

Weekly Menu Cycle 1

5th September, 3rd October, 7th November, 5th December 2011 & 16th January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagne	Cumberland Sausage & Onion Gravy	Roast Beef & Yorkshire Pudding	Chinese Five Spiced Chicken	Haddock Bites
Jacket Potato & Vegetarian Chilli	Quorn Sausage	Savoury Quorn Mince	Vegetable Stir Fry	Cheese & Red Onion Triangles
Broccoli	Creamed Potatoes	Roasted Potatoes	Noodles	French Fries
Ciabatta Bread	Minted Peas	Glazed Carrots	Medley of Green Beans	Baked Beans
Autumn Fruit Crumble & Custard	Creamy Rice Pudding	Chocolate Krispy Cakes	Iced Cherry Sponge	Shortbread & Milk
Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots

Weekly Menu Cycle 2

12th September, 10th October, 14th November, 12th December 2011 & 23rd January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chunky Beefburger	BBQ Pork	Roast Chicken & Stuffing	All Day Breakfast	Fish Fingers & Homemade Tomato Sauce
Cauliflower Cheese	Provençal Parcels	Quorn Fillet with Fresh Basil & Tomato	Mixed Bean Burger	Macaroni Cheese
Potato Croquettes	Savoury Rice	Roast Potatoes	Hash Browns	Chunky Chips
Peas & Leeks	Broccoli & Cauliflower	Roasted Squash & Carrots	Baked Beans	Sweetcorn
Banana Sponge & Custard	Chocolate Shortcake	Iced Bun	Red Cherry Pie & Custard	Apple Flapjack
Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots

Weekly Menu Cycle 3

19th September, 17th October, 21st November 2011, 2nd January & 30th January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Braised Steak Pie	Mild Chicken Curry & Chutney	Roast Beef & Yorkshire Pudding	Mexican Bake	Salmon Fishcake
Vegetable Sausage	Vegetarian Shepherds Pie	Three Bean Hotpot	Vegetable Wrap	Homemade Margarita Pizza
Boiled Potatoes	Boiled Rice & Naan Bread	Roast Potatoes	Potato Wedges	French Fries
Carrots	Broccoli	Carrots	Sweetcorn	Peas
Plum Sponge & Custard	Oaty Apricot Cookies	Fruit Jelly	Sticky Toffee Pudding	Chocolate Sponge & Chocolate Sauce
Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots

WEEKLY MENU Cycle 4

26th September, 31st October, 28th November 2011, 9th January & 6th February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausages	Sticky Chicken	Roast Pork & Apple Sauce	Pasta Day: Bolognaise, Tomato & Herb	Battered Fish
Vegetable Lasagne	Jamaican Vegetable Stew	Cheese & Potato Puffs	Poached Salmon with Cream & Tarragon	Spinach & Tomato Flan
Jacket Wedges	Noodles	Roasted Potatoes	Sweetcorn & Mixed Peppers	Chunky Chips
Grilled Tomatoes & Coleslaw	Mixed Green Beans	Cauliflower & Broccoli	Garlic Bread	Baked Beans
Jam Tart	Orange Sponge & Zesty Sauce	Autumn Fruit Layer	Apple Crumble & Custard	Ginger Cake
Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots	Fruit Pots & Yog Pots

Seasonal Local Foods

Local foods mean less food miles. We aim to make the most of local, seasonal produce. Our meat, seasonal fruit and vegetables are all sourced from Kent. Menus change in line with the seasons.

Health Choices

Each day there is a choice of two hot homemade dishes, of which one is vegetarian. All menus are well balanced with protein, carbohydrate, vegetables and salad followed by a choice of homemade desserts.

Freshly Prepared

Our menus are based on fresh foods that use less fat, less salt and less sugar. We encourage increased fibre in the child's diet and operate a nut free policy.

Aid to Learning

Recent research has shown that a good, healthy meal at lunchtime can help improve pupils attention and response during afternoon lessons.

A Well-Balanced Diet

We passionately believe that every child deserves a healthy, well-balanced diet. A freshly prepared meal at school goes a long way to achieving this.

Children's Dining Company
 Unit 16, Metro Business Centre, Kangley Bridge Road, Sydenham, London SE26 5BW
 t/f: 020 8778 1111 e: cdc@childrensdiningcompany.co.uk
 www.childrensdiningcompany.co.uk
 Children's Dining Company menus have been prepared in compliance with School Food Trust Nutrient Standards.
 All menus © Children's Dining Company, September 2011



Weekly Menu

Autumn/Winter 2011/12

