

Summer Menu



Week Commencing: 16th April, 7th May, 28th May, 25th June, 16th July, 3rd Sep, 24th Sep, 15th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Ham and Sweetcorn or Cheese and Tomato Pizza with Jacket Wedges or Quorn Bolognaise with Penne Pasta (V)	Pork Sausages and Gravy with Creamed Potatoes or Cheese and Tomato Sub with Potato Salad (V)	Roast Chicken, Sage Stuffing and Gravy with Crispy Roast Potatoes or New Potatoes or Quorn Roast, Sage Stuffing and Gravy with Crispy Roast or New Potatoes (V)	Italian Meat Balls and Pasta Twists with Garlic and Herb Bread or Jacket Potato with Tuna Mayonnaise, Cheese and Beans (V)	Salmon Fish Fingers with Chips or New Potatoes or Macaroni Cheese (V)
To go with	Garden Peas Mediterranean Vegetables & Mixed Salad	Fresh Broccoli Florets Coleslaw & Salad Platter	Seasonal Fresh Cabbage Fresh Carrots & Vegetable Sticks	Garden Peas Sweetcorn & Salad Bowl	Baked Beans Fresh Broccoli & Cucumber and Tomato Salad
Pudding	Fruity Raspberry Yoghurt or Fruit Bites	Toffee Apple Crumble with Ice Cream or Custard or Melon Boats	Shortbread Biscuit and Apple Slices or Fruit Salad	Fruity Delight or Fruit Platter	Fair-trade Banana and Chocolate Muffin or Fruit Cups
Drinks/Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread

Week Commencing: 23rd April, 14th May, 11th June, 2nd July, 23rd July, 10th Sep, 1st Oct, 22nd Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Burger in a Bun with Tomato Sauce and Jacket Wedges or Napoli Pasta Bake with Garlic and Herb Bread (V)	Roast Gammon with New Potatoes and Gravy or Jacket Potato with Tuna Mayonnaise, Cheese and Beans (V)	Sweet and Sour Chicken and Boiled Rice or Veggie Sausages with Creamed Potatoes (V)	Roast Beef with Crispy Roast or New Potatoes and Gravy or Lentil Roast with Crispy Roast or New Potatoes & Gravy (V)	Crispy Battered Fish with Chips Or Ploughman's Lunch with Crusty Roll and Spicy Tomato Cous Cous (V)
To go with	Sweetcorn Fresh Broccoli Florets & Chopped Cucumber and Tomato Salad	Garden Peas Coleslaw & Salad Platter	Fresh Broccoli Florets Creamed Swede & Mixed Salad	Carrots Green Beans & Fresh Vegetable Sticks	Baked Beans Sweetcorn & Salad Bowl
Pudding	Apple Flapjack or Fruit Bites	Swiss Bun and Banana Milkshake or Melon Boats	Jaffa Sponge Cake (Orange & Chocolate) and Custard or Fruit Salad	Fruit Jelly and Ice cream or Fruit Platter	Chocolate Brownie or Fruit Cups
Drinks/Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread


Week Commencing: 30th April, 21st May, 18th June, 9th July, 17th Sep, 8th Oct,

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Jacket Potato with Creamy Carbonara or Quorn Burger in a Bun with Tomato Sauce and Sauté Potatoes (V)	Spaghetti Bolognaise or Cheese and Tomato Pizza and Potato Salad (V)	Roast Turkey with Sage Stuffing and Crispy Roast Potatoes or New Potatoes and Gravy or Quorn Roast and Sage Stuffing with Crispy Roast or New Potatoes and Gravy (V)	Chicken Pie with a Herb Crust and Creamed Potatoes or Cheese and Leek Sausages with Pasta Salad (V)	Fish Fingers and Chips or Mediterranean Tart with Lemon Cous Cous (V)
To go with	Garden Peas Baked Beans & Salad Bowl	Green Beans Sweetcorn & Vegetable Sticks	Fresh Carrots Seasonal Cabbage & Mixed Salad	Garden Peas Coleslaw & Cucumber and Tomato Salad	Baked Beans Fresh Broccoli Florets & Salad Platter
Pudding	Lemon Drizzle Cake with Custard or Fruit Bites	Fruity Raspberry Yoghurt or Melon Boats	Giant Crunchy Cookie with Fresh Fruit Slices or Fruit Salad	Lime and Ginger Cheesecake or Fruit Platter	Chocolate Cup Cakes or Fruit Cups
Drinks/Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread	Cornish Milk Homemade Bread

Summer Menu



Welcome to your new Summer Menu; which runs through until October half term 2012




Our new Summer menu has been developed using pupil surveys, and our menu forum to create tasty recipes.

Our menus are not only nutritionally balanced, but also provide delicious dishes that children love to eat!



Our menus include the best quality and freshest ingredients, sourced directly from growers and producers.

This ensures we can maintain a robust supply chain and have complete traceability from the field to the plate.



Are you interested in a career in school catering that fits around your family life?

Please contact the Chartwells admin team either in writing (address below) or telephone **01872 540263** for an application form:

Chartwells
The Barn
Penny-Come-Quick
Zelah
Truro
TR4 9JD



Free School Meals are available to children whose parents are in receipt of:

- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit, with an annual income of no more than £16,190
- Guarantee element of State pension Credit
- Support under part VI of Immigration and Asylum Act 1999 (IAA) – *Please contact the Free School Meals Team if this applies to you*

If you receive Working Tax Credit, however, you do not qualify for free school meals

For more information on Free School meals please telephone : **0300 1234100**