

What's for my lunch this year

City Catering: September 2022 – July 2023



City Catering are supporting the Leicester Food Plan 2021-2026 and aim to make Leicester a 'healthy and sustainable food city'. To support their vision City Catering places your child at the heart of what we serve.

We are constantly reviewing our menus to make sure we are serving what children actually like to eat – with our own healthy spin!










Our meals are fresh, healthy, nutritionally balanced and meet the Government's Food Based Standards which are checked by our NHS Dietitian.













Leicester's
**FOOD
PLAN**















TRADITIONAL





TRADITIONAL MENU September 2022-July 2023

TIMETABLE 5 September 2022 26 September 2022 24 October 2022 14 November 2022 5 December 2022 9 January 2023 30 January 2023 27 February 2023 20 March 2023 24 April 2023 15 May 2023 12 June 2023 3 July 2023	WEEK ONE	MONDAY Love Our Planet Day	TUESDAY European Flavours	WEDNESDAY Traditional Roast	THURSDAY Around the World Day	FRIDAY Fish Friday
	Option 1	Meat Free Bolognese  Jacket Potato Halves	Lasagne with Loaded Vegetables  Malted Baguette	Mediterranean Quorn Pie  New Potatoes	Carbon Busting Sausages  Creamed Potatoes	Plant Glory Fingers Chips
	Option 2	Plant Power Enchiladas  Jacket Potato Halves	Traditional Meat Lasagne Garlic Bread	Roast Chicken with Gravy Stuffing and New Potatoes	Pork Sausages Creamed Potatoes	Fish Friday Chips
	Dessert	Fluffy Fruit Pot   	Chocolate and Beetroot Brownie	Apple and Pear Crumble with Custard 	Chocolate Tart	Yum Yum Biscuit or Ice Cream

TIMETABLE 12 September 2022 3 October 2022 31 October 2022 21 November 2022 12 December 2022 16 January 2023 6 February 2023 6 March 2023 27 March 2023 1 May 2023 22nd May 2023 19 June 2023 10 July 2023	WEEK TWO	MONDAY Love Our Planet Day	TUESDAY European Flavours	WEDNESDAY Traditional Roast	THURSDAY Around the World Day	FRIDAY Fish Friday
	Option 1	Mixed Bean Chilli  Brown & White Rice 	Plant Meat Balls in Tomato and Herb Sauce with Pasta 	Planet Friendly Puff   Roast Potatoes	Moroccan Rainbow Tagine with Coleslaw   Traffic Light Cous Cous	Quorn Dippers  Chips
	Option 2	Macaroni Cheese Sauté Potato	Pork Meat Balls in Tomato Herb Sauce with Rice	Roast Turkey with Stuffing with Gravy and Roast Potatoes	Grilled Piri Piri Chicken with Coleslaw  Vegetable Rice	Fish Friday Chips
	Dessert	Chocolate Haystack	Iced Peach Sponge 	Strawberry Mousse	Apple Crumble and Custard 	Melting Moments  or Ice Cream

TIMETABLE 19 September 2022 10 October 2022 7 November 2022 28 November 2022 2 January 2023 23 January 2023 13 February 2023 13 March 2023 17 April 2023 8 May 2023 5 June 2023 26 June 2023	WEEK THREE	MONDAY Love Our Planet Day	TUESDAY European Flavours	WEDNESDAY Traditional Roast	THURSDAY Around the World Day	FRIDAY Fish Friday
	Option 1	Raviolini Ratatouille with Tomato and Vegetable Sauce   Baguette	Seasonal Vegetable Bake  Jacket Potato	Quorn Roast with Gravy  Parmentier Potatoes	Yummy Vegetable Pizza with Coleslaw Potato Wedges	Quorn Dippers  Chips
	Option 2	Tomato And Herb Pasta with Plant Power Ball   Malted Baguette	Cheese Flan Jacket Potato	Roast Pork with Gravy and Apple Sauce Parmentier Potatoes	Flattened Chicken Burger with Coleslaw  Burger Roll	Fish Friday Chips
	Dessert	Shortbread Biscuit 	Jelly with Fruits 	Flapjack	Chocolate Banana Pot  	Lemon Drizzle Cake or Ice Cream

***KEY:**

-  **Vegan**
-  **Plant Power**
-  **Contains 50% Fruit**
-  **New dish**

Disclaimer

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.

For children to have healthier meals at school, over the last few years we have reduced the sugar in our puddings by 20%

Choosing a meal from this menu for your child every day will provide 2-3 portions of their five a day. Seasonal vegetables served daily

For all allergens please ask a member of catering staff

SERVED DAILY
Seasonal vegetables.
Jacket Potato & Packed Lunch Sandwich Fillings are available in most schools, please check what the local arrangements are in your school.

- Variety of organic food available daily i.e. pasta, vegetable and milk
- New dishes offering more variety and dishes from around the world
- No genetically modified ingredients, undesirable additives or artificial trans fats
- Dishes have been locally tailored to meet the cultural and community needs of Leicester
- Menus are seasonal and locally grown produce where possible
- We offer more vegetarian and vegan options
- Less processed meat
- Farm assured & red tractor meat
- Fish is approved by the Marine Conservation Society
- More than 75% of our dishes are kitchen prepared
- Locally sourced free-range eggs
- Awarded Food for life - our meals are healthy nutritious and fun



Pupil Premium

If you are eligible for free school meals its important to register as your school will receive extra funding.

Want to join our team?

City Catering doesn't just provide meals! We are always looking for enthusiastic and talented people to join our team. We have many opportunities available – for more information go to vacancies website. leicester.gov.uk/jobs



leicester.gov.uk/schoolmeals

