

## WELCOME TO YOUR + SCHOOL LUNCH SERVICE

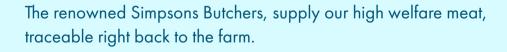
Our menus offer a wide variety of tried & tested child-friendly recipes, that meet and often exceed the national standards for school lunches.

Full allergen information is available and special dietary requirements can be catered for. You can download each terms allergen information here idealschoolmeals.co.uk/allergen-advice

Should your child have a medically diagnosed allergy or health condition and you'd like to discuss what we can offer, please contact us.



Supporting the local economy and keeping food miles low is really important to us.





Jonathon Hull provides a large proportion of the fresh vegetables and potatoes used in our meals, many of which are grown in Lincolnshire.



This Grantham based company, managed by a Father and son, have been trading for over 30 years and supply all of our freshly baked bread rolls.

### upcoming theme days



### National School Meals Week 2023

6TH - 10TH NOV

Celebrating 30 years of NSMW.

Monday - Launch Day

Tuesday - Come Dine with Us

Wednesday - National Roast Dinner Day

Ihursday - Try Something New

Friday - Happy 30th Birthday National School Meals



The annual event that supports local charities and projects to help change the lives of disadvantaged children and young people all over the country.



Spreading some festive cheer whilst raising money and awareness for people affected by dementia. Our kitchen elves will be preparing our super popular brunch menu, followed by festive cookies.



**VARIOUS DATES** 

The most popular lunch of the year, showcasing traditional roast options and festive desserts. Check your school menu for dates and options.





Fri 3rd Nov

	Monday 30th Oct	Tuesday 31 st Oct	Wednesday 1 st Nov	Thursday 2nd Nov	Friday 3rd Nov
Lunch Option 1		Creamy Tomato Macaroni & Garlic Bread	Roast Turkey	Mild & Creamy Coconut Chicken Curry & Rice	Bonfire Bangers- (Simpsons Lincolnshire Sausage) & Fresh Bread Roll
Lunch Option 2		Mild Mexican Bean Wrap	Cheese & Broccoli Fritter	Cheese & Bacon Potato Shells	Ham & Cheese Puff Pastry Catherine Wheel
Lunch Option 3		Vegetable & Lentil Curry with Rice	Quorn Sausage Casserole	Macaroni Cheese	Cheese Puff Pastry Catherine Wheel
1, 2 & 3 served with		Mixed Vegetables	Mashed Potato & Mixed Vegetables	Mixed Vegetables	½ Buttered Baked Potato & BBQ Beans
Lunch Option 4		Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5		Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with		Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D		Chocolate Sponge & Chocolate Sauce	Fruit Salad & Squirty Cream	Tutti Frutti Biscuit	Toffee Sponge Cake with Buttercream
Dessert Option Y		Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



## National School

## Meals Week 2023

EVERYBODY BENEFITS

NATIONAL

	6 <sup>th</sup> -10 <sup>th</sup> November			SCHOOL MEALS WEEK  Thursday  Friday	
	Monday 6th Nov	Tuesday 7th Nov	Wednesday 8th Nov	Thursday 9th Nov	Friday 10th Nov
	Launch Day: School Meal Favourites	Come Dine with Us	National Roast Dinner Day	Try Something New	Happy 30th Birthday National School Meals
Lunch Option 1	Cheese & Tomato Pizza Slices	Bolognese Pasta	Roast Beef	Chicken Breast with Rice & Optional Sweet & Sour Sauce	Simpsons Beef Burger, Fresh Bloomsbury Roll & Cheese
Lunch Option 2	Quorn Cottage Pie	BBQ Pulled Chicken, Fresh Roll, Cheese & Mayo	Vegetable Quiche	Bacon Mac' Cheese	Tuna Pizza Baguette
Lunch Option 3	Cheese Filled Potato. Shells	Mixed Bean Burrito	Homemade Quorn Toad in the Hole	Vegetable Noodles	Quorn Sausage Burger, Fresh Bloomsbury Roll & Cheese
1, 2 & 3 served with	Peas, Sweetcorn & Ketchup	Mixed Vegetables	Roast Potatoes & Mixed Vegetables	Mixed Vegetables	Baked Beans & Salad Platter
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Oat Cookie	Apple & Raspberry Sponge & Custard	Chocolate Cracknel	Carrot & Mandarin Sponge Cake	Vanilla Sprinkle Sponge Cake
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



World Kindness Day Nov.

#### **Anti-Bullying Week 2023**

MONDAY 13TH TO FRIDAY 17TH NOVEMBER

Vary Nov.					
	Monday 13th Nov	Tuesday 14th Nov	Wednesday 15th Nov	Thursday 16th Nov	Friday 17th Nov
Lunch Option 1	Macaroni Cheese & Crusty Bread	Beef Cottage Pie	Roast Chicken & Roast Potatoes	Cheese & Tomato Chicken Melt & Buttered Baked Potato	Pudsey Spotty Pepperoni Pizza
Lunch Option 2	Salmon & Potato Bake	Hunters Chicken Pasta	Creamy Tomato Pasta	Mega Mild Beef Chilli & Rice	Breaded Chicken Grill
Lunch Option 3	Creamy Coconut Vegetable Curry & Rice	Stuffed Pepper in Tomato Sauce	Puff Pastry Quorn Sausage Roll & Roast Potatoes	Cheese Topped Veggie Cottage Pie	Quorn Dippers
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Curly Fries, Spaghetti Hoops & Salad Platter
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	#BeKind Shortbread Biscuits	Strawberry Jelly with Diced Peaches	Toffee Sponge Cake with Buttercream	Flapjack Finger & Melon Slice	Pudsey Spotty Vanilla Sponge Cake
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



## TACO (LESDAY



	Monday 20th Nov	Tuesday 21 st Nov	Wednesday 22nd Nov	Thursday 23rd Nov	Friday 24th Nov
Lunch Option 1	Creamy Tomato Macaroni & Garlic Bread	Mega Mild Mexican Chicken, Tortilla Wrap & Rice	Roast Pork	Beef Lasagne	MSC Fish Fingers
Lunch Option 2	Nut Free Pesto Pasta	Potato Taco Skins with Mega Mild Beef Chilli	Breaded Vegetable Fingers & Ketchup	Spinach, Tomato & Egg Muffins with Baby Potatoes	Cheese, Broccoli & Bacon Hot Pot
Lunch Option 3	Quorn Cottage Pie	Mega Mild Mexican Beans, Tortilla Wrap & Rice	Cheese Puff Pastry Whirl	Vegetable Lasagne	Homemade Vegetable Quiche
1, 2 & 3 served with	Mixed Vegetables	Rainbow Salad Platter	Mashed Potato & Mixed Vegetables	Mixed Vegetables	Mashed Potato & Baked Beans
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Cocoa Oat Cookie	Chocolate Pear Sponge & Chocolate Sauce	Tutti Frutti Biscuit	Chocolate Cracknel	Fruit Salad & Squirty Cream
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



### ST ANDREW'S DAY

#### FRIDAY 30TH NOVEMBER







Lunch	
Option	1

Macaroni Cheese & Garlic Bread

Monday

27th Nov

Puff Pastry Sausage Roll

**Tuesday** 

28th Nov

Mild & Creamy Coconut Chicken Curry & Rice

Wednesday

29th Nov

Roast Chicken & Roast Potatoes

Thursday

30th Nov

MSC Battered Fish

1st Dec

Lunch Option 2

Potato

Mild Vegetable

Chilli & Baked

Pepperoni Pizza
Baguette

Beef Cottage Pie

Cheese

Bacon Mac'

Grilled Cheese Toastie

Lunch Option 3 Cheese Topped Veggie Cottage Pie

Breaded Quorn Dippers Vegetable & Lentil Curry with Rice

Quorn Sausage Casserole & Roast Potatoes

Cheese & Broccoli Fritter

1, 2 & 3 served with Mixed Vegetables

**Jacket Potato** 

Mashed Potato & Baked Beans Mixed Vegetables Mixed Vegetables Diced Roast Potatoes, Peas & Ketchup

Lunch Option 4

ion 4 with a selection of fillings

Jacket Potato with a selection of fillings Jacket Potato with a selection of fillings Jacket Potato with a selection of fillings Jacket Potato with a selection of fillings

Lunch Option 5 Tuna Mayo Baguette

Cheese Baguette

Sliced Ham Baguette Diced Chicken Mayo Baguette Sliced Ham Baguette

4 & 5

served with

Served with Mixed Salad Served with Mixed Salad

Served with Mixed Salad Served with Mixed Salad Served with Mixed Salad

Dessert Option D

Butterscotch Cookie Chocolate Sponge & Chocolate Squce

Orange Jelly with Mandarins

Finger

Yeo Valley

Organic Yoghurt

St Andrew's Day

**Shortbread** 

Carrot & Mandarin Sponge Cake

Dessert Option Y

Yeo Valley Organic Yoghurt Yeo Valley Organic Yoghurt

Fresh Fruit

Yeo Valley Organic Yoghurt

Yeo Valley Organic Yoghurt

Dessert Option F

Fresh Fruit

Fresh Fruit

Fresh Fruit

Fresh Fruit



## Day



Thursday 7th Dec

8th Dec

**Friday** 

Lunch **Option 1**  **Creamy Tomato** Macaroni & Garlic Bread

Monday

4th Dec

**Optional Sweet &** Sour Sauce

Tuesday

5th Dec

Chicken Breast

with Rice &

The Ideal Brunch - Sausage, Hash Brown & Mini Bread Roll

Wednesday

6th Dec

Christmas Lunch

**Bolognese Pasta** 

Lunch Option 2

Quorn & Vegetable Cottage Pie

**Nut Free Pesto** Pasta

MSC Fish Fingers, Fresh Roll, Cheese & Mayo

Option 1: Christmas Lunch Roast Turkey & Stuffing

**BBQ** Pulled Chicken, Fresh Roll, Cheese & Mayo

**Quorn Bolognese** 

Pasta

Mixed Vegetables

**Jacket Potato** 

Lunch **Option 3** 

Mild Mexican Bean Wrap

Quorn Balls in Tomato Sauce with Rice

Veggie Brunch -Tomato & Egg **Muffins Hash** Brown & Mini Bread Roll

Option 2:

Roast Beef &

1, 2 & 3 served with

Mixed Vegetables

Mixed Vegetables

**Baked Beans** 

Yorkshire

Option 3: Christmas Vegetable Pie

Lunch **Option 4** 

Lunch

**Option 5** 

4 & 5

served with

Dessert

**Option D** 

**Jacket Potato** with a selection of fillings

Tuna Mayo

**Baguette** 

Served with

Mixed Salad

**Jacket Potato** with a selection of fillings

Cheese Baguette

Served with

Mixed Salad

Tutti Frutti Sponge

& Custard

**Jacket Potato** with a selection of fillings

Baguette

Served with

Mixed Salad

Elf Day Festive

Cookies

All served with Sliced Ham

Roast Potatoes, Parsnips, Mixed Vegetables &

Optional Gravy

with a selection of fillings

> Sliced Ham **Baguette**

Served with Mixed Salad

Strawberry

Mousse & Melon Slice

Yeo Valley

**Organic Yoghurt** 

Fresh Fruit

Chocolate Custard

Yeo Valley

Organic Yoghurt

Banana &

Yeo Valley **Organic Yoghurt** 

Yeo Valley Organic Yoghurt

Fresh Fruit

Chocolate

**Dessert Option Y** 

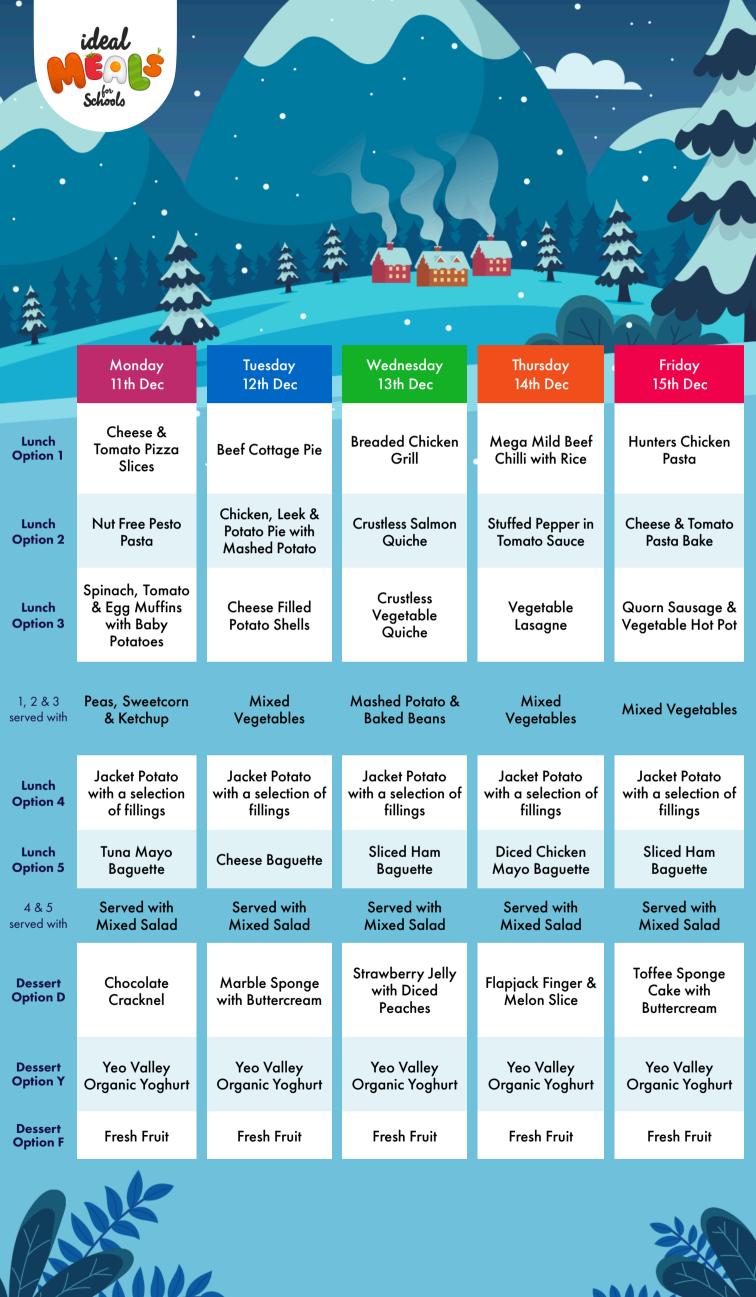
Dessert **Option F** 

Fresh Fruit

Fresh Fruit

Dessert:

Yule Log





	Monday	Tuesday	Wednesday			
	18th Dec	19th Dec	20th Dec			
Lunch Option 1	Macaroni Cheese & Crusty Bread	Beef Lasagne	MSC Fish Fingers			
Lunch Option 2	Mild Vegetable Chilli & Baked Potato	Cheese & Bacon Potato Shells	Quorn Sausage Burger			
Lunch	Mixed Bean	Quorn Bolognese	Quorn Fish Fingers			
Option 3	Burrito	Pasta				
1, 2 & 3	Mixed	Mixed Vegetables	Curly Fries &			
served with	Vegetables		Baked Beans			
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings			
Lunch	Tuna Mayo	Cheese Baguette	Sliced Ham			
Option 5	Baguette		Baguette			
4 & 5 served with	Served with	Served with Mixed	Served with Mixed			
	Mixed Salad	Salad	Salad			
Dessert Option D	Oat Cookie	Carrot & Mandarin Sponge Cake	Vanilla Sprinkle Sponge Cake			
Dessert	Yeo Valley	Yeo Valley	Yeo Valley			
Option Y	Organic Yoghurt	Organic Yoghurt	Organic Yoghurt			
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit			

# WE LOVE TO TALK ABOUT WHAT WE CAN OFFER YOUR CHILDREN

We are always on hand to answer any questions in relation to our service.

Contact us at any time using the details below.

TELEPHONE 01522 246424

#### EMAIL ENQUIRIES@IDEALSCHOOLMEALS.CO.UK

Follow us on social media.

It's a great way to see some of the meal options on offer.





