



Dear Parent / Carer

The Contract Dining Company are an independent education catering company providing school meals across the county. We are very proud to be your chosen school caterer from the 17th April 2023.

We provide healthy meals for our pupils to enjoy, which provides them with all the nutrients and energy to get them through their busy day. We have a three week menu, offering a wide selection and choice to suit everybody's taste.

Our meals are freshly prepared daily by a dedicated team using fresh ingredients and from local suppliers. Our seasonal menus are refreshed twice a year in Spring and Autumn and meet bronze Food For Life standards, as well as exceed the current national nutritional standards.

Our Food:

Our dishes are healthy, ethical and use seasonal ingredients

All of our fresh meat is UK Red Tractor.

Our fish is sustainably sourced and is Marine Stewardship Council accredited

Our Menus:

Main course & vegetarian options daily

Dessert of the day to include fresh fruit or yoghurt

Freshly prepared salad bar

Homemade Bread

Special Diets:

If your child has a special dietary requirement i.e. allergy or diabetes, special diet request forms & carbohydrate count forms will also be available from the school office.

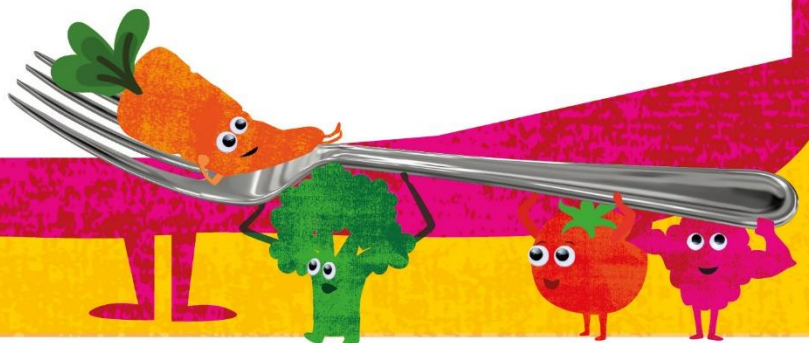
Free School Meals:

All children in Reception and KS1 are entitled to free meals. However you may be entitled to pupil premium whether your child is in KS1 or KS2. Please speak with your school office and they will guide your through how to apply.

For even more information please visit our website: www.thecontractdiningcompany.co.uk

Yours sincerely

Alex Chaney
Operations Director



WEEK 1 - 17th Apr, 8th May, 29th May, 19th Jun, 10th Jul, 4th Sep, 25th Sep, 16th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Wholemeal Pizza (v)	Mild Chilli con Carne with Brown Rice	Roast Chicken with New Potatoes and Gravy	Sausage Pasta Bake	Fish Fingers and Chips
Chickpea and Spinach Curry with Rice (v)	Lentil Cottage Pie (v)	Cheese and Potato Pasty (v)	BBQ Vegan Meatball Wrap (v)	Veggie Nuggets and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw

Hot Seasonal Vegetables

Lemon Drizzle Cake	Fruit Jelly	Mousse	Vegan Ginger Cake	Fruit Turnover
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

WEEK 3 - 1st May, 22nd May, 12th Jun, 3rd Jul, 24th Jul, 18th Sep, 9th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Bean Slice with Wedges (v)	Chicken, Leek and Sweetcorn Pasta	Roast Chicken with New Potatoes and Gravy	BBQ Chicken with Rice	Fish Fingers and Chips
Roasted Tomato and Basil Pasta (v)	Veggie Binyani (v)	Vegan Sausage with New Potatoes and Gravy (v)	Broccoli and Cauliflower Cheese Rice Bake (v)	Samosa and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw

Hot Seasonal Vegetables

Fruit Shortbread	Iced Carrot Cake	Jelly	Vegan Summer Loaf	Fruit Cheesecake
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

WEEK 2 - 24th Apr, 15th May, 5th Jun, 26th Jun, 17th Jul, 11th Sep, 2nd Oct, 23rd Oct

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (v)	Butter Chicken Curry with Brown Rice	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese with Pasta	Fish Fingers and Chips
Sweet Potato and Bean Chilli with Jacket Wedges (v)	Veggie Enchilada (v)	Vegan Sausage with Roast Potatoes and Gravy (v)	Roasted Vegetable and Mozzarella Tray Bake with Rice (v)	Onion Bhaji with Chutney and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw

Hot Seasonal Vegetables

Summer Cake	Fruit Jelly	Fruit Flapjack	Vegan Chocolate Kale Brownie	Fruit Mousse
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

(v) Vegetarian option

Fresh seasonal salad and bread available daily.

Fresh fruit, yoghurt and fruit jelly available daily as an alternative to the dessert of the day.

Special Diets

A dairy free, gluten free and egg free menu is available on request. Please complete the special diets information form available from your school. On return we will issue you with a specific menu for you to make your choices from. For students with multiple allergen requirements or more complex special diets we will liaise with our team of nutritionists.

All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. All allergen information is available on request from the kitchen.

Coconut

Cocanut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use cocanut in our kitchens.