



*Primary
Menu Selector
Spring/Summer 2019*





Menus, recipes and products have been developed to meet the School Food Plan food based standards that came into effect from September 2014.

The menu selector has been developed to support schools that need to make local changes due to contractual reasons e.g. non pork or beef contracts

If making local changes to your menu it is your responsibility to ensure you remain compliant to these standards therefore please ensure you follow the guidelines as outlined in the [School Food Standards Checklist](#) at the end of the document by completing this checklist before implementing any changes.

The standards apply across the school day including breakfast clubs, break times and after school clubs – you can use the checklist to ensure you make the right changes





Provenance Messages

Below are great key provenance messages about Compass Group purchasing – use these messages on menus and menu communications along with the Provenance posters to shout about it!

Bananas – all of our Bananas are Fair Trade

Seasonality – We need to ensure that we are using ingredients when they are at their best and most plentiful . This gives us the best flavours, optimum nutrient content and helps us to reduce food miles

We buy 95% of our seasonal vegetables direct from British growers

Fish – all of our fish comes from sustainable well managed sources

Meat – we buy much of our meat and poultry from Fairfax Meadow and Nigel Fredrick's. IMS of Smithfield are our dedicated Halal fresh meat supplier

Carbon Footprint – over 30% of our products are transported by vehicles that run on biodiesel

Eggs- we only use Lion Quality British Eggs

Milk – we support 82 British dairy farms

Farm to Fork – we can trace back every cut of meat back to the farms of origin





Menu Selector
Week 1 - Mains

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|---|--|--|
| Hot Main Dish | Vegetable Supreme Pizza ** 93136267 | Chicken Tikka Masala with Rice ** 93132730 93035026 | Roast Pork 93037201 Roast Chicken 93135492 Roast Turkey 93035114 Roast Beef 93035118 Roast Lamb 93035102 (non pork contracts only) | Traditional Beef Lasagne with Garlic & Herb Bread Wedge ** 93065801 93034756 | Cajun Salmon Wrap *** 93132733 OR Crispy Salmon Fillet *** 93145779 |
| Alternative Dish | Mild Yellow Vegetable Curry with Rice ** 93152367 93035026 | Vegetable Biryani 93152366 | Country Vegetable Pie 93129154 (pastry) | Chinese Veggie Noodles 93135245 | Quorn Dippers 93161349 |

*Fruit Based ** Wholegrain ***Oily fish





Menu Selector
Week 1 – KS2 and Desserts

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|------------------------------|---|--|---------------------------------------|------------------------------|
| Key Stage Two | | | Roast Pork Bap 93152419 Roast Chicken Bap 93152414 Roast Gammon Bap 93152418 Roast Turkey Bap 93152411 Roast Beef Bap 93160307 Roast Lamb Bap 93152421 (non pork contracts only) | | |
| Desserts | Ice Cream 93162803 | Pineapple and Peach Crumble * 93035008 <i>with Custard</i> | Fruity Apricot Bar * 93140303 | Shortbread Biscuit 93037254 | Ice Cream 93162694 |

*Fruit Based ** Wholegrain ***Oily fish





Menu Selector
Week 2 - Mains

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|--|---|--|
| Hot Main Dish | Vegetable and Chickpea Wrap 93146072 | Chinese Chicken Noodles 93099725 Pork Sausage (11's Size) 93035034 Chicken Sausages 93045982 <i>(non Pork contracts only)</i> | Roast Pork 93037201 Roast Chicken 93135492 Honey Roast Gammon 93091556 Roast Beef 93035118 Roast Lamb 93035102 <i>(non pork contracts only)</i> | Beef and Potato Hash <i>with Garlic & Herb Bread Wedge **</i> 93162242 93034756 | Fisherman's Pie*** 93036951 |
| Alternative Dish | Cheese and Tomato Pizza <i>with Jacket Wedges</i> 93036834 93156646 | Quorn Balls In Tomato Sauce <i>with Pasta</i> 93146443 93108780 | Cheese & Potato Bake 93146451 | Quorn Chilli <i>with Rice</i> 93160293 93035026 | Baked Bean Omelette 93133235 |



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Menu Selector

Week 2 – KS2 and Desserts

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--------------------------------------|--|--|--|
| Key Stage Two | | | Roast Pork Bap 93152419 Roast Chicken Bap 93152414 Roast Gammon Bap 93152418 Roast Turkey Bap 93152411 Roast Beef Bap 93160307 Roast Lamb Bap 93152421 (non pork contracts only) | | |
| Desserts | Banana and Apricot Flapjack 93159399 | Orange Shortbread 93163110 | Crunchy Chocolate Biscuit <i>Served with Fruit *</i> 93089163 93040542 | Melon & Orange Wedges * 93152369 | Strawberry Frozen Yoghurt 93146424 |

*Fruit Based ** Wholegrain ***Oily fish





Menu Selector
Week 3 - Mains

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|---|--|--|
| Hot Main Dish | Tomato and Basil Pasta ** 93146316 | Chicken and Sweetcorn Pie 93041006 (pastry) | Roast Chicken 93135492 Honey Roast Gammon 93091556 Roast Turkey 93035114 Roast Beef 93035118 Roast Lamb 93035102 (non pork contracts only) | Beef Burger <i>with Jacket Wedges</i> 93036755 93156646 | Herby Baked Fish 93076160 All Day Breakfast Including Bacon 93104186 Including Chicken Sausage 93152505 (non Pork contracts only) |
| Alternative Dish | Vegetarian Paella 93065804 | Shepherdess Pie 93037252 | Roasted Vegetable and Butterbean Crumble 93135256 | Vegetable Lasagne <i>with Garlic & Herb Bread Wedge **</i> 93037321 93034756 | Bean and Potato Tortilla Wrap 93065706 All Day Breakfast Including Quorn Sausage 93104187 |

*Fruit Based ** Wholegrain ***Oily fish





Menu Selector

Week 3 – KS2 and Desserts

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|-----------------------------------|--|--|---|
| Key Stage Two | | | Roast Pork Bap 93152419 Roast Chicken Bap 93152414 Roast Gammon Bap 93152418 Roast Turkey Bap 93152411 Roast Beef Bap 93160307 Roast Lamb Bap 93152421 (non pork contracts only) | | |
| Desserts | Fruity Yoghurt Crunch 93034752 | Berry Flapjack 93106373 | Ice Cream 93162694 | Fruity Apricot Bar* 93140303 | Pineapple & Carrot Slice <i>Served with Fruit *</i> 93152230 93040542 |



*Fruit Based ** Wholegrain ***Oily fish



Additional choice for contractual requirements

The Key stage two line of the menu is aimed to give older children a taste of different offers available when they move on to Secondary School.

This includes hand held grab and go options and a selection of the chicken offer.

There are also a variety of additional food offers that can be offered to meet your individual unit needs, such as filled jackets, salad bars and sandwiches. They can be offered daily, a couple of times per week or as a 'pop up' to add variety, as a remote service to help reduce queues at the main counter





Government Standards for Food served in Primary Schools



The standards apply across the school day including breakfast clubs, tuck shops, vending and after school clubs. In order to maintain compliance to food requirements across the school day use the checklist below.

| | Checklist Food Based Standards 2014 | Achieved Y/N |
|--|--|--------------|
| Starchy Foods | <p>One or more portions of food from this group every day</p> <p>Three or more different starchy foods each week</p> <p>One or more wholegrain varieties of starchy foods each week</p> <p>Starchy foods cooked in fat or oil must not be provided on more than two days each week across the school day</p> <p>Bread with no added fat or oil must be provided on a daily basis</p> | |
| Fruits and Vegetables | Not less than one portion of vegetables or salad accompaniment per day per pupil must be provided | |
| | Not less than one portion of fruit per day per pupil must be provided. A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided at least twice each week. | |
| | At least three different fruits and three different vegetables must be provided each week | |
| Meat, fish, eggs, beans and other non-dairy sources of protein | A portion of food from this group must be provided every day | |
| | A portion of meat or poultry must be provided at least three times each week | |
| | Oily fish must be provided at least once every three weeks | |
| | A portion of non-dairy sources of protein must be provided on at least three days each week for vegetarians | |
| | A meat or poultry product (manufactured or homemade) may not be provided more than <u>once each week in primary schools and twice each week in secondary schools across the school day.</u> The meat or poultry product must also meet the legal minimum meat or poultry content requirements ¹ , and must not contain any prohibited I ¹¹ | |





Government Standards for Food served in Primary Schools



The standards apply across the school day including breakfast clubs, tuck shops, vending and after school clubs. In order to maintain compliance to food requirements across the school day use the checklist below.

| | Checklist Food Based Standards 2014 | Achieved Y/N |
|-----------------------------------|---|--------------|
| Milk and Dairy Foods | A portion of food from this group must be provided every day | |
| Foods high in fat, sugar and salt | No more than two portions of food which has been deep-fried, batter-coated, or breadcrumb-coated must be provided in a single week across the school day. | |
| | No more than two portions of food which includes pastry must be provided in a single week across the school day | |
| | Snacks must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Dried fruit is permitted to have 0.5% vegetable oil as a glazing agent | |
| | Savoury crackers or breadsticks which are served with fruit or vegetables or dairy food may be provided as part of lunch | |
| | Confectionery, chocolate and chocolate-coated products may not be provided across the school day | |
| | Desserts, cakes and biscuits are allowed at lunchtime but must not contain any confectionery | |
| | No salt shall be available to add to food after the cooking process is complete | |
| | Condiments may be available only in sachets or individual portions of no more than 10 grams or one teaspoonful | |





Restricted Products/Frequency. To maintain nutritional compliance please ensure that the food is purchased from the approved order forms and the frequency of the following items is followed:

| Manufactured Meat Products. One served a maximum of 1x per week | Deep Fried Products (Maximum twice per week) | Starchy Foods in Fat or Oil (Maximum two times per week) |
|---|---|--|
| Burgers Sausages and sausage products Individual meat pastry products Other shaped/ coated products i.e. meatballs | Breaded/battered meat, fish, poultry, cheese & vegetable products Chips Doughnuts | Roast or Sauté potatoes Garlic bread Chips or Jacket wedges Yorkshire Pudding Pastry – items containing pastry served a maximum or twice per week |

| Confectionery | | Savoury Snacks | |
|--|--|--|---|
| Do | Don't | Do | Don't |
| Homebakes (using fruit, dried fruit or jam as alternatives to chocolate) at lunch only | Chocolate & chocolate coated products (excluding cocoa used in cakes and low sugar hot chocolate) Confectionery (including sugar free e.g. boiled sweets, chewing gum, mints, glace cherries) Cereal bars/Processed fruit bars Choc ices/chocolate coated ice cream | Plain popcorn Seeds/Nuts (no added salt or sugar) Fruit bags Vegetable sticks | All bagged snacks Crisps e.g. Walkers, McCoys Corn snacks e.g. Quavers, French Fries Snack a Jacks |





Restricted Products/Frequency. To maintain nutritional compliance please ensure that the food is purchased from the approved order forms and the frequency of the following items is followed:

| Drinks | |
|--|--|
| Do | Don't |
| Plain water (still or sparkling) Milk (skimmed, semi-skimmed or lactose-reduced) Fruit juice or vegetable juice Plain soya, rice or oat drinks Plain fermented milk drinks Combinations drinks e.g. smoothies Flavoured milk, tea, coffee and low calorie hot chocolate Fruit juice based drinks – as per current drinks range ladder | Fizzy drinks e.g. coke/diet coke Flavoured waters e.g. Oasis Fruit Flavoured Drinks e.g. Sunny Delight, Squash e.g. Quench, Ribena Sports Drinks e.g. Lucozade |

