

Great food - Great service - Great value

September 2008 is an exciting time for school catering in Primary schools. The menus attached fully comply with the nutrient guidelines as detailed by the Government. That means the food we serve is even better in terms of nutritional value for your child, and at only **£1.90** a day, there really is no better value around.

We take seriously our responsibility of providing quality meals your child will enjoy. As many of our staff are parents too, so we are skilled in encouraging your children to appreciate the food they eat.

If your child doesn't currently stay for a school meal, why not give it a try. There really has never been a better time to enjoy school food.

The importance of a hot nutritious meal at lunchtime should not be underestimated, especially as the weather starts to get that bit colder.

Free School Meals and Milk...

Did you know your child could be entitled to free school meals and milk?

If you are receiving the following benefits make sure you use your entitlement to receive a free school lunch and milk for your child.

- Income Support (IS)
- Income Based Jobseekers Allowance (IBJSA)
- Support under part VI of the Immigration and Asylum Act 1999
- Child Tax Credit, but who are not entitled to Working Tax Credit and whose annual income, (as assessed by Her Majesty's Revenue and Customs) that as of the 6 April 2008 does not exceed £15,575.
- Guarantee element of State Pension credit.

To apply for free school lunches and milk please contact the school that your child attends and your application will be processed confidentially.

Special Meals

We cater for children with special dietary needs and are able to provide Halal meals on request. Some notice may be necessary. Please contact Sutton Catering on 020 8770 6581 for more information.

LOOKING FOR THE PERFECT JOB?

Sutton Catering are on the lookout for enthusiastic people to work for us in various school kitchens around the Borough. This could be between one and five days a week as a member of our bank staff or in a permanent position as and when they become available. We have excellent rates of pay and very competitive terms and conditions.

For more information go to the London Borough of Sutton website at www.sutton.gov.uk and click on jobs and careers for all current vacancies



For more *information...*

Please visit www.sutton.gov.uk

or contact Sutton Catering's Operations Manager on: 020 8770 6581 or Client Catering on 020 8770 6221, or write to:
London Borough of Sutton, Sutton Catering, 24 Denmark Road,
Carshalton, Surrey SM5 2JG

Autumn 2008

Menu Primary and Special School



EAT BETTER DO BETTER





**£1.90
PER DAY**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>Lamb Bolognaise Cheese and Broccoli Bake (v)</p> <p>Tricolour Pasta Diced Swede/ Peas</p> <p>Pear and Chocolate Sponge and Chocolate Sauce</p>	<p>Chicken Risotto Mediterranean Pasta (v)</p> <p>Wholemeal Pitta Bread Sweetcorn / Green Beans</p> <p>Orange Jelly and Mandarins</p>	<p>Roast Beef Yorkshire Pudding & Gravy Vegetable Cobbler (v)</p> <p>Roast Potatoes / Creamed Potato Carrots / Roast Parsnips</p> <p>Iced Apple Cake and Custard</p>	<p>*Salmon Pizza Chargrilled Vegetable Ravioli (v)</p> <p>Garlic Bread Broccoli / Carrots</p> <p>Peach Sponge and Custard</p>	<p>Fish Fingers Vegetarian Sausages (v)</p> <p>Low Fat Chips Baked Beans / Peas</p> <p>Fruit Ice Cream</p>
WEEK 2	<p>Toad in the Hole (made with Organic Pork Sausages) Quorn Puff Pie (v)</p> <p>Herby Diced Potatoes Cabbage / Mixed Vegetables</p> <p>Rice Pudding and Jam</p>	<p>Lamb Hot Pot Macaroni Cheese (v)</p> <p>Creamed Potatoes Broccoli / Sweetcorn</p> <p>Oaty Apple Crumble and Custard</p>	<p>Roast Chicken Yorkshire Pudding & Gravy Vegetable Filled Yorkshires (v)</p> <p>Roast Potatoes / Creamed Potatoes Carrots / Peas</p> <p>Clementine Sponge and Custard</p>	<p>Beef Lasagne Vegetable Risotto (v)</p> <p>Garlic Bread Sweetcorn / Vegetable Medley</p> <p>Fresh Fruit Salad</p>	<p>Fish Fingers Organic Beef Burgers Vegetable Tartlets (v)</p> <p>Jacket Potato Wedges/ Creamed Potatoes Baked Beans / Peas</p> <p>Shortbread and Juice</p>
WEEK 3	<p>*Breaded Pollock Leek & Potato Bake (v)</p> <p>Creamed Potatoes Baked Beans / Broccoli</p> <p>Jam Sponge and Custard</p>	<p>Chicken Curry Vegetable Lasagne (v)</p> <p>Rice / Bombay Potatoes Vegetable Medley / Sweetcorn</p> <p>Jelly and Fruit Cocktail</p>	<p>Roast Gammon Yorkshire Pudding & Gravy Vegetable Toad in the Hole (v)</p> <p>Roast Potatoes / Creamed Potatoes Cauliflower / Cabbage</p> <p>Chocolate Sponge and Chocolate Sauce</p>	<p>Beef & Onion Pie Cheese & Tomato Pizza (v)</p> <p>Herby Sauté Potatoes Carrots / Broccoli</p> <p>Oaty Apple Cookie and Juice</p>	<p>Fish Fingers Soufflé Jackets (v)</p> <p>Jacket Potato Wedges Baked Beans / Peas</p> <p>Fresh Fruit Salad and Ice Cream</p>
Week One	W/C 01/09/08	W/C 22/09/08	W/C 13/10/08	W/C 10/11/08	W/C 01/12/08
Week Two	W/C 08/09/08	W/C 29/09/08	W/C 20/10/08	W/C 17/11/08	W/C 08/12/08
Week Three	W/C 15/09/08	W/C 06/10/08	W/C 03/11/08	W/C 24/11/08	W/C 15/12/08

(v) = vegetarian option
* Fish is certified to the Marine Steward Council's (MSC) environmental standard

Help yourself salad bar and and wholemeal french bread available every day. There is a choice of dessert of the day, fresh fruit, low fat yoghurt or cheese and crackers. This menu may be subject to change.
A few kitchens with limited facilities may not be able to produce all the homemade dishes from scratch.