



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. A GF pudding will always be available. 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: 2ND JAN, 16TH JAN, 30TH JAN, 13TH FEB, 27TH FEB, 13TH MARCH, 27TH MARCH.

MONDAY

Jacket potato with
Beans(VG)/
Cheese (GF) / Tuna
(GF,DF,F)

Farinata-baked
chickpea omelette
(GF,VG)

Chocolate chip cookie
(VG)

TUESDAY

Dahl & Rice (VG,GF)

Autumn veg pasta
(DF,VG without
cheese)
(GF available)

Forest Fruit Jelly (GF,
VG)

WEDNESDAY

Veggie cottage pie
(GF, DF, VG)

Paella
(spanish chicken &
rice)
(GF,DF)

Chocolate brownie
(VG)

THURSDAY

Sausage (GF, DF) or
Veggie balls & Mash
(GF,VG) with Gravy
(GF, VG)

Fish cake(DF, F)

Apple crumble (VG) &
cream
(VG available)

FRIDAY

Fish fingers(GF
available, F) or Vegan
nuggets & Chips

Vegan Sausage roll
(VG)

Coconut & Jam
Sponge
(VG)

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: Gluten free (GF), contains fish (F), dairy free (DF), contains egg (E), vegan (VG).



WEEK 2

WEEKS COMMENCING: 9TH JAN, 23RD JAN, 6TH FEB, 20TH FEB, 06TH MARCH, 20TH MARCH,

MONDAY

Jacket potato with
Beans or Cheese
(DF,GF,VG without
cheese)

Beef fajitas (DF)

Anzac biscuit(VG)

TUESDAY

Sweet Potato Katsu
Curry & Rice (VG)

Pesto Pasta (VG
without cheese)
(GF available)

Fruit flapjack(VG)

WEDNESDAY

Tomato soup & toastie
(GF, VG) available

Turkey Stew &
dumplings (DF)

Apple cinnamon
swirl(VG)

THURSDAY

Roast Chicken
thighs(GF,DF)
Or Quorn filet (VG,
GF) with roast new
potatoes

Cheesy pasta bake
(GF Available)

Chocolate cereal
bar(VG)

FRIDAY

Fish fingers (GF
available, F) or Vegan
nuggets & Chips

Baked bean slice (VG)

Cookie balls(VG)

VEG

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