

# Our commitment

## Allergens

Our cook's and kitchen team are trained in allergens and preparing/cooking food in a safe manner.

If your child has a specific dietary requirement/allergy, please request a 'special diets' form via your school office.

Once completed Zest Catering will risk assess your child's requirements and produce a specific menu to their needs. Further information on allergens and Natasha's Law can be found on our webpage, linked from your schools website.

## Food/nutrition

Our menus comply with government nutritional standards, which goes hand in hand with our ethos of 'Fresh, Healthy, Tasty'.

We offer fresh salad and homemade bread in all our primary schools, in addition to the main meal to ensure your children experience a variety of tastes, textures and vitamins. Our kitchen produce fresh food each day by skilled, trained staff who are passionate about feeding your children good food.

## Theme days and promotions

We offer theme days and promotions throughout the year, keep an eye on the webpage and for information sent home on newsletters for forthcoming offers.

## Environment

We consider our impact on the environment and where there is a need for food to be packaged we use either bio-degradable/compostable packaging or packaging produced from bio-products such as residual sugar cane fibers. We have also committed to a meat-free day to reduce meat consumption.

### Why is this important to us?

Research suggests that one meat free day can have positive health benefits and reduce our carbon footprint helping us to conserve precious environmental resources.

## Claire Manwri

Catering Operations Manager



# School Food

## Menu information

### Fresh, Healthy and Tasty



## September - December 2021



Zest Catering, C/o Sir Bernard Lovell Academy,  
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# Chandag and Two Rivers' Lunch Menu

## Week One:

06.9/27.9/18.10/15.11/06.12

### Meat-free Monday

Pasta Bar: Homemade Seven Veg  
Tomato Sauce (HM)(GF)(DF)(Ve)

Or

Creamy Cheesy Sauce  
(HM)(GF Pasta Available)

Side dishes

Garlic Bread & Sweetcorn

Dessert of the day

Ice Cream Pot (GF)(V)

### Tuesday

'Futura' Beef Burger in a Bap

Or

'Futura' Vegetable Burger in a  
Floured Bap (V)

Side dishes

Herby Diced Potatoes & Garden  
Peas

Dessert of the day

Vanilla Tray Bake Cake (HM)(V)

### Wednesday

Roast Pork (GF)(DF) & Stuffing

Or

Quorn Sausages x2 (V)

Side dishes

Roast Potatoes, Carrots, Broccoli  
& Gravy

Dessert of the day

Fresh Fruit Salad (V)(GF)(DF)

### Thursday

Homemade Chicken Korma  
(DF)(GF)(HM)

Or

Sweet Potato & Chickpea Stew  
(DF)(GF)(Ve)

Side dishes

Naan Bread Finger, Basmati Rice  
& Green Beans

Dessert of the day

Yogurt Pot (V)

### Friday

Young's Golden Jumbo Fish  
Finger

Or

Cheese Pinwheel (HM)(V)

Side dishes

(GF Fish Fingers Available)  
Chipped Potatoes & Baked Beans

Dessert of the day

Freshly Baked Cookie (HM)(V)

## Week Two:

13.9/04.10/1.11/22.11/13.12

### Meat-free Monday

Noodle Bar: Sweet  
and Sour (V)

Or

Chinese Style Sauce

Side dishes

Mixed Vegetables

Dessert of the day

Frozen Mousse Pot (V)(GF)

### Tuesday

Chicken Enchilada & Fresh  
Tomato Salsa (DF)(HM)

Or

Mild Mixed Bean Chilli (HM)(DF)  
(GF)(Ve)

Side dishes

Vegetable Rice

Dessert of the day

Apple Muffin (HM)(V)

### Wednesday

Roast Beef (DF)(GF) & Yorkshire  
Pudding

Or

Crispy Red Lentil Fingers  
(HM)(DF)(V)

Side dishes

Roast Potatoes, Cabbage, Carrots  
& Gravy

Dessert of the day

Fresh Fruit Salad (V)(GF)(DF)

### Thursday

Sausage Plait (HM)

Or

Vegetable Nuggets x3 (Ve)

Side dishes

Mashed Potatoes & Green Beans

Dessert of the day

Yogurt Pot (V)

### Friday

Battered Fish Fillet

Or

Cheese Omelette (V)

Side dishes

(GF Fish Fingers Available)  
Chipped Potatoes & Baked Beans

Dessert of the day

Flapjack (HM)(V)

## Week Three:

20.9/11.10/08.11/29.11

### Meat-free Monday

Chicago Town Balanced Choice  
Stuffed Crust Pizza Slice Plain  
Margarita

Or

Roasted Vegetables (GF/DF  
Available)

Side dishes

Potato Wedges & Sweetcorn

Dessert of the day

Raspberry Ripple Ice Cream  
Roll (V)

### Tuesday

Cottage Pie (HM)(GF)(DF)

Or

Vegetable Sausage x2 (Ve)

Side dishes

Mashed Potatoes & Broccoli

Dessert of the day

Chocolate Sponge &  
Chocolate Sauce (HM)(V)

### Wednesday

Roast Chicken (GF)(DF)  
With Stuffing

Or

Homemade Vegetable Parcel  
(DF)(HM)(V)

Side dishes

Roast Potatoes, Carrots, Green  
Beans & Gravy

Dessert of the day

Fresh Fruit Salad (V)(GF)(DF)

### Thursday

Pasta Bolognaise (HM)(DF)

Or

Vegetable Lasagne (HM)(V)

Side dishes

Garlic Bread & Seasonal Mixed  
Salad

Dessert of the day

Yogurt Pot (V)

### Friday

Breaded Fish Stars

Or

Quorn Dippers x3 (V)  
(GF Fish Fingers Available)

Side dishes

Chipped Potatoes & Baked Beans

Dessert of the day

Shortbread Finger (HM)(V)

KEY: (DF) Dairy free (GF) Gluten free  
(HM) Homemade (V) Vegetarian

Each day we provide a fresh and unlimited salad bar for children to help themselves and we also serve a range of homemade breads. We also provide water, milk and fresh fruit every day. Our fish is sustainable and MSC certified (Marine Stewardship Council). Our eggs are free range and our meat is farm assured as a minimum standard.