

# Kick off with a summer of sports!

The Olympics are an opportunity to ignite a child's passion for sports. Sport helps children develop strong muscles, improve their cardiovascular fitness, and contributes to their cognitive, emotional and social development.

When we are physically active our bodies use more energy and the key to performing at our best is ensuring we have a healthy balanced diet which a school meal provides. All our meals are created either at the school or using another local school kitchen. Our catering team may also provide either a pasta bowl, a selection of freshly made sandwiches or jacket potatoes with various fillings, including salmon mayo.



## Win a prize

Try one of our Food Explorers recipes from our website, remember to share your photos for a chance to win a family cookbook

[catering@derbyshire.gov.uk](mailto:catering@derbyshire.gov.uk)



SCAN ME

## GREAT NEW THEME DAYS

For more information and our full selection of theme days visit our website [schoolmeals.derbyshire.gov.uk](http://schoolmeals.derbyshire.gov.uk)



## FREE SCHOOL MEALS

Parents and guardians are now able to check their eligibility and apply for free school meals instantly using a parent portal on the Derbyshire County Council website.

Please visit [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk) and search Free School Meals

### Comments/Customer Feedback

We welcome all enquiries and feedback on our service. If you would like to contact us we can be reached in a number of ways:

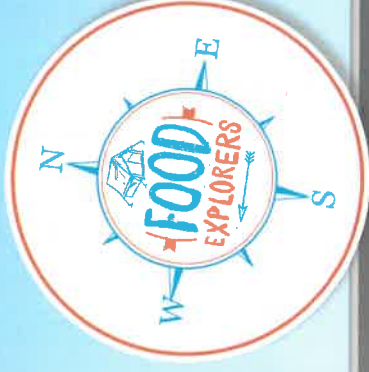
Email: [catering@derbyshire.gov.uk](mailto:catering@derbyshire.gov.uk)

Post: Derbyshire Catering Service, County Hall, Matlock, Derbyshire DE4 3AG

Visit our website to find out our latest good news stories. [schoolmeals.derbyshire.gov.uk](http://schoolmeals.derbyshire.gov.uk)



# JOIN US FOR A SUMMER OF SPORTS



All Reception, Year 1 and Year 2 pupils are entitled to FREE meals



Visit our brand new school meals website



SCAN ME





# Discover our spring & summer menu

Seasonal vegetables or salad served with every meal

**Week 1** W/C: 15.04.24 / 06.05.24 / 03.06.24 / 24.06.24 / \*15.07.24 / \*09.09.24 / \*30.09.24 / 21.10.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mild British beef chilli</p> <p>Quorn dippers with homemade sauce</p> <p>served on a bed of rice</p> <p>Cook's choice of cookie</p>	<p>Homemade Hawaiian pizza slice</p> <p>"No Nut" Pesto pasta bake</p> <p>served with pasta, sweetcorn and peas</p> <p>Jelly with fruit</p>	<p>British sausages with a Yorkshire pudding &amp; gravy</p> <p>Veggie sausages with Yorkshire pudding &amp; gravy</p> <p>served with creamy mashed potatoes &amp; vegetables</p> <p>Iced finger</p>	<p>Southern style Quorn in a wrap</p> <p>Creamy tomato lasagne</p> <p>served with roasted garlic potatoes and fresh vegetable batons</p> <p>Sticky chocolate sponge</p>	<p>Fishy Friday</p> <p>Veggie fingers</p> <p>served with chips &amp; baked beans</p> <p>Caramel slice</p>

**Week 2** W/C: 22.04.24 / \*13.05.24 / 10.06.24 / 01.07.24 / 22.07.24 / 16.09.24 / 07.10.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>British chicken with a korma or tikka sauce</p> <p>Veggie balls in a curry sauce</p> <p>served on a bed of rice with a homemade flatbread</p> <p>Cook's choice of cookie</p>	<p>Big British breakfast including sausage &amp; bacon</p> <p>Veggie breakfast</p> <p>served with hash browns, tomatoes &amp; baked beans</p> <p>Chocolate cracknel with a side portion of fruit</p>	<p>Roast chicken with stuffing &amp; gravy</p> <p>Cauliflower &amp; leek bake with a crispy cheese topping</p> <p>served with creamy mashed potatoes &amp; vegetables</p> <p>Carrot cake muffin</p>	<p>Margherita pizza slice</p> <p>Veggie bolognese</p> <p>served with tomato pasta &amp; fresh vegetable batons</p> <p>Chocolate mousse</p>	<p>Fishy Friday</p> <p>Cheese &amp; tomato swirl</p> <p>served with chips &amp; garden peas</p> <p>Fruit crumble with ice cream</p>

**Week 3** W/C: 29.04.24 / 20.05.24 / \*17.06.24 / 08.07.24 / 02.09.24 / 23.09.24 / 14.10.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rainbow pizza slice with peppers and sweetcorn</p> <p>Cheese &amp; bean enchilada</p> <p>served with tomato pasta &amp; vegetables</p> <p>Shortbread slice</p>	<p>Organic beef burger in a bun</p> <p>Vegan burger in a bun</p> <p>served with baby potatoes &amp; baked beans</p> <p>Lemon cake</p>	<p>Roast gammon with apple sauce &amp; gravy</p> <p>Roasted Quorn fillet &amp; gravy</p> <p>served with creamy mashed potatoes &amp; vegetables</p> <p>Chocolate crunch with a side portion of fruit</p>	<p>British chicken puff pastry pie</p> <p>Vegan sausage roll</p> <p>served with potatoes &amp; vegetables</p> <p>Berry muffin</p>	<p>Fishy Friday</p> <p>Macaroni cheese</p> <p>served with chips &amp; garden peas</p> <p>Peaches &amp; ice cream</p>

All desserts are suitable for vegetarians

All schools have the option of either a pasta pot, filled jacket potato or sandwich, please speak to your school for their selection

For more information regarding our medical diets please visit our website [www.schoolmeals.derbyshire.gov.uk](http://www.schoolmeals.derbyshire.gov.uk)

Yoghurt & fresh fruit available daily



\* Theme Day weeks

We endeavour to serve food as specified on our menu; however, there may be some circumstances when this isn't possible



Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)

