

Week 1: Apr 16th, May 7th, June 4th, June 25th, July 16th, Sept 10th, Oct 1st

The Ship's Galley Summer Menu 2018

Monday	Tuesday	Wednesday	Thursday	Friday
chicken stir fry & noodles or vegetarian stir fry & noodles or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & fruit crumble with custard *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	pasta bolognese or vegetarian pasta or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & ice cream with fresh fruit slices *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	roast chicken or veggie roast with roast potatoes, seasonal garden vegetables, yorkshire pudding and gravy or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & jelly with fresh fruit salad *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	ham and pineapple pizza, potato wedges or cheese and tomato pizza, potato wedges or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & steamed apple cake and custard *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	mackerel & chips with peas or cheese and tomato quiche or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & shortbread *available daily:* yogurt, fresh fruit salad, fresh fruit , bread

Week 2: Apr 23rd, May 14th, June 11th, July 2nd, July 23rd, Sept 17th, Oct 8th

Monday	Tuesday	Wednesday	Thursday	Friday
beef taco or bean taco or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & butter crunch biscuit *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	chicken pasta bake or cheesy topped tomato pasta bake or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & carrot cake *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	roast ham or veggie roast with roast potatoes, seasonal garden vegetables, yorkshire pudding and gravy or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & jelly ice cream *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	beef burger or veggie burger with creamy mash and gravy or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & banana cake and custard *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	fish fillet or veggie sausages with baked beans & chips or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & fruity flapjack *available daily:* yogurt, fresh fruit salad, fresh fruit , bread

Week 3: Apr 30th, May 21st, June 18th, July 9th, Sept 3rd, Sept 24th, Oct 15th

Monday	Tuesday	Wednesday	Thursday	Friday
brunch special (sausage or veggie sausage, baked potato wedges, baked tomato and baked beans) or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & chocolate oat cookie *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	savoury quiche or veggie quiche with ham or egg salad and crunchy coleslaw or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & ice cream melon boats *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	roast pork or veggie roast with roast potatoes, seasonal garden vegetables, yorkshire pudding and gravy or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & peach crumble with custard *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	chicken curry and (50/50 wholegrain/white) rice or veggie curry and (50/50 wholegrain/white) rice or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & fruity cereal bar *available daily:* yogurt, fresh fruit salad, fresh fruit , bread	cod fish fingers or veggie <i>fish</i> cakes or jacket potato with tuna, cheese & baked beans * fresh seasonal vegetables/fresh salad bar & fruit and toffee crispy *available daily:* yogurt, fresh fruit salad, fresh fruit , bread

Children have the choice of water or semi skimmed milk to drink with each meal

Eat Well Live Well

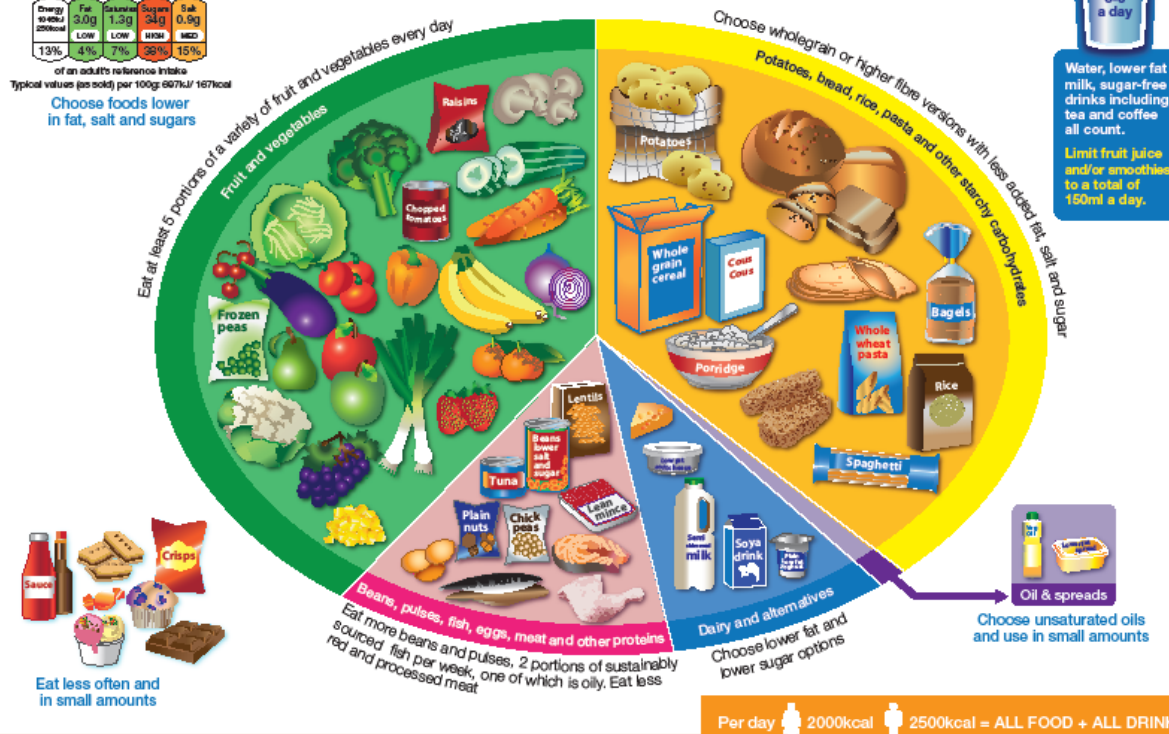
In light of the Government's Childhood Obesity Plan, nutrition and healthy eating continues to be at the heart of everything we do. Our Eat Well Live Well Strategy outlines our commitments to supporting pupils to gain healthy eating habits for life including;

- ⇒ Providing nutritionally balanced menus that pupils will enjoy
- ⇒ Using nutritionally preferable ingredients which are lower in fat, saturated fat, sugar and salt
- ⇒ Ensuring our homemade desserts contain a restricted amount of sugar and are in line with portion size guidance
- ⇒ Supporting pupils to gain key life skills through educational cookery and nutrition workshops
- ⇒ Educating pupils about food, seasonality and health with educational posters in the dining hall

Eatwell Guide



Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



FREE SCHOOL MEALS

All Reception, Year 1 and Year 2 pupils can enjoy a school meal without charge every day irrespective of income. However please, do still register if you are entitled to Free School Meals—this is very important for school funding!

FREE SCHOOL MEALS—LOW INCOME

To check free school meal entitlement visit www.cornwall.gov.uk/schoolmeals or contact your school office.

A MESSAGE FROM OUR KITCHEN

Our menu is full of tasty, healthy, good quality meals produced from scratch by our in-house catering team led by Mrs Trestain. They are all passionate about giving your children the best start in life and understand that the food we provide can do this. Meals are nutritionally balanced and will help your children with their learning and concentration. We also hope to encourage your children to try a wide range of different foods.

ALLERGIES AND INTOLERANCES

Mrs Trestain works with parents to ensure that all pupils with allergies and intolerances can enjoy safe and suitable school meals with their friends. If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact the school.