

Side dishes (potatoes, rice etc), bread & seasonal vegetables or salad served with every meal

# ORDER A SCHOOL MEAL AND START THEIR FOOD ADVENTURE TODAY

Daily - organic yoghurt & fresh fruit

Dates	Options	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 31.10.22	Main Choice 1	Chicken curry 🍗 with rice & naan 🍚	Veggie cottage pie 🥕🥔	Roast pork with creamed potatoes 🍠, stuffing 🍗 & gravy	Big breakfast with local sausages 🍔	Breaded fish fillet 🐟 with chips
21.11.22 12.12.22	Main Choice 2	Vegetable curry 🥕 with rice & naan 🍚	Vegetable quesadilla 🥑 with pasta 🍝	Roast Quorn fillet 🍗 with creamed potatoes 🍠, stuffing 🍗 & gravy	Veggie breakfast 🍳	Cheese & tomato Pinwheel 🥞 with chips
*16.01.23 06.02.23	<b>NEW</b> Pasta Bowl Option	Italian pasta bowl 🍝	Neapolitan pasta bowl 🍝	Roasted tomato ragu pasta bowl 🍝	Popeye pasta bowl 🍝	Creamy macaroni cheese 🍝
06.03.23 27.03.23	Dessert Option	Apple oat biscuit 🍏	Jam tart 🍪	Fruit jelly 🍓	Fresh fruit with bitesize chocolate cracknel 🍓🍌	Berry sponge 🍰 with custard 🍮
Week 2 07.11.22	Main Choice 1	Cheese & tomato pizza 🍕	Organic beef & potato pie 🍗 with potatoes & gravy	Organic beef meatballs 🍗 with creamed potatoes 🍠 & gravy	Hunters chicken 🍗 with rice 🍚	Fish fingers 🐟 with chips
*28.11.22 19.12.22	Main Choice 2	Veggie bolognese with pasta 🍝	Veggie sausage rolls 🍗 with potatoes & gravy	Vegan meatballs 🍗 with creamed potatoes 🍠 & gravy	Hunters Quorn 🍗 with rice 🍚	Vegetable fingers 🥕 with chips
23.01.23 *13.02.23	<b>NEW</b> Pasta Bowl Option	Popeye pasta bowl 🍝	Roasted tomato ragu pasta bowl 🍝	Italian pasta bowl 🍝	Creamy macaroni cheese 🍝	Neapolitan pasta bowl 🍝
13.03.23	Dessert Option	Cornflake bar 🍪	Sticky fruit sponge 🍓 with custard 🍮	Fresh fruit with bitesize chocolate crunch 🍓🍌	Carrot cake muffin 🍪	Bakewell 'no nut' tart 🍪
Week 3 14.11.22	Main Choice 1	Beef lasagne 🍗 with homemade bread 🍞	Organic beef burger 🍗 in a bun with potato puffs	Roast turkey with Yorkshire pudding 🍗, creamed potatoes 🍠 & gravy	Quorn dippers 🍗 with sweet & sour sauce 🍷 with rice 🍚	Salmon fishcake 🐟 with chips
05.12.22 09.01.23	Main Choice 2	Mediterranean Quorn fillet 🍗 with sunshine rice 🍚	Vegetarian burger 🍗 in a bun with potato puffs	Cheese flan 🍗 with creamed potatoes 🍠 & gravy	Not so hot chilli 🌶️ with rice 🍚	Margherita pizza 🍕 with chips
30.01.23 *27.02.23	<b>NEW</b> Pasta Bowl Option	Italian pasta bowl 🍝	Neapolitan pasta bowl 🍝	Popeye pasta bowl 🍝	Roasted tomato ragu pasta bowl 🍝	Creamy macaroni cheese 🍝
20.03.23 *Theme Day Weeks	Dessert Option	Cookie 🍪	Sprinkle cake 🍪	Fresh fruit with bitesize flapjack 🍓	Shortbread slice 🍪	Chocolate & pear cake 🍰 with chocolate custard 🍮

Drinking water available daily. Some schools may offer jacket potatoes and sandwiches with various fillings as an alternative to the pasta bowl option. Menus are planned to comply to the current Government School Food Standards. We endeavour to serve food as specified on the menu, however there are some circumstances when this isn't possible. You can be assured that these instances will be kept to an absolute minimum.

All desserts are suitable for vegetarians

**ALLERGY ICONS**

This dessert contains 50% fruit  
This meal is suitable for vegetarians  
This meal is suitable for vegans

For those children with medical diet requirements, we offer a tailored menu. Please contact Katie Woods 07990 664775 or catering@derbyshire.gov.uk for more information.

Every Food Explorer lunch offers at least 3 of their 5 a day

**WORLD CUP CELEBRATION**  
Tuesday 29th November

Let's explore foods from all the different countries in Group B!

**Menu**  
American hot dogs  
English mini roast potatoes  
Iranian Shirazi salad  
Welsh cakes

Which dish will come out on top?

**Christmas Party**  
December

A fun filled lunch for Food Explorers to enjoy.

**Menu**  
A selection of party dishes  
Served with vegetable crudites  
Selection of festive desserts

It's time for good food and lots of fun!

**Festive Feast**  
December

Order a Christmas dinner and join us for the favourite lunch of the year!

**Menu**  
Roast turkey with chipolata sausage  
Or Seasonal vegetable galette  
Stuffing & gravy  
Seasonal vegetables  
Festive desserts

Join in the fun!  
**SUPER HERO SUPERFOODS**  
Thursday 19th January

Superfoods can give you super powers

**Menu**  
Spider-Man spaghetti with Iron Man meatballs  
Wonder Woman super salad  
Gladiator garlic bread  
Batman berry boost muffin

Let's fuel up with superfoods!

**WE LOVE FOOD DAY**  
Tuesday 14th February

A day to celebrate Food Explorers' love of food with a menu filled with their favourite dishes!

There's so much to love about food!

**Menu**  
Chicken or Quorn wrap  
Potato wedges  
Scrumptious salad selection  
Chocolate sponge with custard

**Fantastical Food Day**  
Thursday 2nd March

To celebrate World Book Day we've created a fantastical feast for Food Explorers to enjoy.

Let's explore the fantastical world of food!

**Menu**  
Phoenix burger or Voldemort veggie sausages  
Stuffed cauldrons  
Elven bread  
Fresh vegetables from the Enchanted Garden  
Sorcerer's slime

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	<b>Main Choice 2</b>	Vegetable curry with rice & naan	Vegetable quesadilla with pasta	Roast Quorn fillet with creamed potatoes, stuffing & gravy	Veggie breakfast	Cheese & tomato Pinwheel with chips
	<b>NEW Pasta Bowl Option</b>	Italian pasta bowl	Neapolitan pasta bowl	Roasted tomato ragu pasta bowl	Popeye pasta bowl	Creamy macaroni cheese
	<b>Dessert Option</b>	Apple oat biscuit	Jam tart	Fruit jelly	Fresh fruit with bitesize chocolate cracknel	Berry sponge with custard
<b>Week 2</b> 07.11.22 *28.11.22 19.12.22 23.01.23 *13.02.23 13.03.23	<b>Main Choice 1</b>	Cheese & tomato pizza	Organic beef & potato pie with potatoes & gravy	Organic beef meatballs with creamed potatoes & gravy	Hunters chicken with rice	Fish fingers with chips
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<b>Week 3</b> 14.11.22 05.12.22 09.01.23 30.01.23 *27.02.23 20.03.23 *Theme Day Weeks	<b>Main Choice 1</b>	Beef lasagne with homemade bread	Organic beef burger in a bun with potato puffs	Roast turkey with Yorkshire pudding, creamed potatoes & gravy	Quorn dippers with sweet & sour sauce with rice	Salmon fishcake with chips
	<b>Main Choice 2</b>	Mediterranean Quorn fillet with sunshine rice	Vegetarian burger in a bun with potato puffs	Cheese flan with creamed potatoes & gravy	Not so hot chilli with rice	Margherita pizza with chips
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Marine Stewardship Council compliant

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