

YOUR MENU

Week 3
 W/C - 16/09/19, 07/10/19
 04/11/19, 25/11/19, 16/12/19,
 29/01/20, 10/02/20

Monday

Your School

Sweet and Sour Chicken served with Rice

Two Cheese Omelette with Crusty Bread (V)

Cheese and Crackers served with Apple Wedges and Grapes

Tuesday

Minced Beef with Peas, Topping and Mashed Potatoes

Sausage and Baked Bean Pie with a Mashed Potato Topping (V)

Fruit Jelly served with Fresh Fruit Salad

Wednesday

Ham Pizza with Jacket Potatoes

Lasagne (V)

Rice Pudding with Mixed Berry Puree

Thursday

Roast Turkey with Yorkshire Pudding, Washed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (V)

Fun Fruit Thursday

Friday

Fish and Chips

Meatball Sub with Chips

Chocolate Orange Cake

AVAILABLE DAILY

YOGHURTS AND Fresh Fruit

MENUS ARE SUBJECT TO AVAILABILITY

RED TRACTOR STANDARDS

Leeds CITY COUNCIL

Future Foodies
 Healthy eating for life

Seasonal local produce USED WHEREVER POSSIBLE



Tel: 0113 3782 321 Email: catering.leeds@leeds.gov.uk



Welcome to another Year of

Fantastic School Meals



Why Your Child Should Continue Enjoying School Meals

We're sure that you already know how great our school meals are. But just in case you're wondering whether to continue now that your child has reached Key Stage 2, here's a reminder of the benefits:

1. Child-friendly Menus

Most of our savvy customers have experience of high street dining.

To be successful, we have to compare favourably, providing them with the best possible lunch time experience.

That's why our seasonal, three week menu cycle features all your child's favourite foods. Cooked every day by our professional chefs, using fresh, local ingredients, your child will always find something delicious to enjoy.

Most schools now have pre-ordering systems – your child is always guaranteed their first choice of meal.

2. Improved learning

All our menus comply with the government standards for school meals. These are specifically designed to provide every child with the energy and concentration they need to improve their learning.



We can cater for a wide variety of specialist, religious and medical diets.
It really couldn't be easier.
Simply notify your school and we'll be in touch.

Encourage your children to become
'Future Foodies'

3. Discourages 'faddy-eaters'



Fed up of cooking different meals for each member of the family but too weary to continue the battle? Our bodies are designed to benefit from a wide range of different foods. The fact that children's diets are becoming ever more restrictive (and most lunch boxes tend to contain similar items every day), is building health problems for the future.

Although achieving a change in eating habits is a marathon, not a sprint, when fussy eaters eat with friends who appear to be enjoying a wide range of foods, they are much more likely to be open to giving them a try for themselves. That's why at school, children will often eat foods they wouldn't accept at home.

Your child will love helping themselves to our scrumptious fresh vegetables and making their own selection from our tempting salad bars.

No more having to prepare packed lunches each morning.

Regular theme events

4. Value for Money

Where else can you get a delicious, two course meal for such a great price?

Remember - when food wastage (the stale end of the loaf, the cheese that's gone dry in the fridge) is taken into account, even packed lunches aren't as cheap as they may first appear.

Nationally, only one in a hundred home-packed lunches match the nutritional value of the average school meal.



Top Tips

for Dealing with Fussy Eaters at Home

- **Children's tastes change. One day they'll hate something, a month later they may love it. It will often take many attempts before your child begins to like new tastes and textures – so keep going back to foods they previously disliked.**
- **Avoid out-facing them. Give small portions of both new and well-loved foods (you can always give second helpings) and always praise them for eating – even if they only eat a little.**
- **Don't attempt to force your child to eat. However frustrating, stay calm and just take the food away without saying anything. Try the food again another time.**
- **Don't leave meals until your child is too hungry or tired to eat.**
- **Avoid using food as reward. It encourages children to think of items such as sweets as pleasant and foods not offered as a reward, as nasty.**

Above all, don't worry about what your child eats in a day or if they don't finish every meal. It's more helpful to think about what they eat over a week. If your child is active, a healthy weight for their age and they seem well, then they're getting enough to eat.