

# Food for thought

## Celebrating Organic September

The children celebrated Organic September this month by participating in a taste the difference challenge. Many children tried the vegetables and enjoyed the flavours of our organic tomatoes. Go to our facebook page to see a video that proves that children really can taste the difference!



Dates for the diary

Organic September  
Lunchtime taste the difference challenge

Price Promotion  
£1.50 price promotion ends 30<sup>th</sup> September

National School Meals Week (31<sup>st</sup> Oct-4<sup>th</sup> Nov)

Look out for our top tips on family meals videos ...

## TOP NEW MEALS ON THE MENU

**Baileys Autumn Menu Planner**

Research indicates that children that eat a healthy lunch...  
 ✓ Have better concentration at school  
 ✓ Are more likely to achieve higher academically  
 ✓ Are happier and healthier

How do Baileys ensure a healthy lunch?  
 ✓ Comply with the national school food standards  
 ✓ Use local, seasonal and often organic ingredients  
 ✓ Use wholemeal bread and pasta for sustained energy in afternoon lessons  
 ✓ Grow our own fresh fruit and vegetables in our local poly tunnels  
 ✓ Offer a wide variety of foods

**Week 1 (Start Day: September 20<sup>th</sup>)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burgers with Creamy Mash Potatoes Or Dorset Burgers with Creamy Mash Potatoes	Tomato & Herb Pork Bolognaise with Spagetti Or Veggie Mince in a Tomato & Herb Sauce with Spaghetti	Chicken Boast Dinner with Staled Potato Bake Or Queen Fillet Boast Dinner	Sausage & Bean Casserole Or Pork Sausages Or Veggie Casserole (Veggie Sausages)	Salmon & Sweet Potato Cakes with Noodles Or Veggie Noodle Stir Fry
Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day
Desserts: Cheese & Fruit Or Yoghurts	Desserts: Pineapple Spagetti-Bean Cake Or Fruit Or Yoghurts	Desserts: Peach Sponge Cake Or Fruit Or Yoghurts	Desserts: Cranberry & Apple Flappacks Or Fruit Or Yoghurts	Desserts: Melon/ Pineapple Or Yoghurts

**Week 2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Burrito Bake in a Tomato Sauce Or Veggie Chilly with Boiled Rice	Turkey Burger Roll and Salsa Rice Or Veggie Burger Roll and Salsa Rice	Ham Boast Dinner with Creamy Mash Or Queen Fillet Dinner with Creamy Mash	Savory Lamb with Creamed Mash Potatoes Or Savory Quorn with Creamed Mash Potatoes	Roasted Meat Fish Fillet with Boiled Rice Or Veggie Fingers with Boiled Rice
Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day	Jacket Potato with a choice of fillings every day
Desserts: Fruit Or Yoghurts	Desserts: Fruity Shortbread Or Fruit Or Yoghurts	Desserts: Ginger Out Cakes Or Fruit Or Yoghurts	Desserts: Blueberry Cake Or Fruit Or Yoghurts	Desserts: Melon/ Pineapple Or Yoghurts

visit our Facebook page for images of our school meals

AVAILABLE EVERY WEDNESDAY  
 VARIED SNACK BOXES  
 CHOOSE OF SEASONAL VEGETABLES  
 FRUIT OR CREAMY YOGHURT

Key: Organic, MSC, Wholemeal, Vegetarian, Seasonal, Gluten Free, Free Range

Please go to [www.baileys.org.uk](http://www.baileys.org.uk) to book school meals for UPDWTM and paid meals

Our 3 most popular new meals in September have been...

- Lamb koftas
- Sausage and bean casserole
- Veggie burrito

Please find photos of our new meals and let us know what your child's favourite school meal is on our facebook page.



## The Y1 children from Mount Carmel learn what it means to be a farmer, chef or nutritionist at Baileys Catering



### Quick and easy pulled pork..



**Preparation time**  
15 mins

**Cooking time**  
7hrs

#### Ingredients

Pork leg or shoulder joint  
1 chopped onion  
Vegetable stock  
Favourite BBQ sauce/marinade

Coleslaw – mix the following ingredients  
Shredded white/red cabbage  
Grated carrot  
Low fat mayonnaise

#### Method

1. Slice onion and lay on the base of the slow cooker pot.
2. Place the pork shoulder joint on top and pour the vegetable stock over the top
3. Slow cook for 6-8hrs.
4. Flake the pork with a fork and mix with your favourite BBQ sauce.
5. Serve with wholemeal wraps and salad/corn

