



Executive Head Teacher: Andrew Smith B.Ed (Hons), M.Sc, NPQH
Head of School: Nichola Allerston BA (Hons)(QTS), NPQH

Market Rasen Church of England Primary School (VC)

Mill Road, Market Rasen, Lincolnshire, LN8 3BL

T: 01673 842395 **F:** 01673 843866 **E:** enquiries@marketrasen.lincs.sch.uk
www.marketrasen.lincs.sch.uk

Learning Together for Life

Wednesday 1st July 2015

Dear Parents,

We are very excited that the building of our new school kitchen is progressing and we look forward to offering our children a variety of healthy and nutritious hot meals, cooked on site, from September. All meals are prepared and cooked in accordance with the Food Standards guidelines set by the Government.

Attached is our new menu that we created in consultation with governors, parents, staff and children. The menu is on a three week cycle which will be changed between two and three times a year. We will take on board feedback from the children and parents in respect of their 'likes' and 'dislikes' as it is important to us that children enjoy their meals.

There is no charge for parents in Reception, Year One or Year Two for hot meals. This represents a saving of around £450 per child each year. The meal cost for children in Key Stage Two remains at £2.40.

Please note that parents are responsible for ordering meals. This includes children eligible for universal free school meals (Reception, Year 1 and Year 2) and also those eligible because of claiming means tested benefits (Free School Meals). If you are unsure or need assistance with this, please come to the school office where we will be happy to help.

We are in the process of setting up an online system for ordering and payments however this is not ready yet. Please find attached a paper menu for the first three weeks of term. **Please return this by Friday 17th July.** If you pay for your meals (Children in Key Stage Two who are not eligible for Free School Meals) we will invoice you in September for these.

We are now able to cater for some allergies so please contact us if you would like to discuss your child's individual needs with our Kitchen Supervisor.

Please contact me directly if you have any comments, queries or suggestions regarding our new kitchen or menus.

We very much hope that as many children as possible will take up our new hot meal offer.

Yours Sincerely,

Andrew Smith

Executive Headteacher

Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect





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Week One

(We are only in School Thursday and Friday of this week)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option One	Tortilla wrap filled with hot barbeque chicken <input type="checkbox"/>	Salmon Portion <input type="checkbox"/>	Roast Gammon <input type="checkbox"/>	Sweet and sour chicken <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>
Main Option Two (Vegetarian)	Tortilla Wrap filled with Roasted vegetables <input type="checkbox"/>	Quorn Risotto (No Accompaniment one) <input type="checkbox"/>	Veggie Mince Cottage pie <input type="checkbox"/>	Sweet and sour Quorn <input type="checkbox"/>	Cheese Omelette <input type="checkbox"/>
Main Option Three	Jacket Potato with Chicken and Sweetcorn <input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise <input type="checkbox"/>	Jacket Potato with Baked Beans <input type="checkbox"/>	Jacket Potato with Grated Cheese <input type="checkbox"/>	Jacket Potato with Cheese & Baked Beans <input type="checkbox"/>
Accompaniment One	Homemade potato wedges	Jacket potato	Mashed potato	Noodles	Homemade potato wedges
Accompaniment Two	Salad bar	Sweetcorn Cob	Carrots	Sweetcorn	Peas
Dessert Option One	Fruit yoghurt <input type="checkbox"/>	Apricot Pleasant Pudding <input type="checkbox"/>	Chocolate sponge with a fresh pear topping <input type="checkbox"/>	Cheese and grapes served with a breadstick <input type="checkbox"/>	Fruit yoghurt <input type="checkbox"/>
Dessert Option Two	Fruit Platter <input type="checkbox"/>	Fruit Platter <input type="checkbox"/>	Fruit Platter <input type="checkbox"/>	Fruit Platter or Fruit Yoghurt <input type="checkbox"/>	Fruit Platter <input type="checkbox"/>
Additional items that will be available daily	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar

Child's Name: _____ **Class:** _____

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Week Two

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Main Option One	Lincolnshire Sausage <input type="checkbox"/>	Chicken and Sweetcorn Lasagne, with Garlic Bread <input type="checkbox"/>	Roast Beef and Yorkshire Pudding <input type="checkbox"/>	Cheese Pinwheel Whirl <input type="checkbox"/>	Fish and Mornay white sauce <input type="checkbox"/>
Main Option Two (Vegetarian)	Quorn Sausage <input type="checkbox"/>	Cheese and Tomato Pizza <input type="checkbox"/>	Three Bean Casserole and Yorkshire Pudding <input type="checkbox"/>	Jacket Potato with Cheese and Beans (No accompaniment) <input type="checkbox"/>	Crispy Vegetable Cakes <input type="checkbox"/>
Main Option Three	Jacket Potato with Cheese and Baked Beans <input type="checkbox"/>	Jacket Potato with Bolognaise <input type="checkbox"/>	Jacket Potato with Chicken and Sweetcorn <input type="checkbox"/>	Jacket Potato with Cottage Cheese and Pineapple <input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise <input type="checkbox"/>
Accompaniment One	Mashed Potato	Coleslaw	Roast Potato	Boiled Potato	Potato Wedges
Accompaniment Two	Carrots	Salad Bar	Broccoli	Peas	Sweetcorn
Dessert Option One	Apple Pie and Custard <input type="checkbox"/>	Cheese, Grapes and Cream Crackers <input type="checkbox"/>	Fruit Yoghurt <input type="checkbox"/>	Fruit Yoghurt <input type="checkbox"/>	Flapjack <input type="checkbox"/>
Dessert Option Two	Fresh Fruit Platter or Fruit Yoghurt <input type="checkbox"/>	Fresh Fruit Platter or Fruit Yoghurt <input type="checkbox"/>	Fresh Fruit Platter <input type="checkbox"/>	Fresh Fruit Platter <input type="checkbox"/>	Fresh Fruit Platter or Fruit Yoghurt <input type="checkbox"/>
Additional items that will be available daily	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar

Child's Name: _____ Class: _____

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Week 3

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Main Option One	Roast Loin Pork <input type="checkbox"/>	Lasagne <input type="checkbox"/>	Roast Turkey <input type="checkbox"/>	Cold sliced Ham and Egg <input type="checkbox"/>	Cheese and Tomato Pizza <input type="checkbox"/>
Main Option Two (Vegetarian)	Quorn and Vegetable Chow Mein <input type="checkbox"/>	Lentil Lasagne <input type="checkbox"/>	Quorn Fillet <input type="checkbox"/>	Grated Cheese and Egg <input type="checkbox"/>	Jacket Potato with Cheese <input type="checkbox"/>
Main Option Three	Jacket Potato with Chicken and Sweetcorn <input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise <input type="checkbox"/>	Jacket Potato with Baked Beans <input type="checkbox"/>	Jacket Potato with Grated Cheese <input type="checkbox"/>	Jacket Potato with Cheese and Baked Beans <input type="checkbox"/>
Accompaniment One	Boiled Rice	Sweetcorn	Creamed Potatoes	Homemade Potato Wedges	Salad Bar
Accompaniment Two	Carrots	Garlic Bread	Sweetcorn Cob	Salad Bar	Baked Beans
Dessert Option One	Iced Ginger Sponge <input type="checkbox"/>	Fruit Yoghurt <input type="checkbox"/>	Ice-Cream Roll <input type="checkbox"/>	Fruit Platter <input type="checkbox"/>	Banana and Custard <input type="checkbox"/>
Dessert Option Two	Fresh Fruit Platter or Fruit Yoghurt <input type="checkbox"/>	Fresh Fruit Platter <input type="checkbox"/>	Fresh Fruit Platter or Fruit Yoghurt <input type="checkbox"/>	Fresh Fruit Platter or Fruit Yoghurt <input type="checkbox"/>	Fresh Fruit Platter or Fruit Yoghurt <input type="checkbox"/>
Additional items that will be available daily	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar	Freshly Baked Bread, Fresh Fruit Platter, Salad Bar

Child's Name: _____

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