**CITY CATERING SCHOOL MENU – AUTUMN 2023**

Please see below the new City Catering school menu starting Autumn 2023.

This menu meets the Government school food standards which in summary are as follows:

1. A dessert containing 50% fruit – twice or more per week (e.g. Crumbles, fruit with sponge, fluffy fruit pots, jelly with fruit)
2. One or more portions of fruit & vegetables/salad every day
3. Non-dairy source of food everyday & a non-dairy vegetarian option three or more per week (nothing with cheese, white sauce)
4. Manufactured or homemade meat or poultry only once per week i.e. sausages, meatballs, chicken burger
5. Starchy food cooked in fat or oil – no more than two days per week i.e. Chips, roast potatoes, garlic bread
6. Three or more different starchy foods each week i.e. potatoes, rice, pasta, breads, cous cous, wraps (including one or more wholegrain varieties of starchy foods each week)
7. Deep fried, battered coated, breadcrumb coated – no more than 2 portions each week i.e. fish fingers/Quorn dippers, chips
8. Oily fish once or more every three weeks

(If you would like further details about this menu meeting the school food standards then please contact the school meals Dietitian).

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| **WEEK 1** | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| **Option 1** | **French Bread Pizza**  **Diced Potatoes (V)** | **Vegetable Pasta Bake****Malted Baguette****(V)** | **Roast Quorn Fillet Stuffing & Gravy****Parsley Potatoes (VE)** | **Quorn Sausages Yorkshire Puddings**  **Mash Potatoes****(V)** | **Quorn Fingers****Chips****(V)** |
| **Option 2** | **Chickpea & Potato Curry** **Yellow Rice** **Chapatti** **(VE)** | **Paneer & Sweetcorn Curry** **Rice** **Naan Bread****(V)** | **Moong Bean Curry** **Rice****Chapatti** **(VE)** | **Potato & Courgette Curry** **Rice****Naan Bread****(VE)** | **Curried Potato & Pea Puff** **Chips****(V)** |
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| **Dessert** | **Fruit & Chocolate Muffin (50% Fruit)** **Yum Yum Biscuit**  | **Iced Sponge** **Fruit Cookie** | **Fruit Salad****Chocolate Biscuit** | **Apple Crumble (50% Fruit) & Custard** **Oaty Biscuits** | **Ice Cream** **Lemon Drizzle Cookie** |

Possible dishes to swap:

* Vegetable biryani, lamb bolognaise, meat free bolognaise, vegetable jambalaya, lamb burrito/vegetable burrito with spicy rice & fish Friday. Jacket potato options – tuna & sweetcorn mayo, mixed bean chilli. Sandwich – tuna mayo

**WEEK COMMENCING: 2023 - 4th September, 25th September, 23rd October, 13th November, 4th December.**

 **2024 - 8th January, 29th January, 26th February, 18th March, 22nd April, 13th May, 10th June, 1st July**

**V = Vegetarian, VE = Vegan, 50% Fruit = this pudding contains at least 50% fruit**

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| **WEEK 2** | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| **Option 1** | **Macaroni Cheese** **Malted Baguette** **(V)** | **Sweet & Sour Vegetables** **Noodles (V)** | **Cheese & Potato Pie****Malted Baguette** **(V)** | **Quorn Burger In a Bun** **Wedges****(V)** | **Veggie Fingers** **Chips****(V)** |
| **Option 2** | **Mixed Dhal with Spinach** **Coriander Flat Bread** **& Rice (V)** | **Cauliflower, Peas & Potato Curry** **Brown/ White Rice****Naan (VE)** | **Mixed Dhal Tadka with Vegetable** **Rice****(VE)** | **Kofta (Vegetable Balls) Curry** **Rice****(VE)** | **Crispy Vegetable Rolls** **Chips****(VE)** |
| **Option 3****Jacket Potato** |  |  |  |  |  |
| **Option 4****Sandwich** |  |  |  |  |  |
| **Dessert** | **Chocolate Haystacks****Strawberry Mousse** | **Fruit Flan- (50% Fruit)** **Lemon Shortbread** | **Pear & Chocolate Sponge & Chocolate Sauce (50% Fruit)** **Custard Biscuits** | **Cornflake Tart & Custard****Butter Scotch Cookie** | **Ice Cream** **Chocolate & Vanilla Swirl Biscuit** |

**WEEK COMMENCING: 2023: 11th September, 2nd October, 30th October, 20th November, 11th December**

 **2024: 15th January, 5th February, 4th March, 8th April, 29th April, 20th May, 17th June, 8th July**

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| **WEEK 3** | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| **Option 1** | **Pizza – Cheese & Tomato****½ Jacket Potato****(V)** | **Cheese Flan** **Garlic & Herb Potatoes** **(V)** | **Roast Quorn Fillet, Stuffing & Gravy****Roast Potatoes** **(VE)** | **Broccoli & Spaghetti Bake** **Malted Baguette****(V)** | **Quorn Dippers****Chips****(VE)** |
| **Option 2** | **Butternut Squash, Chickpeas & Spinach Curry** **Brown/White Rice** **(VE)** | **Khichadi, Kadhi** **Potato Curry****Chapatti****(V)** | **Kidney Bean & Sweetcorn Curry** **Rice** **(VE)** | **Seasonal Vegetable Curry****Naan****(VE)** | **Vegetable Samosa****Chips****(VE)** |
| **Option 3****Jacket Potato** |  |  |  |  |  |
| **Option 4****Sandwich** |  |  |  |  |  |
| **Dessert** | **Iced Fruit Sponge (50% Fruit)** **Coconut Cookie** | **Jelly & Fruit Pots (50% Fruit)****Chocolate Biscuit** | **Iced Buns** **Melting Moments** | **Chocolate Tart****Jam Crunch** | **Ice Cream****Flapjack**  |

**WEEK COMMENCING: 2023: 18th September, 9th October, 6th November, 27th November, 18th December**

 **2024: 22nd January, 12th February, 11th March, 15th April, 6th May, 3rd June, 24th June**

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