

# School Meals are GREAT...

Growing youngsters need nutritious foods packed with vitamins and minerals to help them stay strong and healthy. We are very proud of the food we produce in Derbyshire and hope that you will join us for lunch.

**Locally sourced quality ingredients**  
We've been working hard developing our menu to include more seasonal fruit and vegetables, more locally sourced food and food that meets animal welfare standards such as free range eggs.

**Special diets and intolerances**  
We cater for special diets, as part of our procedures we do insist that you have a medical referral from your GP or letter from your paediatric dietician.



Please contact us on:  
catering@derbyshire.gov.uk  
Phone: 01629 536704  
Derbyshire County Council  
Children & Younger Adults Department  
Chatsworth Hall, Matlock DE4 3FW

## DON'T MISS OUT ON THEME DAYS

Come and join in the fun!

- BONFIRE LUNCH** - Celebrating on Friday 4th November 2011
- NATIONAL SCHOOL MEAL WEEK** - 7-11th November 2011
- CHRISTMAS LUNCH** - See school for date
- AUSTRALIA DAY** - Thursday 26th January 2012
- VALENTINES DAY** - See school for date
- BOOK DAY** - Thursday 1st March 2012

**Free School Meals**  
You may be entitled to receive a Free School Meal. For further information either contact your school or telephone Student Services on 01629 536481.

**Want to work for an award winning team?**  
We are always looking for Catering Assistants to work in our schools, no experience necessary as full training will be provided. Please visit the website on [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk) or phone us on 08456 058058



helping to keep your child healthy

# Taste the difference with a school meal



... At the heart of a healthy lifestyle

Your guide to what's on the MENU...

WHY CHOOSING A SCHOOL MEAL MAKES REAL SENSE

Only **£1.90**

October 2011 to March 2012

WEEK COMMENCING

31 Oct 2011 | 28 Nov 2011 | 2 Jan 2012  
 50 Jan 2012 | 5 March 2012

week A

7 Nov 2011 | 5 Dec 2011 | 9 Jan 2012  
 6 Feb 2012 | 12 March 2012

week B

14 Nov 2011 | 12 Dec 2011 | 16 Jan 2012  
 20 Feb 2012 | 19 March 2012

week C

21 Nov 2011 | 19 Dec 2011 | 23 Jan 2012  
 27 Feb 2012 | 26 March 2012

week D

Monday

Baked Sausages  
 Tortilla Layer **v** *New*  
 Jacket Potato  
 Baked Beans, Peas  
 Syrup Sponge & Custard  
 Fruit Yoghurt

Lasagne/Spaghetti Bolognaise with Garlic Bread  
 Vegetable Burger **v**  
 Pasta/Spaghetti  
 Peas, Carrots  
 Rice Pudding & Jam Sauce  
 Ice Cream & Peaches

Meatballs in Gravy  
 Vegetable Balls **v** *New*  
 Boiled Potatoes  
 Carrots, Broccoli  
 Chocolate Whirl  
 Fruit Yoghurt

Chicken Curry & Nan Bread  
 Quorn Pasta Bake **v**  
 Rice  
 Carrots, Broccoli  
 Chocolate Sponge & Chocolate Sauce  
 Mandarins in Juice

Tuesday

Braised Beef  
 Quorn Korma & Nan Bread **v**  
 Champ Potatoes, Rice  
 Carrots, Green Beans  
 Carrot Cake Muffins  
 Jelly & Fruit

Chicken Stackers *New*  
 Sweet & Sour Quorn **v**  
 Roast Potatoes, Rice  
 Sweetcorn, Broccoli  
 Sticky Chocolate Pudding & Chocolate Sauce  
 Fruit Yoghurt

Meaty Pizza  
 Quorn Dippers **v**  
 Chips  
 Baked Beans, Peas  
 Marble Sponge & Custard  
 Fruit & Jelly

Fish Goujon Wrap *New*  
 Creamy Tomato Lasagne **v**  
 & Garlic Bread  
 Jacket Potato  
 Peas, Sweetcorn  
 Homemade Cookie & Milkshake  
 Fruit Yoghurt

Wednesday

Roast Chicken & Stuffing  
 Tomato & Basil Pasta Bake **v**  
 Creamed & Roast Potatoes  
 Mixed Vegetables, Broccoli  
 Chocolate Cracknel  
 Fruit Yoghurt

Roast Pork & Apple Sauce  
 Quorn Roast **v**  
 Creamed & Roast Potatoes  
 Brussel Sprouts, Sweetcorn  
 Iced Finger Buns  
 Jelly Mousse

Roast Chicken & Stuffing  
 Vegetable Korma **v**  
 & Rice  
 Creamed & Roast Potatoes  
 Carrots, Brussel Sprouts  
 Strawberry Muffins  
 Fruit Yoghurt

Roast Pork & Stuffing  
 Rodeo Risotto **v** *New*  
 Creamed Potatoes  
 Cabbage, Carrots  
 Iced Lemon Cake  
 Ice Cream & Peaches

Thursday

Beef & Vegetable Slice *New*  
 Cheese & Tomato Pizza **v**  
 Chips  
 Peas, Sweetcorn  
 Banana & Honey Loaf  
 Raspberry Ripple Mousse

Beef Stew & Dumplings  
 Quorn Dippers **v**  
 Creamed Potatoes  
 Cabbage, Carrots  
 Homemade Biscuit & Milkshake  
 Fruit Yoghurt

Sausage & Yorkshire  
 Quorn Sausages **v**  
 Creamed Potatoes  
 Broccoli, Mashed Swede  
 Chocolate Crunch  
 Cheese & Crackers

Beefy Button & Tomato Sauce  
 Quorn Frankfurters **v**  
 Roast Potatoes  
 Sweetcorn, Winter Coleslaw  
 Fruit Pie/Crumble & Custard  
 Fruit Yoghurt

Friday

Small Fry  
 Vegetable Wraps **v**  
 Creamed Potatoes  
 Carrots, Mushy Peas  
 Surprise Pudding & Custard  
 Chocolate Whirl

Salmon Bites & Parsley Sauce  
 Mega Macaroni **v** *New*  
 Diced Potatoes  
 Mixed Vegetables, Broccoli  
 Cornflake Tart & Custard  
 Mandarins in Juice

Fish Fingers & Tomato Sauce  
 Cauliflower Cheese Pie **v** *New*  
 Lumberjack Potatoes  
 Carrots, Peas  
 Jam Roly Poly & Custard  
 Fruit Yoghurt

Salmon Small Fry  
 Cheese & Onion Quiche **v**  
 Creamed Potatoes  
 Baked Beans, Peas  
 Corney Jack  
 Strawberry Whirl

SOMETHING FOR EVERYONE



Make school meals part of YOUR day

and enjoy the extra time and convenience that choosing a school meal can bring

visit our website and find out more about our service

[www.myschoollunch.co.uk/derbyshire](http://www.myschoollunch.co.uk/derbyshire)



Fresh Fruit, Salad and Bread are available at all times. Choice of Water or Fruit Juice Drink

**v** suitable for vegetarians

Due to circumstances the menu may be subject to slight changes, any concerns please contact us.