



A* Food for Schools

Your guide to creating
an inspiring Primary and
Secondary School Menu



The School Food Plan and how it applies to you

The School Food Plan is exactly that – an agreed plan that has the support of government and many organisations, with the overall aim of improving food culture and meal uptake in schools.

There are many studies showing the impact of diet on learning and concentration in schools, but providing a wholesome lunch is only half of the solution. The School Food Plan contains actions which also aim to equip today's children with the skills they need to maintain a healthy lifestyle as they get older.



Practical Guidance

The standards are accompanied by a handy "Practical Guidance" document that provides caterers with a framework on which to build menus. It also provides top tips, recommended portion sizes and advice for preparing varied and tasty menus.

The guidance is designed to make it easier for school cooks and chefs to create imaginative, flexible and nutritious menus, without the need for complex nutritional analysis. Our menu cycles and recipes throughout this brochure have been developed in line with this guidance.

Who the Standards Apply To

The food-based standards apply to all schools in England, with the exception of private schools, further education colleges or academies set up between 2010 and 2014.

Food-Based Standards For School Food

All food and drink provided by local authorities or school governing bodies to pupils on and off school premises must comply with these standards. This includes during an extended school day (up to 6pm) and school trips, excluding residential trips.



Food-Based Standards for Food Services other than Lunch

Serving healthy snacks and drinks is just as important as a healthy lunch. That's why these standards apply to all food provision up to 6pm. They include:

- Breakfast
- Mid-morning snack
- Vending
- Tuck shops
- After school snacks

They do not apply to:

- Parties or celebrations marking religious or cultural occasions
- Fundraising events
- Rewards and prizes
- Foods used for teaching e.g. in cookery classes
- Food bought on an occasional basis by parents or pupils

Guidelines for Academies

Academies set up from 2010 – 2014 are not required to comply with the government

standards for schools and are free to promote healthy eating and good nutrition as they see fit. Academies and free schools founded between those dates are being encouraged to sign up voluntarily to the new standards, which they can do at www.schoolfoodplan.com/school-food-standards.

Academies set up prior to September 2010 however are expected to comply with the terms and conditions written into their funding agreements that all food and drink provided must comply with the government standards for schools.

Free School Meals

Universal Infant Free School Meals

All children in reception, year 1 and year 2 in state-funded schools in England and p1 - p3 in Scotland are eligible for free school meals. This includes pupils in maintained infant and primary schools, free schools, academies, schools for pupils with special educational needs and pupil referral units.

Means Tested Free School Meals

Free school meals continue to be available to pupils (including primary, secondary and colleges) from lower income families and who are registered to receive one.

It's important to encourage parents who are entitled to free school meals to apply

for them, and to ensure your school receives the funding available.

For information about the free school meal provision for older pupils visit the Department for Education website.

The Challenges

Serving up tasty, nutritious food within tight budgets, whilst keeping pupils and parents happy, encouraging healthier diets and dealing with lunch time queues can be a real battle, but there are some ideas that could help.

1 Prioritising nutrition while managing costs

Kitchen efficiency, careful menu planning and portion control can help your food offer be more commercially efficient, but it can still be difficult to encourage pupils to eat fruit and vegetables.

Teaming vegetables, fruit and salad with favourite foods and flavours can make them more appealing, for example: our recipe for a Piri Piri chicken wrap is a popular choice in secondary schools that can hold 80g of salad.

2 Time and Space

Lunch time activities and short serving times make it more difficult to serve traditional hot meals, particularly in secondary schools. In recent surveys, post-primary pupils rated shorter queues as the top factor which would encourage them to eat school meals.*

*Source: Northern Ireland Audit Office, Nutrition through healthy school meals (March 2011)

Hints & Tips

Nutritious grab and go solutions can be recreated with real flair and flavour.

- Sandwiches with more exciting fillings served in a variety of different breads can be a tempting option
- Snack pots of noodles, pasta and rice with flavour combinations that are in keeping with high street food trends can help to attract pupils

Ease queues by introducing a separate display area and pay point for grab and go or by serving them at break time.

A separate modular unit away from your main serving area for some food items like snacks and sandwiches will reduce queues.

4 Parents Concerns over Packed Lunches

With parents' opinions of school food influenced by their own experiences, changing the perception of school food is a key challenge for many schools.

Many parents aren't aware of what's on the menu, and feel that a packed lunch will be more nutritious and give them more control over what their child is eating.

By giving parents information about school meals when their child starts, you can get them on board from the start.

Hints & Tips

- Your pupils' taste buds are ever changing and being influenced by the high street. Popular flavours like Piri Piri chicken and Reggae Reggae can be worked into dishes like noodles, rice and pasta
- Featuring less healthy options such as burgers and chips on menus, on random rather than planned days, prevents older students from planning to hit the high street.

Some cashless payment systems allow parents to view what their child has bought. Giving them this transparency can add value to school meals for them.



Portions & Cost

Universal Infant Free School Meals

Clever menu planning and portion control can help to ensure you have a commercially efficient menu that includes the right nutrients and food groups in line with the standards, without unnecessary cost and wastage.

- Try marking out portions prior to service
- Have to hand the right serving utensils to help avoid over-portioning.
- Make sure all staff are trained and fully understand the recommended portion sizes for different ages.

Reducing Wastage & Cost

- Recording your wastage is a great way to help you understand which are the most and least popular dishes so that you can avoid over- and under-production. You can then track improvements in managing your waste over time.
- Why not raise awareness amongst pupils of the environmental impact of food waste and challenge them to help reduce it?
- Try using seasonal vegetables and fruit to keep costs down where possible.
- We've included some great recipe ideas that can be used to create more than one menu option so that you can order and store fewer items and cut inventory costs.

Recommended Portions

Primary		Secondary
50-70g	Bread	80-100g
120-170g	Potatoes <i>Mashed or Boiled</i>	200-25g
200-280g	Jacket Potatoes	340-410g
70-100g	Potatoes <i>Cooked in Fat or Oil</i>	120-150g
45-65g	Pasta & Noodles	65-80g
35-55g	Rice	55-65g
40-60g	Vegetables & Salad <i>Raw & Cooked</i>	80g
40-60g	Pulses Cooked	80g
50-70g	Baked Beans <i>In Tomato Sauce</i>	90-100g
50-70g	Red Meat or Poultry <i>Within a Dish</i>	75-90g
50-80g	Breaded & Battered Fish	85-95g
50-75g <i>1 sausage</i>	Sausages	75-90g <i>2 sausages</i>
80-120g	Yoghurt	120-150
20-30g	Cheese	30-40g
150ml	Fruit or Vegetables Juice	150ml

The Message

Simple and effective communication can really increase your uptake. It's all about getting your message across to pupils and parents about how good school food is, and a little effort can really go a long way.

1 Communicating Food Quality to Parents

Many parents have unpleasant memories of school meals in their youth so communicating positive initiatives and getting the message across about the healthy choices available on your menu can really help to increase uptake.

- You could use letters, flyers or your school's website to get your messages out to parents about new dishes, Red Tractor ingredients or vegetables and fruits available.
- Many schools are now using digital methods, such as social media and emails, as a quick way to share information or promote the daily menu with the benefit of being instant – not to mention saving on printing costs!
- There's nothing like first-hand experience! Invite parents of new starters to try some of your school lunch dishes at open days and parent's evenings.

2 Getting your pupils involved

If you're thinking of reinvigorating your menu, why not hold a tasting session or gather opinions from pupils using a questionnaire? Involving pupils in the menu development

process and allowing them to have their say will show them that their opinion counts and encourage them to eat the food on offer. There are several free online survey tools you could use and entry into a prize draw could tempt them to take part. Tastings could even be incorporated into lesson plans as part of the National Curriculum.

3 Naming your Dishes

Some pupils might be put off choosing a dish if vegetables are mentioned in the title. Giving dishes appealing names can help tempt them to try dishes they would not normally try.

For example we've named one of our noodle pots "Reggae Reggae Chicken" but it contains almost two portions of vegetables per serving. In primary schools, fun names like 'Traffic Light' peppers can make vegetables more tempting.

4 Meal Deals

It can be a real challenge to persuade students to eat more portions of fruit and vegetables. In secondary schools, why not use meal deals – for example try offering a free hot chocolate or flapjack when pupils buy a sandwich and salad pot at lunch time, or vegetable sticks to tempt them into purchasing two portions?

Lunch time is an important social occasion for pupils, so you could give them the opportunity to share items like pizzas and baguettes by offering deals and promoting the sharing element.

Sharing is a key high street menu trend so older students in particular will be used to having this option when eating out with their friends.

5 Theme Days

Holding theme days at your school can be a great way to raise awareness and interest in school meals, and encourages pupils to try something new. It's also a great way to drive a whole-school approach and inspire a school food culture that links with learning in the classroom.



Menu Must Haves

Gluten-Free

The launch of Universal Infant Free School Meals in England and Scotland means that all children aged between 4-7 years old, including those with specific dietary needs are entitled, by law, to a free school meal.

Whether their requirement is for health, religious beliefs or personal choice of the pupil or their family, the school must be able to provide an option for all children in this age bracket. Whilst availability of dishes suitable for vegetarians or specific religious diets has become the norm, catering for gluten free diets is still a challenging area for many caterers.

The need for gluten free however is on the rise, with around 10% of households affected by coeliac disease and a further 8% of the population avoiding gluten as part of a healthy lifestyle choice*. This means there's an increasing need to cater for those following a gluten free diet.

We've highlighted some of the most common sources of gluten, and highlighted where we have gluten free alternatives available in our range. Please see our brochure for full details.

Don't forget - ensure your facilities and food prep areas are either cleaned down properly or dedicated to the production of such foods to eliminate any risk of cross contamination!

*Source: Mintel, July 2014
We would advise that schools find out the specific needs of the children with intolerances, allergies and other dietary requirements and to agree a course of action with their parents.

A RECENT REPORT ON SCHOOL MEALS REVEAL A NEED FOR MORE MARKETING* ...

*Source: The LACA/ParentPay Market Research Report on School Meals and Daily Life Issues (2012)

81%

of Parents want information from a website



46%

would like a regular paper newsletter from the school

81%

would like a electronic newsletter from the school

22%

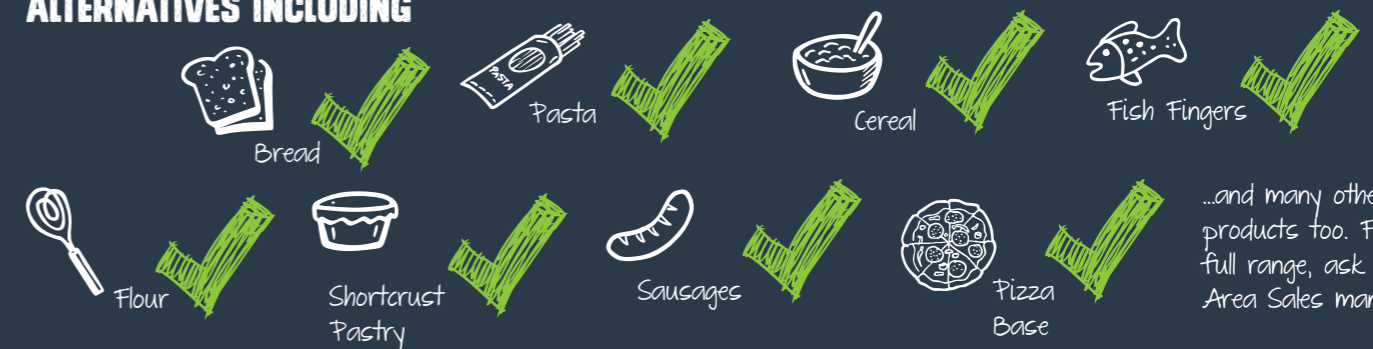
would like daily news updates via social media



77%

would prefer emails from the school

WE CAN OFFER GLUTEN FREE ALTERNATIVES INCLUDING



...and many other products too. For the full range, ask your Area Sales manager

Healthier Choices

Around 60% of parents claim they'd like to see healthier options on school menus with 84% saying they think it's important that school meals help children achieve their 'five-a-day'.** It's not just parents looking for more healthy options, with many pupils increasingly looking for healthy food and drink items at lunch time. For the majority that still go for favourites like burgers, pizza, cakes and muffins, a good strategy is to serve fruit and vegetables in an appealing or hidden way within these favourite dishes.

**Source: YouGov Sixthsense Schools and Academies Catering 2014

Global Flavours

The eating out market has seen big changes over the past decade with exciting new brands appearing on the high street.

Flavours from all over the world are featuring more frequently in our everyday diets, impacting the way families eat and changing children's expectations of school dinners.

Street Food

Street Food is a trend which is growing ever popular in the UK, and continues to increase consumers' interest in authentic and adventurous flavours*.

With nearly half of children regularly eating world cuisine**, flavours from around the globe are now influencing school menus. So to help you meet this hot trend and give your students more on-the-go options, we've developed some really versatile recipes that work well in rice, pasta and noodle pots,

or on jackets, pizzas, wraps, and sandwiches. The most popular Street Food cuisines are:

1. Mexican
2. Chinese
3. Thai
4. Indian
5. British

Wholesome Wholegrain

The School Food Standards state that one or more wholegrain varieties of starchy food should be served each week. To make it easier for you to meet this standard, we've listed a variety of wholemeal and wholegrain products in our range to go with these recipes.

* Source: Santa Maria Street Food Report, 2013

** Source: YouGov Children's Eating Habits, 2011



Red Tractor

If you're not already buying or promoting British ingredients, we have a wide range of British products and ingredients to make it easy for you to offer British produce on your menu.

Why Buy Red Tractor?

- It ensures the food you buy is traceable, safe to eat and has been produced responsibly – from farm to fork!
- Food and drink bearing the Red Tractor logo has been produced to some of the best standards in the world.
- The Union Jack in the logo shows the food has been farmed, processed and packed in the UK.
- It covers an extensive range of products, including meat and poultry, dairy products, breakfast cereals, fruit and vegetables.
- Red Tractor can help you towards achieving a Food for Life Catering Mark.

Popular Red Tractor items that are ideal for schools:

- Wholemeal Flour | FSRW
- Wholemeal Hoagies | PBAFLE001
- Wholemeal Sandwich Bread | PBAJAC002
- Rectangle Wholemeal Pizza Base | PCRCAN010



How Chicken Are You?

Chicken remains one of the most frequently consumed main courses in the UK. With the recent flurry of chicken-led restaurants appearing on the high street, and KFC and Nandos being named in the top 5 favourite food outlets for 8-16 year olds*, 'chickenisation' is well-established as one of the hottest menu trends**.

Its appeal across seasonal, ethnic and cultural divides, as well as versatility and adaptability to a variety of cuisines makes it a menu must-have for schools.

With several different cuts available, it can be hard to know what part of the chicken is best value and most suitable for your recipes.

So here's a useful guide that outlines the various cuts we have available within our fresh and frozen meat range and highlights some handy cooking ideas for each.

- **Chicken Breast Fillet** – an extremely versatile, succulent, juicy and lean cut. You could add a range of seasonings, sauces or breadcrumbs to add an extra dimension and explore many different flavours.

- **Diced Chicken Breast** - significantly cuts down your prep time – ideal for a busy kitchen! Perfect for curries, pies and stir fries.

- **Chicken Drumsticks** are lower in cost and high in flavour which makes them perfect for roasting, covering with a sticky barbecue glaze or breadcrumbs for a 'Southern fried' effect.

- **Chicken Thighs** – thighs work hard, which means darker, tougher meat than the breast resulting in longer cooking time when compared other parts of the chicken. They become deliciously moist when slow cooked and absorbing the range of flavours they're soaked in. A cheaper cut, thigh meat is perfect in casseroles, curries or pies.

*Source: YouGov Sixthsense Schools and Academies Catering 2014

**Source: Allegra Foodservice, Menu and Food Trends 2014



Street Food Recipes Easy recipes that make ingredients work harder

Reggae Reggae Chicken

serves 20

Ingredients	Primary	Secondary
Sliced Chicken	1.5kg	1.8kg
Reggae Reggae Sauce	1.4ltr	2ltr
Carrots	300g	400g
Mixed Peppers	300g	400g
Mushrooms	300g	400g
Onions, diced	300g	400g

1. Sweat vegetables until soft in water or oil
2. Add chicken and sauce to pan and cook
3. Add veg (*drained*) to the sauce and cook through
4. Serve with noodles, rice or in a wrap

Carrot Cake

serves 12

Ingredients	
Carrots	110g
Dark Brown Soft Sugar	135g
Self Raising Flour	135g
Medium Eggs	2
Vegetable Oil	110ml
Desiccated Coconut	35g
Ground Cinnamon	2tsp

1. Pre-heat an oven to 160°C (*gas mark 3*)
2. Peel and grate the carrot
3. Then place all the ingredients into a bowl and mix well
4. Grease and flour a tin then place mixture into the tin and bake cake for 20 minutes
5. Serve with butter icing

Hoisin Beef

serves 20

Ingredients	Primary	Secondary
Thinly Sliced Beef	1.5kg	1.8kg
Onions	500g	800g
Mixed Peppers	500g	800g
Hoisin Sauce	400ml	600ml
Vegetable Oil	50ml	50ml

1. Fry beef strips until sealed
2. Add onions and peppers and fry for a further 10 minutes
3. Stir in the Hoisin sauce and heat for five mins
4. Serve with noodles, rice or in a wrap

Cocoa Beetroot Brownie

serves 12

Ingredients	
Light Sunflower Spread	150g
Granulated Sugar	275g
Medium Eggs	3
Reduced Fat Cocoa Powder	75g
Plain Flour	75g
Cooked Beetroot	75g

1. Pre-heat an oven to 160°C (*gas mark 3*)
2. Melt the butter and sugar on the stove then fold through the eggs and continue to stir
3. Add the cocoa powder and plain flour and fold
4. Finely grate the beetroot and fold through
5. Place in a baking tin and cook in the oven for 15 mins

Meatball Marinara

serves 20

Ingredients	Primary	Secondary
Meatballs	1.5kg	1.8kg
Bolognese Sauce	1.4ltr	2ltr
Celery	300g	400g
Mushrooms	300g	400g
Mixed Peppers	300g	400g
Onions, diced	300g	400g

1. Sweat veg in water or oil until softened
2. Add the meatballs and heat through
3. Add the sauce and cook through
4. Serve in pitta bread, wraps or with rice

Parsnip Coconut Flapjack

serves 12

Ingredients	
Parsnip	70g
Light Sunflower Spread	150g
Demerara Sugar	150g
Golden Syrup	150g
Porridge Oats	200g
Desiccated Coconut	40g

1. Peel and grate the parsnip and set to one side
2. Preheat the oven to 160°C (*gas mark 3*)
3. Melt the sunflower spread, sugar and syrup together then add the parsnip, coconut and stir
4. Then fold through the porridge oats and the pour into an oven proof tray
5. Bake for 20 minutes or until golden brown

Food for Life

Reconnecting people with where food comes from, how it's grown and cooked and the importance of using local and seasonal ingredients.

What is the Food for Life Catering Mark?

The Soil Association's Food for Life Catering Mark recognises caterers who serve healthy, tasty and nutritious food. It's a guarantee from the Soil Association that what's on your menu is:

- Freshly prepared
- Free from undesirable additives
- Better for animal welfare

The Catering Mark is open to anyone serving great food, and helps the public to recognise your achievements.

Achieving a Catering Mark

The Catering Mark encourages use of seasonal, local and organic food. There are three steps towards this: bronze, silver and gold. To gain bronze, for example, your menu would typically need to:

- include freshly prepared meals
- be free from undesirable additives
- use products that are better for animal welfare

The silver and gold awards recognise even higher standards of animal welfare, healthier menus and the use of local and organic ingredients. To join the scheme and become a pioneer of the fastest growing best practice food award in the UK, please visit: www.sacert.org/catering

Primary School

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Homemade Beef Lasagne	Turkey & Veg Pie <small>use 1/2 wholemeal flour pastry</small>	Chinese Pork	Roast Chicken & Stuffing	Breaded White Fish Fillet
Vegetarian	Bean Loaf Slice	Quorn Lasagne	Chick Pea & Lentil Korma	Quorn & Mushroom Stroganoff	Roasted Pepper, Tomato & Basil Tart
Starch Item	Garlic Bread	Mashed Potato	50/50 White & Wholegrain Rice	Roast Potatoes	Chips
Vegetable 1	Peas	Cabbage	Sweetcorn	Broccoli	Peas
Vegetable 2	Coleslaw	Sliced Green Bean	Sliced Corgette	Carrots	Baked Beans
Daily Option	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar
Dessert 1	Yoghurt & or Fresh Pineapple	Yoghurt & or Watermelon	Yoghurt & or Green Grape	Yoghurt & or Peaches	Yoghurt & or Oranges
Dessert 2	Lemon Sponge & Custard	Orange Flavoured Jelly with Mandarins	Apple & Rhubarb Crumble with Custard	Chocolate Flavour Mousse & Biscuit	Raspberry Ripple Ice Cream Roll

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken & Sweetcorn Pasta	Baked Pork Sausages with Onion Gravy	Turkey Tikka Curry	Roast Beef & Yorkshire Pudding	Homemade Salmon & Ketchup Fishcake
Vegetarian	Vegetable Frittata	Aubergine & Lentil Casserole	Bean & Vegetable Sweet & Sour	Veggie Sausage with Onion Gravy	Cheese Flan
Starch Item	Wholemeal Pitta	Mashed Potato	50/50 White & Wholegrain Rice	Roast Potatoes	Chips
Vegetable 1	Carrots	Sweetcorn	Cauliflower	Mashed Swede	Peas
Vegetable 2	Broccoli	Green Cabbage	Carrots	Green Beans	Baked Beans
Daily Option	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar
Dessert 1	Yoghurt & or Fresh Pineapple	Yoghurt & or Peaches	Yoghurt & or Green Grape	Yoghurt & or Honeydew Melon	Yoghurt & or Oranges
Dessert 2	Jam Sponge with Custard	Cocoa Beetroot Brownie	Peach and Cherry Crumble with Custard	Apple Pie with Custard	Parsnip and Coconut Flapjack

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Beef Bolognese with Wholemeal Pasta	Chicken Fajita	Margarita Pizza	Roast Loin of Pork with Apple Stuffing	Whitefish Fish Finger
Vegetarian	Aubergine and Lentil Casserole	Cherry Tomato and Pepper Quiche	Vegetable Chilli	Quorn Cottage Pie	Macaroni Cheese
Starch Item	Breadsticks	50/50 White and Wholegrain Rice	1/2 Jacket Potato	Simply Potato Roasts	Chips
Vegetable 1	Sweetcorn	Corn on the Cob	Baked Beans	Parsnips	Peas
Vegetable 2	Carrots	Peas	Coleslaw	Broccoli	Baked Beans
Daily Option	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar	Bread & Salad Bar
Dessert 1	Frozen Yoghurt & or Fresh Pineapple	Yoghurt & or Watermelon	Yoghurt & or Green Grape	Yoghurt & or Peaches	Yoghurt & or Oranges
Dessert 2	Cocoa Courgette Cake with Custard	Fruit Salad (100%)	Blueberry Pancakes with Ice Cream	Coconut Rice Pudding	Carrot Cake

Useful Things

Cooling & Reheating

- Cool as quickly as possible immediately after cooking and ensure the core temperature of the product reaches <8°C within 1.5 hours.
- Keep refrigerated at <8°C.
- Use within 24 hours
- When re-heating ensure the product reaches a minimum core temperature of 80°C for 2 minutes.
- Never re-heat more than once.

Profit Reckoner

Plated Cost	40%	50%	60%	70%	80%
£0.50	1.00	1.30	1.50	2.00	3.00
£1.00	2.00	2.40	3.00	4.00	6.00
£2.00	4.00	4.80	6.00	8.00	12.00
£3.00	6.00	7.20	9.00	12.00	18.00
£4.00	8.00	9.60	12.00	16.00	24.00
£5.00	10.00	12.00	15.00	20.00	30.00

Useful Conversion

Litres/Pints		Pints/Litres	
1 Litre = 1.8 pints	1 pint = 0.57 Ltr		
2 Litres = 0.44 gallons	1 gallon = 4.54 Ltr		
5 Litres = 1.1 gallons			
10 Litres = 2.2 gallons			
Imperial/Metric			
Ounces to Grams: multiply by 28.3500			
Grams to Ounces: multiply by 0.0352			
Pounds to Kilograms: multiply by 0.4536			
Kilograms to Pounds: multiply by 2.20462			
oz	g	lb	kg
1	28	1	0.45
2	57	2	0.91
4	113	4	1.81
8	227	8	3.63
16	454	16	7.26

Secondary School

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken and Broccoli Bake	Lamb and Rosemary Hot Pot	Roast Loin of Pork with Sage and Onion Stuffing	Chicken Tikka Masala	Crispy Breaded Pollock Fillet with Tartare Sauce
Main Course 2	Spicy Beef Burrito	Turkey Sausage and Bean Casserole	Salmon and Sweetcorn Pie	Teriyaki Pork with Egg Noodles	Cheese and Tomato Flatbread Pizza
Vegetarian	Vegetable and Bean Frittata	Quorn Shepherds Pie	Lentil and Chick Pea Casserole	Quorn Chilli Tacos	Roasted Vegetable Lasagne
Jacket Potato	Cheese and Beans	Tuna Mayonnaise	Garlic Mushrooms	Cheese and Beans	Beef Chilli
Starch Item	Cous Cous salad	Mashed Potato	Simply Potato Roasts	Wholegrain Rice	Chips
Vegetable	Sweetcorn and Carrots	Green Beans and Cauliflower Cheese	Carrots and Broccoli	Mixed Vegetables	Mushy Peas and Baked Beans
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Sandwiches	Spicy Pulled Pork Wrap	Jerk Chicken Flatbread	Pepper and Hummous Wrap	Cajun Hake Fillet Bap	Chicken Sub
Dessert 1	Cocoa Sponge and Custard	Blueberry Pancakes with Ice cream	Lemon Drizzle Cake	Apple and Cherry Crumble with Custard	Mixed Berry Smoothie
Dessert 2	Fresh Grapes and Yoghurt	Dried Apricots and Banana Yoghurt	Fresh Honeydew Melon and Yoghurt	Mixed Dried Fruit and Frozen Yoghurt	Fresh Pineapple and Yoghurt

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Homemade Beef Lasagne	Lamb Koftas with Mint Yoghurt Dip	Roast Beef and Yorkshire Pudding	Chinese Chicken and Vegetable Stir Fry	Crispy Fish Finger with Lemon Mayonnaise
Main Course 2	Chicken and Vegetable Pie	Chicken Korma	Salmon with Chilli Sauce	Sweet and Sour Pork	Gammon and Pineapple
Vegetarian	Vegetable and Bean Hot Pot	Sweet Potato and Butter Bean Curry	Cheese and Potato Quesadilla	Tomato, Quorn and Mascarpone Pasta	Spiced Lentil Pattie
Jacket Potato	Chicken Korma	Beans and Cheese	Tuna Mayonnaise	Beans and Cheese	Quorn and Vegetable Sweet and Sour
Starch Item	New Potatoes	Savoury Brown Rice or Cous Cous	Simply Potato Roasts	Noodles	Chips
Vegetable	Broccoli and Sweetcorn	Carrots and Peas	Cauliflower and Green Beans	Carrots and Sweetcorn	Peas and Beans

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Sandwiches	Cheese and Tomato Baguette	Chicken Pocket Pitta	Tuna and Salad Baguette	Spicy Beef Burrito	Quorn and Tikka Wrap
Dessert 1	Cookie	Apple and Rhubarb Crumble with Custard	Strawberry Cheesecake	Pineapple and Cherry Sponge with Custard	Fresh Fruit Salad
Dessert 2	Fresh Orange and Yoghurt	Dried Mixed Fruit and Yoghurt	Fresh Pineapple and Yoghurt	Dried Apricots and Frozen Yoghurt	Fresh Watermelon and Yoghurt

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Sweet Chilli Chicken	Mince Beef and Potato Pie	Roast Turkey and Sage Onion Stuffing	Beef Bolognaise	Crunchy Pollock Fillet with Tartare Sauce
Main Course 2	Fish Pie with Cheddar Mash	Cumberland Sausage	Beef in Black Bean	Mexican Chicken Tortilla	Chicken and Sweetcorn Pizza
Vegetarian	Quorn and Veg in Sweet and Sour Sauce	Mushroom Straganoff	Quorn Sausages in Onion Gravy	Vegetable and Bean Frittata	Cheese and Tomato Quiche
Jacket Potato	Cheese and Beans	Vegetable and Bean Curry	Tuna Mayonnaise	Cheese and Beans	Spicy Meat Balls
Starch Item	Noodles or Brown Savoury Rice	Mashed Potatoes	Simply Potato Roasts or Brown Rice	Wholemeal Spaghetti or Cous Cous	Chips
Vegetable	Carrots and Peas	Mixed Vegetables	Carrots and Broccoli	Green Beans and Sweetcorn	Mushy Peas and Beans
Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Sandwiches	Spicy Pulled Pork Wrap	BBQ Chicken Wrap	Mozzarella Pesto Tomato Panini	Tandoori Chicken Flat Bread	Beef Tomato, Gherkin and Mozzarella Sub
Dessert 1	Mandarin Cheesecake	Sticky Toffee Pudding and Toffee Sauce	Parsnip and Coconut Flapjack	Apple and Sultana Crumble	Carrot Cake
Dessert 2	Fruit Salad and Frozen Yoghurt	Fresh Grapes and Yoghurt	Mandarin Segments and Yoghurt	Fresh Pineapple and Yoghurt	Mixed Dried Fruit and Yoghurt

Product List

Meat and Main Course

Fish

Fillets			
FCOQUI001	Cod Fillets	3.63	1
FHAQUI002	Haddock Fillet	3.63	1
Battered Fillets			
BATCOD56	Battered Cod	24ptn	1
BATHAD56	Battered Haddock	24ptn	1
Shellfish			
SCASTE001	Wholetail Endeavour Scampi	450gms	1
PRAQUI001S	Cold Water Prawns	2.5kg	1
Fish Cakes			
FFIKIN003	Lincolnshire Fishcakes	113g	24
Fish Fingers & Bites			
FFIFIV002	Breaded Fish Stars	50g	60
FFIYOU002	Gluten-Free Fish Fingers	30gm	30
FFIYOU006	Cod Fish Finger	25gm	60
Fish Pie			
ALARMF001	Fish Pie Mix	1kg	1

Poultry

Chicken			
UNCMED004	IQF Chicken Fillets	19	1
UNCCHK001	Fresh Chicken Fillets	5kg	1
Cooked Chicken			
COOMED001	Whole Chicken Fillet	24ptn	1
COOFRI003	Cooked Chicken Strips	2.5kg	1
Breaded Chicken			
BPSMED007	Breaded Chicken Nuggets	1kg	6
Turkey			
UNCTUR002	Fresh Turkey Mince	1kg	1

Beef

UNCBEE04	Fresh Topside (Red Tractor)	2-3kg	1
UNCBED02	Fresh Diced Beef	2kg	1
UNCBEM01	Fresh Mince Beef	2kg	1

Bacon

BACON	Rindless Back Bacon Unsmoke	2.25kg	1
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Burger

BURSL1002	100% Beefburger 2oz	57g	48
BURSL1004	100% Beefburger 4oz	113g	48
BURMCC001	Original Choice 1/4lb Veg Burger	113gm	30

Sausages

SAUCEN003	Gluten Free Pork Sausages	454gm	1
SAUMCW002	Premium Sausage 8's	4.54kg	1

Sausage Rolls

SROUNB002	Unbaked Sausage Rolls	120g	66
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Stuffing

PREPEN002	Sage & Onion Stuffing Balls	25gm	181
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Yorkshire Puddings

Y2	2" Yorkshire Puddings	100	1
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Sides

BUFINV002	Mac N Cheese Bites	1kg	1
ORSSCH010	Mini Vegetable Spring Roll	15g	50

Pizza

Crusts			
PCRCAN001	Standard 7" Pizza Crusts	7"	48
PCRCAN002	Standard 9" Pizza Crusts	9"	48

Sauce			
CVPT	Plain Pizza Sauce	2.9kg	1

Potatoes and Chips

POTSTE38	Freeze/Chill Chips 10mm	2.5kg	4
POTSTE716	Freeze/Chill Chips 11mm	2.5kg	4
POTSTE916	Freeze/Chill Chips 14mm	2.5kg	4
POTFFF001	Triple F Chips	10kg	1
POTCON810	Jacket Potatoes	35	1
POTLUT007	Gluten-Free Luxury Mashed Potato	2.5kg	4
POTCON001	Traditional Dry Roast Potatoes	2.27kg	4
POTLUTHB	Lutosa Hash Browns	2.5kg	1

Pasta

CSH	Whole Wheat Spaghetti Hoops	2.62kg	1
PGFL	Gluten Free Lasagne Sheets	250g	1
PGFP	Gluten Free Pasta Penne	500g	1
PGFS	Gluten Free Spaghetti	500g	1
PCWCL	Pasta Shells	3kg	1
PCWF	Farfalle Pasta Bows	3kg	1
PCWF2	Fusili Pasta Twists	3kg	1
PCWFT	Fusili Tricolour Twists	3kg	1
PCWL	Lasagne Sheets	500gm	6

Rice

RB	Easy Cook Basmati Rice	5kg	1
RPB5	Easy Cook Rice	5kg	1

Bread

PBAJAC001	White Sandwich Bread	1 loaf	10
PBAJAC002	Wholemeal Sandwich Bread	1 loaf	10
PBAJAC004	Malted Sliced Bloomer	1 loaf	6
ROLKAR002	Mk4 Seeded Burger Bun	12ptn	4
ROLKAR005	Mk6 Hot Dog Roll	12ptn	4
ROLKAR015	Mk4 Floured Baps	12ptn	4
PBACEN004	Gluten-Free Multi Seeded Sliced Bread	560gm	6
PBACEN007	Gluten-Free White Sliced Bread	535gm	6
PBACEN003	White Pitta Bread	6	12
PBADIS001	6" Floured Tortilla	10	15
PBASTE005	Part Baked Small Baguette	30	1

Vegetables

VEGDAR001	Baton Carrots	1kg	1
VEGTEN012	Fluted Carrots	1kg	1
VEGTENDC20	Diced Carrots	2.5kg	1
VEGTENSC20	Sliced Carrots	2.5kg	1
VEGTEN001	Petit Pois Peas	1kg	1
VEGTEN002	Peas 'A Grade'	1kg	1
VEGTENP20	Peas	2.5kg	1
VEGTEN008	Fine Whole Beans	1kg	1
VEGTENWB20	Whole Green Beans	2.5kg	1
VEGTENSB20	Sliced Beans	2.5kg	1
VEGTEN009	Cut Beans	1kg	1
VEGTEN022	Broccoli Floret	1kg	1
VEGTEN024	Button Sprouts	1kg	1
VEGTENMS20	Medium Sprouts	2.5kg	1
VEGTEN026	Sweetcorn	1kg	1
VEGDAR004	Baby Corn	1kg	1
VEGDAR006	Half Corn Cobs	1kg	1
VEGTEN044	Cut Leeks	1kg	1
VEGDAR005	Sliced Mushrooms	2.5kg	1
VEGTEN035	Whole Button Mushrooms	1kg	1
VEGNOR001	Honey Glazed British Roast Parsnips	2.5kg	1
VEGTEN021	Cauliflower Florets	1kg	1
VEGTENC20	Cauliflower	2.5kg	1
VEGTEN031	Diced Swede	1kg	1
VEGTEN032	Leaf Spinach	1kg	1
VEGTEN040	Silver Skin Onions	1kg	1
PBALAN002	Garlic Slices	120	1

Dairy

Eggs

DE3	Medium Eggs		60
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Butter & Margarine

BUT	Salted Butter	250gm	1
BUTU	Unsalted Butter	250gm	1
BU7	Butter Portions	no7	100
DMU2	Utterly Butterly	2kg	1
DS	Gluten-Free Summer County Margarine	2kg	1

Milk

A002647	Semi-Skimmed Milk Pergals	3gal	1
DMSKM2L	Skimmed Milk	2ltr	1
DMSSM2L	Semi-Skimmed Milk	2ltr	1
DMWM2L	Whole Milk	2ltr	1

UHT Milk

DMSS	Semi-Skimmed Milk UHT	1ltr	12
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Flavoured Milk

SDYB	Yazoo Banana Milk	400ml	10
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SDYC	Yazoo Chocolate Milk	400ml	10
SDYS	Yazoo Strawberry Milk	400ml	10

Canned Goods

Tuna

CFTB5	Tuna Chunks in Brine	800g	1
CFTB6	Tuna Chunks in Brine	1.88kg	1

Baked Beans

CVB3	Baked Beans	2.62kg	1
CVB4	Reduced Salt & Sugar Baked Beans	2.62kg	1
CVB800	Baked Beans in Tomato Sauce	800gm	1

Tuna

CFTB5	Tuna Chunks In Brine	800g	1
CFTB6	Tuna Chunks in Brine	1.88kg	1

Baked Beans

CVB3	Baked Beans	2.62kg	1
CVB4	Reduced Salt & Sugar Baked Beans	2.62kg	1
CVB800	Baked Beans in Tomato Sauce	800gm	1

Vegetables

CVMUG	Button Mushrooms	2.6kg	1
CVMUS2	Sliced Mushrooms	2.6kg	1
CVMP4	Mushy Peas	3kg	1
CVSW2	Sweetcorn Kernals	2.15kg	1
CVT2	Peeled Plum Tomatoes	800gms	1
CVT3	Peeled Plum Tomatoes	2.5kg	1
CVTC2	Chopped Tomatoes	800gm	1
CVTC3	Chopped Tomatoes	2.55kg	1

Fruit

CFFC2	Fruit Cocktail in Juice	820g	1
CFGF3	Grapefruit Segments in Juice	3kg	1
CFM3	Mandarin Whole Segments in Juice	2.5kg	1
CFMSJ	Mandarin segments in juice	820g	1
CFRH2	Solid Pack Rhubarb	2.82kg	1
CFSPA	Solid Pack Apples Slices	3kg	1

Condiments

SM4	Luxury Mayonnaise	5ltr	1
SMGL	Creamy Mayonnaise	5ltr	1
STK	Tomato Ketchup	4.5kg	1
SBS	Brown Sauce	4.3kg	1
SSC	Salad Cream	2.27lt	1

Table Sauces

SHR	Horseradish Sauce	2.27lt	1
SMS	Mint Sauce	2.27lt	1
SPC	Prawn Cocktail Sauce	2.27lt	1
STS	Tartare Sauce	2.27lt	1

Vinegar

VB3	Gourmet Balsamic Vinegar	5ltr	1
VM	Malt Vinegar	5ltr	1
VR1	Red Wine Vinegar	2.5ltr	1
VW1	White Wine Vinegar	2.5ltr	1

Salt & Pepper

HPBC2	Chef William Cracked Black Peppercorn	450gm	1
HPBG	Chef William Ground Black Pepper	525gm	1
HPBW	Chef William Whole Black Peppercorn	550gm	1
HPWG2	Chef William Ground White Pepper	600gm	1
SC1	Cooking Salt	3kg	1

Oil

OIL20	KTC Vegetable Oil	20ltr	1
OILPPSO	Prep Premium Sunflower Oil	2litre	1
OSO2	KTC Sunflower Oil	15ltr	1

Stocks, Boullions & Gravy

Gluten-Free Stock

BKBS	Knorr Beef Stock Cubes	60	1
BKCS	Knorr Chicken Stock Cubes	60	1
BKVS	Knorr Vegetable Stock Cubes	60	1
STOMAJ033	Major Beef Stock Powder	1kg	1
STOMAJ034	Major Chicken Stock Powder	1kg	1
STOMAJ036	Major Vegetable Stock Powder	1kg	1
STOMAJ001	Major Beef Stock	1kg	1
STOMAJ002	Major Mushroom Stock Base	1kg	1
STOMAJ003	Major Vegetable Stock Paste	1kg	1
STOMAJ005	Major Chicken Stock	1kg	1
STOMAJ010	Major Lamb Stock	1kg	1
STOMAJ012	Major Fish Stock	1kg	1

Boullion

BSC	Chicken	2.5kg	1
BSTB	Beef	2.5kg	1
BSTV	Vegetable	2.5kg	1
BKBP	Knorr Beef Bouillon Paste	1kg	1
BKCP	Knorr Chicken Bouillon Paste	1kg	1
BKRV	Knorr Rich Vegetable Bouillon Paste	1kg	1

Gravy

GMMGFV	Maggi Gluten-Free Vegetarian Gravy	1.7kg	1
GMMV	Maggi Vegetarian Gravy	1.7kg	1
GMCW	Chef William Gravy Powder	3kg	1
GMK	Knorr Meat Gravy Powder	26ltr	1
GMKM	Knorr Fine Gravy Granules Meat GF	25ltr	1
GMKP	Knorr Fine Gravy Granules PoultryGF	25ltr	1
GMGB	Chef William Gravy Browning	2.5ltr	1

Baking

Bread & Cake Mixes

CMBR	Middletons White Bread Roll Mix	3.5kg	1
CMBR1	Middletons Brown Bread Roll Mix	3.5kg	1
CMCMM	Middletons Chocolate Muffin Mix	3.5kg	1
CMCS	Middletons Crumble Mix	3.5kg	1
CMCSGF	Middletons Gluten-Free Crumble Mix	3kg	1
CMPFGF	Middletons Gluten-Free Plain Flour	3kg	1
CMPMM	Middletons Plain Muffin Mix	3.5kg	1

Flour

FP25	Plain Flour	25kg	1
FP3	Plain Flour	3 kg	1
FSR25	Self Raising Flour	25kg	1
FSR3	Self Raising Flour	3kg	1

Pastry

PASJUS001	Shortcrust Pastry Block	1.5kg	1
PASJUS002	Puff Pastry Block	1.5kg	1
PASJUS003	Puff Pastry Sheets 23" x 15"	625gm	12

Sweet Pie Filling

PFAP	Bramley Apple Pie Filling	2.5kg	1
PFAR	Apple & Raspberry Pie Filling	2.5kg	1
PFB	Blackcurrant Pie Filling	2.5kg	1
PFCH	Blackcherry Pie Filling	2.5kg	1
PFRC	Red Cherry Pie Filling	2.5kg	1
PFS2	Strawberry Pie Filling	2.5kg	1
PATS	Lyons Trifle Sponges	8	1

Sugar

SUC25	Caster Sugar	25kg	1
SUG25	Granulated Sugar	25kg	1
WSGSS	White Sugar Sticks	1000	1
BSDSS	Demerara Sugar Sticks	1000	1

Cereals

CEA4	Alpen	1.3kg	2
CEWA	Weetabix	48	6
CEKCB	Kelloggs Cornflakes Bulk Pack	10kg	1
CEKCP1	Coco Pops Bulk Pack	10kg	1
CEKRBP	Kelloggs Rice Krispies Bag Pack	4x400g	1

Jams

PRA2	Hartleys Apricot	3.18kg	1
PRMF2	Margetts Mixed Fruit	3kg	1
PRR2	Margetts Raspberry	3kg	1
PRS2	Margetts Strawberry	3kg	1

Chocolate Spread

PONS	Nutella Portions	15gm	120
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Cakes & Desserts

GATCEN001	Raspberry Pavlova	12ptn	1
MPPROB001	Long Jam Roly Poly	14ptn	4
MPPROB003	Long Spotted Dick Pudding	14ptn	4
PANCEN003	Traditional English Pancakes 15cm	120ptn	120

Ice Cream

ICRGUA001	Vanilla	4ltr	1
ICRGUA002	Strawberry	4ltr	1
ICRGUA003	Chocolate	4ltr	1

Jelly

JCL	Chef William Lemon Crystals	3.5kg	1
JCO	Chef William Orange Crystals	3.5kg	1
JCR	Chef William Raspberry Crystals	3.5kg	1
JCS	Chef William Strawberry Crystals	3.5kg	1

Custard

CSCS2	Complete Custard Mix	3.5kg	1
CSPS1	Custard Powder (Add Milk)	3.5kg	1
CSGV	Ready to Use Custard	1ltr	1

Rice Pudding

RRP	C & B Rice Pudding Cans	2.61kg	1
RSG2	Chef William Pudding Rice	3kg	1

Angel Delight

MADB	Banana	24ptn	1
MADBS	Butterscotch	24ptn	1
MADC	Chocolate	24ptn	1
MADR	Raspberry	24ptn	1
MADS	Strawberry	24ptn	1
MADSF1	Suagr Free Chocolate	47gm	1
MADSF5	Suagr Free Strawberry	47gm	1

Drinks

No Added Sugar Cordial

FJL5	Lemon	5ltr	1
FJB2	Blackcurrant	5ltr	1
FJL3	Lime	5ltr	1
FJO4	Whole Orange	5ltr	1

Sparkling Water

SDASLL1	Aqua Splash Lemon & Lime	330ml	24
SDASP1	Aqua Splash Peach	330ml	24
SDASS	Aqua Splash Strawberry	330ml	24

Radnor

SDRFA	Apple Fizz	330ml	24
SDRFFF	Forest Fruit Fizz	330ml	24
SDRFO	45% Orange Fizz	330ml	24
SDRFOS	45% Orange Still	330ml	24
SDRFP	Peach Fizz	330ml	24

SDRFT	Tropical Fizz	330ml	24
SDRFTS	45% Tropical Still	330ml	24
SDRRC	Raspberry & Cherry Still	330ml	24
SDRSC	Sour Cherry Fizz	330ml	24
SDRTA	Fruella 100% Apple Juice	125ml	30
SDRTAB	Fruella Apple & Blackcurrant Juice	125ml	30
SDRTO	Fruella 100% Orange Juice	125ml	30
SDRTT	Fruella 100% Tropical Juice	125ml	30
SDRFA1	Radnor Fruits Apple	330ml	24
SDRFFF1	Radnor Fruits Forest Fruits	330ml	24
SDRFP1	Radnor Fruits Peach	330ml	24

Non-Food

ZAC1000	2ply Blue Centrefeed	150m	6
ZAB1800	3ply Toilet Tissue Whisper Soft	160sh	40
ZFB2100	Terry Check Tea Towels	1x10	1
ZFB1100	Optima Blue Hi-Q Hygiene Cloths	25	1
ZFB1200	Optima Green Hi-Q Hygiene Cloths	25	1
ZFB1300	Optima Red Hi-Q Hygiene Cloths	25	1
ZFB1400	Optima Yellow Hi-Q Hygiene Cloths	25	1
ZCD807	Dishwash Hardwater Liquid	5ltr	1
ZCD925	Machine Rinse Aid	5ltr	1
ZCE856	Fairy Liquid Original	5ltr	1
ZCG829	Lemon Floor Gel	5ltr	1
ZCM911	Thick Bleach	5ltr	1

About South Lincs Foodservice

Everyone talks about “customer service”, “family values” and “going the extra mile” but these words are meaningless marketing jargon unless you can back it up with something exemplary.

Field Sales

Our dedicated team of Area Sales Managers can assist in any way that you require. From helping plan and budget menus, to troubleshooting on your behalf, they ensure that you get the right service – from Day One. Ordering is extremely easy, by calling our telesales department and placing your order with our professional telesales operators who have first-hand knowledge of your account.

Telesales

Your telesales representative is dedicated to your specific account, which means that you will generally speak to the same person about your order and requirements.

We also have qualified staff who can answer technical enquiries or offer insight on our new products. We can also schedule a call with you on set days and times, so you don't have to remember to call us – we'll call you.

This means no missed orders and no shortages in the kitchen.

Sorting Orders

After the order is placed, your items are selected in our warehouse overnight for delivery the next day. Throughout the process, the items are checked for accuracy twice before leaving our depot and again while being unloaded off the delivery vehicle. In the unlikely event of an error or damage, we will do our best to put it right as quickly as possible.

In Conclusion

At South Lincs Foodservice, we like to treat all of our customers equally. We believe that it should be a partnership between customers and suppliers. With us, you're more than an account number, you're an integral part of our business and we are a key part of yours.

Get In Touch

To find out how we can provide foodservice solutions for your catering needs, contact our sales team on 01205 460700 or email info@southlincsfoodservice.co.uk.

We will arrange for an Area Sales Manager to visit your school on a date and time that is convenient for you.

These are just some of the ways we are different from the competition; We are Committed to Quality Service.

South Lincs Foodservice

Endeavour Way
Sutterton Enterprise Park
Sutterton, Boston
Lincolnshire
PE20 2JA

01205 460700
southlincsfoodservice.co.uk