



Your children at the heart of all we do

Kirklees School Meals Service

Two Week Winter Menu 2019/20

Upperthong J & I School



All our menus are planned in line with the Government's **Food Based Standards**

We serve a tasty 2 course meal, freshly prepared on site for **£2.25**

To find out more about school meals and view your child's school menu online go to: www.kirklees.gov.uk/schoolmeals

We cater for special diets

We offer healthy choices like our Sugar Smart initiative: serving reduced sugar desserts at least once per week

We hold the Soil Association **'Silver Food For Life Served Here'** accreditation, which means:

- At least **75%** of dishes on the menu are **freshly prepared**
- We use **local and seasonal** produce
- All eggs are **free range**
- Meat is **'farm assured'** as a minimum
- All fish comes from **sustainable** stocks
- No undesirable additives or artificial trans fats are used

This menu runs from **4th November 2019** until schools break up for **Easter 2020**

THEME DAYS

December 2019 – Christmas Lunch
January 2020 – Mulan's Chinese Buffet
March 2020 – World Book Day



Week
1

Available daily: fresh bread, freshly prepared salad bar and drinking water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cottage Pie <i>served with</i> Seasonal Vegetables</p>	<p>Southern Style Chicken <i>served with</i> Crispy Sliced Potatoes & Garden Peas</p>	<p>Roast of the Day <i>served with</i> Traditional Accompaniments Oven Roast & Creamed Potatoes Winter Cabbage & Fresh Carrots</p>	<p>Homemade Loaded Vegetable Pizza <i>served with</i> Herby Diced Potatoes & Crunchy Coleslaw</p>	<p>Crispy Crumbed Fish <i>served with</i> Oven Baked Chips & Mushy Peas</p>
<p>Quorn Dippers <i>served with</i> Seasoned Wedges & Baked Beans</p>	<p>Organic Penne Pasta <i>served with</i> Italian Tomato Sauce & Garlic Bread</p>	<p>Vegetarian Sausage & Gravy <i>served with</i> Oven Roast & Creamed Potatoes Winter Cabbage & Fresh Carrots</p>	<p>Quorn Spaghetti Bolognaise <i>served with</i> Garlic Bread</p>	<p>Vegetable Balti Curry <i>served with</i> Fluffy Wholegrain Rice & Raita Sauce</p>
<p>Sponge of the Day <i>served with</i> Creamy Custard</p> <p>Flapjack <i>served with</i> Fresh Fruit Juice</p> <p>Chunky Fruit Pots</p>	<p>Chocolate Fudge Pudding <i>served with</i> Chocolate Sauce</p> <p>Fruit in Jelly</p> <p>Fresh Fruit Kebabs</p>	<p>Creamy Rice Pudding <i>served with</i> Mixed Berry Compote</p> <p>A Selection of Reduced Sugar Desserts</p>	<p>Lemon Crunch Tart <i>served with</i> Creamy Custard</p> <p>Assorted Cupcakes</p> <p>Chunky Fruit Pots</p>	<p>A Selection of Home Baking</p> <p>Organic Yoghurt</p> <p>Fresh Fruit Salad</p>

Week
2

Available daily: fresh bread, freshly prepared salad bar and drinking water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Baked Sausage & Gravy <i>served with</i> Creamed Potatoes & Seasonal Vegetables</p>	<p>Creamy Chicken Pie <i>served with</i> Herby Diced Potatoes & A Medley of Peas & Golden Sweetcorn</p>	<p>Roast of The Day <i>or</i> Quorn Fillet <i>served with</i> Traditional Accompaniments Oven Roast & Creamed Potatoes & Broccoli Florets</p>	<p>Chicken Burger <i>or</i> Vegetable Burger in a Bread Bun <i>served with</i> Jacket Wedges & Golden Sweetcorn</p>	<p>Golden Crumbed Fish Fingers <i>served with</i> Oven Baked Chips & Garden Peas</p>
<p>Mac 'n' Cheese <i>served with</i> Garlic Bread</p>	<p>Quorn Tikka Masala <i>served with</i> Fluffy Wholegrain Rice & Raita Sauce</p>	<p>Salmon Fillet & Sweet Chilli Sauce <i>served with</i> Roast Potatoes & Broccoli Florets</p>	<p>Margherita Swirl <i>served with</i> Jacket Wedges & Baked Beans</p>	<p>Vegetable Pasta Bake <i>served with</i> Crispy Mixed Salad</p>
<p>Sticky Toffee Pudding <i>served with</i> Toffee Sauce</p> <p>Fresh Milkshake & Homemade Biscuit</p> <p>Fresh Fruit Salad</p>	<p>Assorted Gateaux</p> <p>Chunky Fruit Pots</p> <p>Organic Yoghurts</p>	<p>Seasonal Fruit Crumble <i>served with</i> Creamy custard</p> <p>A Selection of Reduced Sugar Desserts</p>	<p>Hot Sweet of the Day</p> <p>Chocolate & Beetroot Cake</p> <p>Chunky Fruit Pots</p>	<p>Jam Sponge <i>served with</i> Creamy Custard</p> <p>A Selection of Home Baking</p> <p>Fresh Fruit Kebabs</p>