

Winter Menu

Trewirgie School



Week Commencing: 31st Oct, 21st Nov, 12th Dec, 16th Jan, 6th Feb, 5th Mar, 26th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Burger or Quorn Burger in a Bun with Tomato Sauce and Cajun Spiced Wedges	Cheese and Tomato Pizza with Jacket Potato	Roast Pork or Quorn Roast with Crispy Roast Potatoes or New Potatoes and Gravy	Macaroni Cheese	Cod Fish Fingers with Chipped Potatoes or Jacket Potato with Baked Beans, Cheese, Tuna
To go with	Fresh Broccoli Florets Sweetcorn & Cucumber and Tomato Salad	Garden Peas Roasted Vegetables & Mixed Salad	Fresh Carrots Sautéed Leeks & Vegetable Sticks	Seasonal Fresh Cabbage Cauliflower Florets & Mixed Salad Bowl	Baked Beans Green Beans & Salad Platter
Pudding	Fruity Delight or Fruit Bites	Chocolate Pudding with Chocolate Sauce or Fresh Fruit Cups	Giant Crunchy Cookie with Apple Wedges or Fruit Salad	Fruit Crispy Bar or Fruit Platter	Frosted Carrot Cake or Melon Boats
Drinks/Bread	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Cool Water Homemade bread

Week Commencing: 7th Nov, 28th Nov, 2nd Jan, 23rd Jan, 20th Feb, 12th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hawaiian (Ham & Pineapple) or Margherita Pizza and Jacket Potato	Roast Beef with Crispy Roast Potatoes and Gravy	Italian Inspired Lamb or Veggie Shepherds Pie	Roast Chicken or Quorn Roast with Creamed Potatoes and Gravy	Crispy Battered Fish with Chips or Jacket Potato with BBQ Beans, Cheese, Tuna
To go with	Roasted Vegetables Garden Peas & Mixed Salad	Fresh Carrots Green Beans & Vegetable Sticks	Baked Beans Sweet corn & Salad Platter	Fresh broccoli Mashed Swede & Mixed Salad	Mushy Peas Light Crunchy Coleslaw & Cucumber and Tomato Salad
Pudding	Ice Cream with Fruit or Fruit Salad	Hot Chocolate Orange Fudge Cake with Custard or Melon Boats	Sticky Toffee Pudding with Vanilla sauce or Fruit Platter	Apple Flapjack or Fruit Bites	Shortbread Fingers with Fresh Fruit Slices or Fruit Cups
Drinks/Bread	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread

Week Commencing: 14th Nov, 5th Dec, 9th Jan, 30th Jan, 27th Feb, 19th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork or veggie Sausages with Creamed Potato and Gravy	Savoury or Veggie Mince Cobbler with Jacket Wedges	Roast Turkey or Quorn Roast with Crispy Roast or New Potatoes and Gravy	Italian Beef or Quorn Lasagne	Salmon Fish Cakes With Chipped Potatoes or Jacket Potato with Tuna, Cheese, Beans
To go with	Fresh Carrots Green Beans & Salad Platter	Sweetcorn Sautéed Leeks and Courgettes & Mixed Salad	Seasonal Cabbage Fresh Swede & Vegetable Sticks	Crunchy Light Coleslaw Roasted Vegetables & Tomato and Cucumber Salad	Baked Beans Garden Peas & Mixed Salad
Pudding	Marmalade Pudding with Custard or Fresh Fruit Bites	Apple and Oat Crumble with Custard or Fruit Cups	Fruit Jelly or Melon Boats	Banana Custard or Fresh Fruit Platter	Chocolate Crispy Bar or Fruit Salad
Drinks/Bread	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread	Cornish milk Water Homemade bread	Cornish milk Cool Water Homemade bread

Winter Menu



Welcome to your new Winter; which runs through until Easter Break 2012



Our new Winter menu has been developed using pupil surveys, and our menu forum to create tasty recipes.

Our menus are not only nutritionally balanced, but also provide delicious dishes that children love to eat!



Our menus include the best quality and freshest ingredients, sourced directly from growers and producers.

This ensures we can maintain a robust supply chain and have complete traceability from the field to the plate.



Free School Meals are available to children whose parents are in receipt of :

- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit, with an annual income of no more than £16,190
- Guarantee element of State pension Credit
- Support under part VI of Immigration and Asylum Act 1999 (IAA) – *Please contact the Free School Meals Team if this applies to you*

If you receive Working Tax Credit, however, you do not qualify for free school meals

For more information on Free School meals please telephone : 0300 1234100



Are you interested in a career in school catering that fits around your family life?

If so why not join our friendly, professional catering team.

Appropriate training will be given, smart uniforms provided.

Please contact the Chartwells admin team either in writing or telephone:

Chartwells
The Barn
Penny-Come-Quick
Zelah
Truro
TR4 9JD

Telephone 01872 540263 for further information and an application form