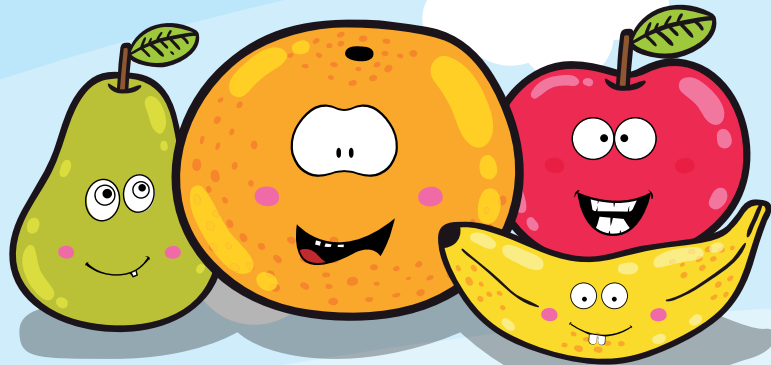


Zesty and friends



# MENU

## WINTER 2018



### BOOKING & PRICES

- £2.50 per meal per child
- Full-time discount £2.30 per meal (£11.50 per week)
- Meals must be booked each term in advance.
- Sibling Discount £2.40 per meal for each additional child (Including siblings in KS1)
- The weekly discount is per child and cannot be split between siblings. For example, if one child is booked all week the cost would be £11.50 per week, an additional child who did not want all week would pay £2.40 per day.

BOOK AND PAY AT: [www.zestkitchen.co.uk](http://www.zestkitchen.co.uk)

### KEEP UP TO DATE

LIKE US: [facebook.com/ZestKitchen](https://www.facebook.com/ZestKitchen)

[facebook.com/ZestKitchenMaryTavy](https://www.facebook.com/ZestKitchenMaryTavy)

FOLLOW US: @ZestKitchen



### FOOD ALLERGIES, INTOLERANCES & SPECIAL DIETARY REQUIREMENTS

If your child has a food allergy, intolerance or any other special dietary requirement please do not hesitate to contact us so we can discuss how we can personalise our menu for your child. You will also need to complete the 'Allergies & Intolerances - Referral Form' which can be found on our website or via the school office. All completed forms must be supported with a medical referral. A full breakdown of the 14 recognised allergens are available on our website or from the school kitchen.

### Universal Infant Free School Meals

Current Government Policy is that all Reception, Year 1 and Year 2 pupils are entitled to a school meal free of charge every day.

### Free School Meals (Pupil Premium)

If you are in receipt of certain benefits your child may be eligible for free school meals. Even if your child is in Key Stage 1 it is worth applying as it can bring in additional funding to your school - please contact the school office for further details.

### Our Commitment To Healthy Eating in School

We use fresh, local and seasonal ingredients in our meals including free range eggs, locally produced yoghurts, locally reared meat, fresh fish from Plymouth fish market, Tamar Valley honey and wholegrain rice and pasta. This enables us to support local growers and reduce our eco-footprint. We are proud that our menus meet or exceed the Government food and nutrition standards.

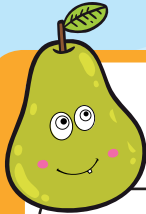
### Water

Remember to keep yourself topped up with water all day - it will help you concentrate!

Zesty and friends

# LUNCHTIME MENU

WINTER 2018



## WEEK 1

2018: 29 OCT . 19 NOV . 10 DEC  
2019: 21 JAN . 11 FEB . 11 MAR . 01 APR

MONDAY

Sausage / Quorn Sausage  
Mashed Potato / Pasta  
Beans / Peas  
.....  
Apricot Flapjack

TUESDAY

Chicken Fillet / Veg Sweet and Sour  
Noodles / Rice / Sweet and Sour Sauce  
Stir Fry Veg / Salad  
.....  
Jam Sponge and Custard

WEDNESDAY

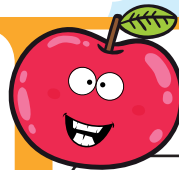
Roast Chicken Thighs  
Vegetable Pasties  
Roast Potato and Seasonable Veg  
.....  
Meringue Nests, Fruit and Yoghurt

THURSDAY

Spaghetti Bolognese  
vegetable Bolognese  
Salad  
.....  
Jelly and Ice Cream

FRIDAY

Cod Fish Fingers / Veggie Finger  
Chips or Pasta  
Beans or Veg of the day  
.....  
Vanilla Cheese Cake



## WEEK 2

2018: 05 NOV . 26 NOV  
2019: 07 JAN . 28 JAN . 25 FEB . 18 MAR

MONDAY

Salmon and Broccoli Pasta /  
Mac Cheese  
Peas or Sweetcorn  
.....  
Shortbread biscuit

TUESDAY

Sausage Rolls / Veggie Sausage Roll  
Mash / Pasta  
Beans / Veg of the day  
.....  
Raspberry Ripple Ice-Cream

WEDNESDAY

Roast Beef / Quorn Fillets  
Roast Potato and Yorkshire Pudding  
Seasonal Veg  
.....  
Fruit Cobbler and Yoghurt

THURSDAY

Chicken Tikka Masala / Lentil and Sweet  
Potato Curry  
Rice and Veg of the day  
.....  
Lemon Drizzle Cake

FRIDAY

Lasagne /  
Vegetable Lasagne  
Salad  
.....  
Ginger Biscuits



## WEEK 3

2018: 12 NOV . 03 DEC  
2019: 14 JAN . 04 FEB . 04 MAR . 01 APR

MONDAY

Beef Meatballs / Tomato Tuna Pasta Bake  
Homemade Tomato Sauce  
Spaghetti and Salad  
.....  
Jammy Dodger Biscuit

TUESDAY

Chicken Korma / Chickpea and Sweet  
Potato Curry  
Rice and Nan, Veg of the day  
.....  
Chocolate Brownie

WEDNESDAY

Roast Gammon / Lentil Roast  
Roast Potato and Seasonable Veg  
.....  
Apple Crumble and Custard / Ice Cream

THURSDAY

Breaded Chicken Fillet  
Couscous/Pasta  
Bean Chilli or Veg of the day  
.....  
Fruit and Yoghurt

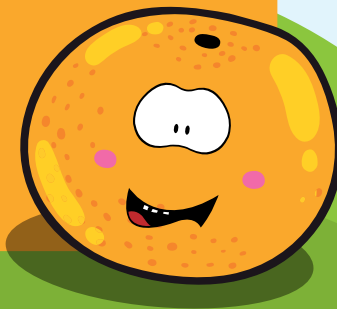
FRIDAY

Pizza  
Variety of Pasta Salad  
Salad  
.....  
Surprise dessert

We cook all our meals from scratch using high quality local ingredients and as much seasonal produce as possible.

Our meals are nutritionally balanced and packed full of healthy stuff to satisfy the needs of growing children helping them to learn well and concentrate in the afternoons.

We have enough variety on the menu to ensure that even the fussiest children will get a perfectly balanced meal whilst also introducing new tastes and textures to the more adventurous!



## SALAD BAR

Available everyday and will include a variety of items such as lettuce, batons of carrots, cucumber, pepper and tomatoes, grated cheese, tuna and ham.



## YOGHURT & FRUIT

Locally produced yoghurts and fresh fruit are available every day

We plan the menu so meat eaters and vegetarians eat similar food each day, rather than offering two completely different types of meal. If you know your child will not want the options on the menu, jacket potatoes and baguettes can be ordered as an alternative main meal served with items from the salad bar.