



5th September 2022

Good afternoon,

I hope you have had a good summer holidays. We look forward to seeing you all tomorrow.

Please find attached the new lunch menu. It is a three weekly rolling menu. The menu will also be put onto the school website.

Best wishes

Alex
Admin Assistant

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WHO ARE THE GREAT PLATE?

The Great Plate is a social enterprise that wants to improve the quality and impact of school meals across our communities. This will mean healthier, more nutritious food and using any profits to create community feasts and freezers for our communities.

Our Food

At first glance our menu may not look too different to other schools, but we don't include the details of each dish on the menu as we find it often distracts the children. We have a fantastic in house team who design the menus including a trained nutritionist and a Cordon Bleu trained chef.

Fun facts about our food:-

- All our pasta and rice is brown or whole grain, as is most of our bread, we use it because it retains a high fibre content which has useful proteins, thiamine, calcium magnesium and potassium.
- We make our sauces with vegetables and pulses and blitz them so that they are undetectable but provide fantastic taste as well as being nutrient packed. (Our Mac n Cheese sauce is actually made from cauliflower and white beans but its super cheesy tasting and you'd never know they're in there!)
- All our desserts are egg, dairy and refined sugar free instead we opt for dates, rapadura sugar and brown rice syrup because they have lower GI's and keep the children satisfied for longer. They also contain things like flax and chia seeds for added omega 3's (which is great for development and muscle growth) and fruit for sweetness and fibre. We also sneak in veggies too, like beetroot in our brownies, courgettes in our lemon cake and loads of others.
- We always offer a daily selection of raw fruit and veg alongside the meals as well as the main vegetable of the day.

Allergies and dietary needs

The Great Plate is aware of the seriousness of allergens, and takes great pride in making sure it's meals are safe. Please let your school know about any allergies your child has. In general will try to accommodate like for like when omitting allergens eg. GF pasta for wheat pasta.

We advise that whilst we take every measure we can to prevent contact, we do use the following allergens in our kitchens, wheat/gluten, egg, milk, soy, mustard, sulphur dioxide, celery, fish, sesame.



WEEK 1

WEEKS COMMENCING: 5TH SEPT, 26TH SEPT, 17TH OCT, 14TH NOV, 5TH DEC

MONDAY

Jacket Potato with
Beans/ Cheese/ Tuna
(D, F)

Veggie Stir fry (SY)

Chocolate Chip
Cookie (G)

TUESDAY

Pesto Pasta (G)

Pizza - Cheese and
tomato or Ham (G, D)

Strawberry Cake (G)

WEDNESDAY

Crispy chicken bites
with new potatoes (G)

Mexican chilli bean
wrap (G,D)

Autumn Spice
slice (G)

THURSDAY

Chinese Fried rice with
either chicken or
Quorn (SY)

Picnic lunch - filled
sandwich (egg
mayo/ham and
cheese), big crudité,
fruit plate (G,D,SY)

Shortbread finger (G)

FRIDAY

Fish fingers or vegan
nuggets, chips and
peas (G,F,S)

Vegan pasty, chips
and peas (G,SY)

Fruit jelly

VEG

Each day there will be
additional, seasonal
veg that is provided on
top of these choices.
Each school cooking
team will take into
account the tastes and
interested of the
school they serve and
also take the chance
to share new and
different veg as often
as possible.

Allergen key: contains gluten (G), contains soya (SY), contains fish (F), contains dairy (D), contains egg (E), contains sulphites (SP)



WEEK 2

WEEKS COMMENCING: 12TH SEPT, 3RD OCT, 31ST OCT, 21ST NOV, 12TH DEC

MONDAY

Jacket potato with
Beans/ Cheese/ Tuna
(D, F)

Samosa with yellow
rice and mango
chutney (G, SP)

Apricot cookie

TUESDAY

Creamy chicken curry
with rice

Tomato pasta with
cheese (G, D)

Semolina cake and
custard (G)

WEDNESDAY

Hot dogs/veggie dogs
(G)

Veggie lasagne (G,D)

Lemon drizzle cake (G)

THURSDAY

Spanish rice with
either sausage or
veggie balls (G)

Tomato soup and
cheese toasties (G,D)

Chocolate shortbread
(G)

FRIDAY

Fish fingers or vegan
nuggets, chips and
peas (G,F,SY)

Vegan sausage roll,
chips and peas (G,SY)

Chocolate cornflake
treat

VEG

Each day there will be additional, seasonal veg that is provided on top of these choices. Each school cooking team will take into account the tastes and interested of the school they serve and also take the chance to share new and different veg as often as possible.

Allergen key: contains gluten (G), contains soya (SY), contains fish (F), contains dairy (D), contains egg (E), contains sulphites (SP)



WEEK 3

WEEKS COMMENCING: 19TH SEPT, 10TH OCT, 7TH NOV, 28TH NOV

MONDAY

Jacket potato with
Beans/ Cheese/ Tuna
(D, F)

Falafel, couscous and
humus (SM)

Anzac cookie (G, SP)

TUESDAY

Toad in the hole, onion
and gravy (G)

Pasta with harvest
sauce (G,D)

Pineapple upside-
down cake (G)

WEDNESDAY

Turkey meatballs or
veggie balls with
tomato sauce and new
potatoes (SM)

Veggie chilli and
cornbread (G)

Chocolate chip
brownie (G)

THURSDAY

Curried rice with
either smoked haddock
or quorn (F)

Picnic lunch - filled
sandwich (egg
mayo/ham and
cheese), big crudite,
fruit plate (G,E,D)

Lemon bar (G)

FRIDAY

Fish fingers or vegan
nuggets, chips and
peas (G, SY)

Vegan baked bean
and cheese slice (G,
D)

Yum balls

VEG

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