any allergen/dietary requirements please speak to The Catering Supervisor

MADE FRESH



YOUR MENU Week 6

Monday	Tuesday	Wednesday	Thursday	Friday
Served With Fresh Seasonal Vegetables & Salad	Fresh Seasonal Vegetables With Wholemeal Rice, Pasta Or Potatoes	Fresh Seasonal Vegetables With Wholemeal Rice, Pasta Or Potatoes	Served With Fresh Seasonal Vegetables & Salad	Served With Fresh Seasonal Vegetables & Salad
Fresh Seasonal Salad Bar With Fresh Bread Available Daily				
A Daily Selection Of Fresh Fruit & Fruit Yoghurts				

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian options available daily.

For any allergen/dietary requirements please speak to the Catering Supervisor

MADE FRESH

Certificate of Compliance with School Food Standards

This is to certify that

On the **17.07.2017** the Spring & Summer Menus for

City Kitchen Pick & Mix

meets the revised Government Standards for School Food, which aim to ensure that food provided is healthy, balanced and nutritious*



Anna-Maria Holt BSc RD
Company Dietitian

Pelican Procurement Services, Ash House, Tanshire Park, Shackleford Road, Elstead, Surrey, GU8 6LB, 01252 705200

*Food provision has been evaluated by a registered dietitian against the food-based standards for lunches (January 2015) using menus and information as provided by the school at time of audit. Changes to menus, or additional food provision not included in the audit will invalidate this certificate.

