

SPRING Menu 2014

£1.90
per meal



Week 1

w/c 6th January
w/c 3rd February
w/c 10th March

KEY

Meat

Fish

Vegetarian

Vegetables

Dessert

MONDAY
Chicken Sausages with Mashed Potato and Gravy
Fish in Cheese Sauce with Mashed Potato
Dhal and Rice
Carrots and Seasonal Vegetables
Rice Pudding



TUESDAY
Minced Lamb and Onion Pie with Parsley Potatoes
Kedgerie
Macaroni Cheese
Broccoli and Seasonal Vegetables
Fruit in Jelly with Shortbread Biscuit



WEDNESDAY
Roast Turkey with Gravy and Roast Potatoes
Seafood Pasta
Moroccan Vegetables with Cous Cous
Cabbage and Seasonal Vegetables
Fruit Slice with Custard



THURSDAY
Pasta Bolognaise
Tuna Burgers in a Bun
Vegetable Fajitas
Sweetcorn and Seasonal Vegetables
Fresh Fruit Salad



FRIDAY
Mediterranean Chicken with Rice
Fish Plait
Cheese and Tomato Pizza
Baked Beans and Seasonal Vegetables
Chocolate Surprise Cake with Chocolate Sauce



Bread – fresh bread is available to accompany all meals

The Salad Bar – a selection of 4 – 6 salads are available daily to accompany main meals. Varieties include cucumber, tomato segments, grated carrot, beetroot, shredded iceberg lettuce, coleslaw, mixed pepper salad, pasta salad, sweetcorn, apple and celery and green salad.

Dessert – as an alternative to the Dessert of the Day we offer a choice of organic yoghurt, cheese and biscuits or fresh fruit.



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DS Catering



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Dear Parent or Carer,

I am delighted to present our new menu for the Spring term, which has been awarded the coveted **Food for Life Bronze award**. This award is a guarantee from the Soil Association that our food is fresh, seasonal, free from controversial additives and better for animal welfare.

I am very pleased to announce that as part of our commitment to animal welfare and sustainable food production, we are introducing organic fruit yoghurt to our range of dessert options.

This four week menu has been nutritionally analysed to meet the Government's Food Based and Nutrient Based Standards for School Lunches. The meals are low in fat, salt, and sugar and high in fibre. It provides the nutrition children need to grow fit and strong and gives them the energy they need to concentrate during afternoon lessons.

Our menu offers

- A choice of three main meals, one meat, one fish and one vegetarian
- A choice of two cooked vegetables one of which will be seasonal & locally sourced where possible
- A self-service salad bar
- Wholemeal bread
- Fresh drinking water
- A pudding of the day or a choice of seasonal fresh fruit or fresh organic yoghurt or cheese & biscuits
- Carbohydrate included in the main dish unless otherwise stated.
- A wide range of both healthy and popular dishes from around the world.

If you have any comments about our menu our would like to find out more about the meals we provide, please contact me. My telephone number is **020 8583 2943**, or you can email me at angela.lenihan@hounslow.gov.uk

Angela Lenihan, Operations Manager

Week 2

w/c 13th January
w/c 10th February
w/c 17th March

KEY

Meat

Fish

Vegetarian

Vegetables

Dessert

MONDAY

Kheema Matar with Raita and Garlic Naan
Fish Fingers with Mashed Potato and Ketchup
Cheese and Onion Slice with Mashed Potato
Sweetcorn and Seasonal Vegetables
Ice Cream Tub



TUESDAY

Honey and Mustard Chicken with Parsley Potatoes
Tuna Puffs
Vegetable Chilli with Jacket Potato
Peas and Seasonal Vegetables
Sticky Date Cake* with Custard



WEDNESDAY

Home Made Cornish Pasty
Prawn and Vegetable Stir-Fry with Noodles
Cheese and Tomato Pizza
Baked Beans and Seasonal Vegetables
Apple Crumble with Custard



THURSDAY

Roast Lamb with Roast Potatoes and Gravy
Salmon Croquettes with Roast Potatoes
Quorn Burger in a Bun with Ketchup
Cabbage and Seasonal Vegetables
Fruit Loaf with Fruit Juice



FRIDAY

Chicken Pie with Mashed Potato
Fish and Vegetable Stack with Garlic Bread
Vegetable Lasagne with Garlic Bread
Broccoli and Seasonal Vegetables
Carrot Cake and Custard



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Dessert – as an alternative to the Dessert of the Day we offer a choice of organic yoghurt, cheese and biscuits or fresh fruit.



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good food,
good for you

FACTS

- More than 90% of dishes are freshly prepared
- All meat and dairy products are from animals farmed to British welfare standards.
- Meat is purchased from William White Meats Limited, a local butcher based in East London
- All white fish on the menu is certified to the Marine Stewardship Council's (MSC) environmental standards.
- We do not use fish on the Marine Conservation Society's "Fish to Avoid" list
- We only use free range eggs
- Fresh seasonal and local fruit and vegetables are used subject to availability
- No harmful additives or hydrogenated fats are used
- No nut products are used
- Products containing GM foods are not knowingly used
- Our staff are trained in healthy eating so they can encourage your child to make sensible food choices
- A school meal offers great value for money at just £1.90 a day.

Children whose parents receive:

- Income Support
- Income-based Jobseekers Allowance
- An Income-related Employment and Support Allowance
- Support under part IV of the Immigration and Asylum Act
- Child Tax Credit (provided they are not entitled to Working Tax Credit) and have an annual income that does not exceed £16,190
- The Guarantee element of State Pension credit

... will be entitled to receive free school meals

Week 3

w/c 20th January
w/c 24th February
w/c 24th March

KEY	Vegetarian
Meat	Vegetables
Fish	Dessert

MONDAY	<p>Lamb Burger in a Bun with Ketchup</p> <p>Cheesy Fish Parcels</p> <p>Pasta with Lentil and Vegetable Sauce</p> <p>Sweetcorn and Seasonal Vegetables</p> <p>Tapioca Pudding with Jam</p>
TUESDAY	<p>Chicken Tikka Masala with Rice</p> <p>Cheesy Salmon and Pasta Bake</p> <p>Roasted Vegetable Tart with Parsley Potatoes</p> <p>Broccoli and Seasonal Vegetables</p> <p>Oat Cookie and Hot Cocoa</p>
WEDNESDAY	<p>Shepherd's Pie</p> <p>Fish Bolognese</p> <p>Cheese and Tomato Pizza</p> <p>Baked Beans and Seasonal Vegetables</p> <p>Fruit Pie with Custard</p>
THURSDAY	<p>Roast Turkey with Roast Potatoes and Gravy</p> <p>Fish, Spinach and Cheese Melt with Roast Potatoes</p> <p>Matar Paneer and Rice</p> <p>Carrots and Seasonal Vegetables</p> <p>Sticky Pear Cake and Custard</p>
FRIDAY	<p>Lasagne with Garlic Bread</p> <p>Jacket Potatoes with Tuna and Sweetcorn</p> <p>Vegetable Pasty</p> <p>Broccoli and Seasonal Vegetables</p> <p>Fresh Fruit Salad</p>



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Dessert – as an alternative to the Dessert of the Day we offer a choice of organic yoghurt, cheese and biscuits or fresh fruit.

Try this at home: Roast Vegetable Tart

Serves 6

- One 20 cm flan tin lined with shortcrust pastry, baked blind
- Red Peppers, diced 2
- Courgette, cut in chunks 1
- Red Onion, large diced pieces. 1
- Potatoes, cut in wedges. 2
- Vegetable Oil 1.5 tablespoons
- Grated Cheddar Cheese 30g
- Chopped parsley & sliced tomato to garnish

Method

1. Mix together the peppers, courgettes, onions and potato.
2. Coat with the oil and spread over a baking sheet, season well.
3. Roast in a medium oven for 40 minutes or until all the vegetables are tender.
4. Spoon the roasted vegetables in to the pastry case and sprinkle with the cheese.
5. Bake for a further 10 minutes until the cheese melts.
6. Serve garnished with chopped parsley and sliced tomato.

Week 4

w/c 27th January
w/c 3rd March
w/c 31st March

KEY	Vegetarian
Meat	Vegetables
Fish	Dessert

MONDAY	<p>Thai Chicken Noodles</p> <p>Fish Cobbler</p> <p>Quorn Sausage Hotdog with Ketchup</p> <p>Baked Beans and Seasonal Vegetables</p> <p>Frozen Yoghurt</p>	
TUESDAY	<p>Savoury Mince with Jacket Potato</p> <p>Fish Tart with Mashed Potato</p> <p>Broccoli and Cauliflower Cheese with Mashed Potato</p> <p>Sweetcorn and Seasonal Vegetables</p> <p>Ginger Cake with Lemon Icing</p>	
WEDNESDAY	<p>Chicken Casserole with Dumplings</p> <p>Salmon Fishcakes</p> <p>Cheese and Tomato Pizza</p> <p>Cabbage and Seasonal Vegetables</p> <p>French Style Apple Tart with Custard</p>	
THURSDAY	<p>Roast Lamb with Roast Potatoes and Gravy</p> <p>Fish in Parsley Sauce with Roast Potatoes</p> <p>Vegetable Strudel with Roast Potato</p> <p>Roast Parsnips and Seasonal Vegetables</p> <p>Fresh Fruit Salad</p>	
FRIDAY	<p>Pasta with Chicken and Broccoli*</p> <p>Fish Fingers with Mashed Potato and Ketchup</p> <p>Chick Pea Curry with Rice</p> <p>Baked Beans and Seasonal Vegetables</p> <p>Jam Sponge and Custard</p>	

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