

Reading Borough Council School Meals Service working in partnership with Chartwells

FREE SCHOOL MEALS

As of April 2010 free school meals are available to children whose parents are in receipt of:

- Income Support
- Income-based Jobseekers Allowance
- An income-related employment and support allowance
- Support under part VI of the Immigration and Asylum Act 1999
- Child Tax Credit (provided they are **not** entitled to Working Tax Credit) and have an annual income that does not exceed £16,190 (as assessed by Her Majesty's Revenue and Customs).

Note: From 1 May 2009 where a parent is entitled to Working Tax Credit during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to free school lunches.

The Guarantee element of State Pension Credit will be entitled to receive free school meals.

School Meals contact tel: 0118 937 4285

PAID SCHOOL MEALS

£1.85

Our two course meal with a choice of drink costs only £1.85. Please see reverse side to view our healthy and nutritious three week cycle menu.

Paid school meals can be paid either on the day or in advance by cash or cheque. Cheques should be made payable to Chartwells.

Energise – healthy snacks can be purchased either at break or lunchtime.

Our new summer menu is available from Monday 19th April 2010

FAVOURITE DISHES

Our menus are compiled not only to exceed government standards but from continuous feedback we receive from all our stakeholders, especially our pupils who dine with us. From this we are able to ensure their favourite dishes are served, these have been highlighted on the weekly menu flyer overleaf.

NEW DISHES

We have also introduced some new dishes for our summer menu which we hope our young diners will enjoy. Tasters will be offered at lunchtime for all pupils to try. These have been highlighted on the weekly menu flyer overleaf.

Why one child thinks school meals at school are great.

I think they are always healthy and nutritious. The food names are tempting like vegetable and pineapple curry and they always look tasty. There is a good choice each day – even if you are not vegetarian you might want that option because it's so nice. The cooks are very kind and always prepare a good meal! Desserts are always top notch! Chip day on a Friday is my favourite (although I can't decide whether Wednesday's roast day is my favourite too!)

EAT

LEARN

LIVE

Chartwells

CHOICE *Summer* MENU 2010

FREE and available with every meal:
mixed salad, homemade fresh breads,
fruit juice or milk

Week Commencing: **19 April, 10 May, 7 June, 28 June, 19 July, 20 September, 11 October**

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN DISH 1	NEW Macaroni cheese served with garlic bread, carrots & green beans	FAV Chicken curry served with pilau rice, fresh mixed vegetables & fresh broccoli	FAV Roast beef served with roast potatoes, Yorkshire pudding, fresh seasonal cabbage, fresh carrots & gravy	Cottage pie served with courgettes, fresh cauliflower & gravy	FAV Cod fish fingers & chips served with peas, baked beans & tomato sauce
MAIN DISH 2 (V)	Shepherdess pie served with carrots, green beans & gravy	FAV Cheese & tomato pizza served with crunchy light coleslaw	Quorn sausages served with roast potatoes, fresh seasonal cabbage, fresh carrots & gravy	FAV Homemade vegetable soup served with egg mayonnaise or cheese baguette	NEW Chimichangas served with chips, peas & baked beans
PACKED LUNCH/PLATED SALAD	NEW Cheese & pasta salad	NEW Ham salad served with ½ jacket potato	NEW Salmon & cucumber baguette packed lunch with carrot sticks, fresh fruit & fruit juice cuplet	NEW Coronation chicken & rice salad	NEW Egg & potato salad
DESSERTS	Apple flapjack served with custard	NEW Chocolate & beetroot cake	FAV Ice cream & seasonal fruit jelly	NEW Summer fruit pudding	Fruit shortbread
FRUIT CHOICE	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad

Week Commencing: **26 April, 17 May, 14 June, 5 July, 6 September, 27 September, 18 October**

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN DISH 1	FAV Sausage served with creamed potatoes, peas, baked beans & onion gravy	FAV Beef lasagne served with garlic bread, fresh carrots & green beans	FAV Roast lamb served with roast potatoes, fresh cauliflower, red cabbage & gravy	FAV Spaghetti bolognese served with sweetcorn & fresh broccoli	FAV Fish & chips served with peas, baked beans & tomato sauce
MAIN DISH 2 (V)	Quorn sausage served with creamed potatoes, peas, baked beans & onion gravy	NEW Macaroni cheese served with garlic bread, fresh carrots & green beans	Creamy vegetable pie served with roast potatoes, fresh cauliflower, red cabbage & gravy	Tomato & bean pasta served with sweetcorn & fresh broccoli	FAV Homemade vegetable soup served with tuna or cheese baguette
PACKED LUNCH/PLATED SALAD	NEW Ham & potato salad	NEW Tuna & sweetcorn salad served with ½ jacket potato	NEW Cheese & onion baguette packed lunch with tomatoes, fresh fruit & fruit juice cuplet	NEW Egg mayonnaise & pasta salad	NEW Chicken & rice salad
DESSERTS	NEW Rhubarb pie served with custard	FAV Hot eyes pudding served with custard	FAV Ice cream & seasonal fruit jelly	NEW Peach crumble served with custard	FAV Chocolate fruit crispy
FRUIT CHOICE	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad

Week Commencing: **3 May, 24 May, 21 June, 12 July, 13 September, 4 October**

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN DISH 1	Creamy salmon pasta bake served with peas & cauliflower	FAV Minced beef cobbler served with root vegetable mash, green beans, sweetcorn & gravy	FAV Roast chicken served with roast potatoes, fresh broccoli, mixed vegetables, stuffing & gravy	FAV Mexican chilli beef served with steamed rice, fresh carrots & sweetcorn	FAV Cod fish fingers & chips served with peas, baked beans & tomato sauce
MAIN DISH 2 (V)	FAV Cheese & tomato pizza served with cous cous	FAV Homemade vegetable soup served with tuna or cheese baguette	NEW Cauliflower cheese served with roast potatoes, fresh broccoli, mixed vegetables & gravy	NEW Quorn & vegetable stir fry served with noodles, fresh carrots & sweetcorn	NEW Cheese & broccoli quiche served with chips, peas & baked beans
PACKED LUNCH/PLATED SALAD	NEW Cheese & apple ploughmans	NEW Turkey & pasta salad	NEW Tuna & sweetcorn baguette packed lunch with cucumber sticks, fresh fruit & fruit juice cuplet	NEW Chicken & rice salad	NEW Tuna & potato salad
DESSERTS	FAV Mandarin sponge served with custard	FAV Fruity wholemeal chocolate crunch	FAV Ice cream & seasonal fruit jelly	Hot apple strudel served with custard	FAV Sultana & orange shortcake
FRUIT CHOICE	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad	5-a-day fruit salad



All our chicken is farm assured and carries the Red Tractor mark, our milk is supplied from the Dairy Farmers of Britain and we use free range eggs.