



School Lunches Policy

At Parsons Green Prep, school lunches are supplied by a reputable company called Naked Nosh. They deliver the meals daily in sealed, heated containers, no more than 45 minutes before the lunch session starts. The containers will maintain the food at a temperature of or above 63°C to maximise food safety.

The menu runs on a three-weekly rotation. Lunch consists of a healthy free-range and organic main course with a vegetarian option, pudding and fruit. The menu can be found on the Parsons Green Prep website. The summer menu runs from the beginning of the summer term to the half-term break in the autumn term. The winter menu is used for the rest of the academic year. At the start of a new menu, the list of ingredients provided by the lunch caterer will be checked by the kitchen supervisor and the Health and Safety adviser.

The school meets the nutritional standards issued by the School Food Standards and the New Food Standards 2014 by providing:

- high-quality meat, poultry or oily fish
- at least two portions of fruit and vegetables or salad with every meal
- at least three different fruits and three different vegetables each week
- no more than two portions of food which include pastry each week
- bread, other cereals and potatoes

There will be no fizzy drinks, crisps or sweets in school meals.

Caring for children with special needs

To help children who may find the hall intimidating, such as autistic children, the school can provide suitable training for lunchtime assistants to support those pupils with eating and drinking as well as a quieter lunchtime environment.

Caring for children with allergies

The school is committed to reducing the likelihood of a pupil or a member of staff with a known food allergy having a severe reaction. On admission, parents are required to inform the school of any known allergies their children have. This information is entered on the school database and communicated to teaching and kitchen staff as well as lunch caterers. Photographs of pupils with severe allergies are mounted on a red card and displayed in the hall, kitchen, school office, First Aid room and staff room.

All parents, staff and lunch caterer are aware that the school is a nut-free environment.

The importance of food safety

Food safety protects consumers' health and well-being by safeguarding food from anything that could harm them. At Parsons Green Prep we employ high standards of food safety, enabling everyone to enjoy their food without illness, injury or other problems, in accordance with the FOOD SAFETY Act, 1990 (FSA), EU legislation and Food Hygiene Regulations (England) 2013 and Food Information for Consumers Regulation (EUFIC) which changes the way allergen information appears on food that is prepackaged, sold loose or served when you are eating out. The school



caterer has provided us with information about the allergenic ingredients used in the food they provide as well as a list of suppliers (appendix 1 and 2.) The EU Food Information for Consumers Regulation (No. 1169/2011) outlines the new requirements for businesses which are providing food.

All staff are trained on Basic Food Hygiene every 2 years.

The main issues we consider are:

- Personal hygiene
- Cleaning
- Disinfection
- Pests
- Storage
- Food poisoning

Personal hygiene

Hand-washing:

All staff helping in the dining hall will wash their hands:

- using hot water and soap and antibacterial gel
- prior to their lunch duty
- before serving any food
- after visiting the toilet
- after sneezing or using a handkerchief/tissue
- after carrying out any cleaning jobs
- after dealing with rubbish/waste and bins
- after eating or drinking

Other points:

- Nail polish is not to be worn by staff serving food (as it may chip and flake into food).
- Cuts and spots need to be covered by waterproof, brightly coloured plasters to be found in the First Aid box in the kitchen.
- Any septic cut or weeping spot or boil must be reported to the headteacher prior to the lunch duty.
- The headteacher will be informed by the members of staff as soon as is possible, if they have had or are currently suffering from food poisoning or any illness with similar symptoms, i.e. diarrhoea, vomiting, nausea; or if they have one of the following: ear, eye and nose discharges; a septic cut or other skin condition that leaves an open wound or broken skin; or any other skin condition or infection.
- Catering staff who are employed to serve the lunches will have passed a recognised food and hygiene course and their certificates will be on display in the kitchen.
- DBS checks are carried out on all catering staff employed by the agency.

Clothing

Whilst on duty, staff serving lunches should:



- wear the aprons and gloves provided
- make sure the aprons are washed on a weekly basis (or more often if dirty)
- wear non-slip shoes
- wear the blue hats provided, **or** a hair net, **or** have hair neatly tied back.

Cleaning:

- The dining hall floor is to be cleaned by the contracted cleaners at the end of each working day, ensuring the removal of any food debris.
- Lunch staff are to clean the tables and seats after first lunch (Reception, Year 1 and Year 2) and again after second lunch (Year 3 and above).
- A separate cleaning cloth is to be used for each set of double tables, or if necessary will be cleaned between each table in hot water and detergent.
- Hot water and detergent is to be used for cleaning the tables (preferably anti-bacterial washing up liquid).
- The floor is to be swept at the end of each lunch hour.
- A safe environment will be maintained at all times in the dining hall, for example any spillages cleaned up immediately to stop someone from slipping on a wet/greasy floor.
- Separate cleaning cloths are to be used for tables and floors.
- Clean tea towels will be used daily.
- Tea towels will be washed in the washing machine at the end of every lunchtime.
- At the start and at the end of the day, all surfaces are sanitised with an antibacterial spray with a five-minute contact time and wiped with disposable paper towels.

Rubbish disposal:

- A large bin lined with a fresh black rubbish bag is to be kept near the lunch serving tables every lunchtime.
- The bin is to be emptied as soon as it is full and at the end of the lunch session, tied securely and taken outside to be put in the large wheelie bins and kept away from the children's' play area.
- Staff will always wash their hands after handling refuse and waste food.
- The wheelie bins will be emptied by the appropriate contractor on a weekly basis, or more often if they are overflowing.
- Fridges will be cleaned on a weekly basis. Inside cupboards once a month.
- Tops of cupboards and appliances are pulled out to be thoroughly cleaned every 6 weeks.

Disinfection

- At the end of each lunch session, all cutlery and crockery used for the school lunches will be rinsed and then cleaned in the dishwasher at a maximum hot temperature.
- The cleaning cloths are washed with antibacterial washing-up liquid at the end of each working day or washed in the washing machine at 90°C.
- The kitchen is to be left clean and tidy after each lunch session.

Storage

- The lunches are held in hot storage containers prior to serving them to the consumer.
- The kitchen supervisor checks food temperature on delivery. A probe thermometer is used



with probe wipes before and after.

- The hot storage containers must keep the food at a temperature of 63°C or above, to minimise the risk of the growth of pathogens (spot checks on the temperature of the food will be undertaken on a daily basis by the catering company (Naked Nosh) using a food thermometer and a temperature chart will be handed out to the health and safety officer on a weekly basis.
- Any leftover food will be cooled in the kitchen prior to storing it in clean, lidded, plastic Tupperware-style containers in the fridge.
- Any leftover food will be refrigerated at a temperature of 5°C or cooler.
- Leftover food is to be consumed by members of staff only and at their own risk.
- Leftover food will be kept in the fridge for no longer than 24 hours and then thrown away.
- Leftover food must be reheated once only by the consumer (member of staff) and at their own risk.

Pests

'A food pest is any creature that lives on, or in, human food, causing damage or contamination or both.'

The presence of these can be prevented by:

- Keeping food covered at all times.
- Keeping the doors in the dining hall closed during the lunch session to prevent insects from entering (during warm weather the room can be cooled by the air-conditioning system).
- Any spilled food will be cleaned up during or at the end of each lunch session.
- Maintaining a clean workplace.
- Storing rubbish bags in the wheelie bins outside. The bins must have lids on and be emptied by the appropriate contractor on a weekly basis, or more often if they are overflowing.
- Notifying the headteacher or school administrator if any holes are noticed in brickwork or around windows, doors or pipes.
- Notifying the headteacher or school administrator if any pests are sighted or any evidence of pests is seen within the school grounds, who will then contact the appropriate pest control company immediately. The main signs are:

1. dead bodies (mainly insects, rodents and birds)
2. droppings
3. unusual smells
4. scratching, pecking or gnawing sounds (mainly rodents and birds)
5. gnawed pipes, cables and fittings (mainly rodents)
6. eggs, larvae, pupae, feathers, fur, nesting material
7. paw or claw prints
8. smears and rat runs (rodents)

Food poisoning

As food handlers, it is the responsibility of the staff of Naked Nosh and



Parsons Green Prep to do everything possible to keep food safe.

The school has provided Naked Nosh with a list of known food allergies amongst the children partaking in school lunches and will keep Naked Nosh informed of any updated information.

Examples of food poisoning and food-borne illness to be aware of:

Pathogenic bacteria	Common source	Linked to food	Typical symptoms	Average onset of time
Salmonella	Human and animal gut	Meat, eggs, poultry and milk. Other foods like green vegetables, fruit and shellfish can become contaminated through contact with manure in the soil or sewage in the water.	Diarrhoea, stomach cramps and sometimes vomiting and fever	12-72 hours
Staphylococcus aureus	Human body - especially skin, nose, mouth, cuts and boils - and raw milk	Cold meats, raw milk and dairy products; anything touched by hand	Abdominal pain or abdominal cramp, vomiting, low temperature	1-6 hours
Clostridium perfringens	Animal and human excreta, soil, dust, insects and raw meat	Cooked meat and poultry	Abdominal pain and diarrhoea	12-18 hours
Clostridium Botulinum (Botulism)	Soil and water	Fish, meat, vegetables, smoked fish, canned fish and canned beef, hazelnut puree	Difficulties in breathing and swallowing	12-36 hours
Bacillus cereus	Cereals, soil and dust	Cereals (especially rice)	Abdominal pain, some diarrhoea, vomiting	1-5 hours or 8-16 hours depending on the form of the food poisoning



Food-borne illness

Campylobacter jejuni	Animals, sewage and untreated water	Raw poultry, meat and milk; untreated water	Diarrhoea, often bloody, abdominal pain, nausea,	48-60 hours
Escherichia coli 0157 (E. coli)	Human and animal gut, sewage, water and	Beef (especially minced) and other meat; raw milk; untreated	Abdominal pain, fever, diarrhoea, vomiting, kidney damage or	12-24 hours or longer
Listeria	Soil, water, sewage, people	Soft cheese made from unpasteurised milk, salad vegetables and	Flu-like symptoms	1-70 days
Shigella (Bacillary dysentery)	People	Water, milk, salad vegetables	Diarrhoea, sometimes bloody, fever, abdominal pain, vomiting	1-7 days

This policy will be reviewed annually

Reviewed: September 2010	By: Mrs Janie Richardson	Changes: None
Next review: Autumn term 2011	By: Mrs Janie Richardson	None
Next review: Autumn term 2012	By: Mrs Janie Richardson	None
Next review: Autumn term 2013	By: Pippa Hogg-Andrews	None
Next review: 25 February 2015	By: Celine Lemerle & Anna Bodell	Legislation, name change and typo
Reviewed: 1 August 2015	By: Celine Lemerle	Added EUFIC Regulations
Reviewed: 1 September 2016	By: Celine Lemerle	Menu rota comment page 1. New Food regulations 2013 and not 2006 anymore on page 3. Temperatures record provided by Naked Nosh page 3.



Reviewed: 1 September 2017	By: Celine Lemerle	School Food Standards requirements detailed. Caring for children with special needs section added
Reviewed: 1 September 2018	By: Celine Lemerle	Section on catering for children with severe allergies added. Food temperature checks and cleaning methods added. New list of ingredients.
Next review: 1 September 2019		



Appendix 1

List of ingredients - Winter Menu

Week 1		
Monday		
Free Range Pork Sausages, Vegetarian Sausages, Halal Sausages with gravy, mash potato and seasonal vegetables	Pork Sausages	Pork, Pork Fat, Water, Rusk (Gluten), Wheat Flour , Skimmed Milk , Spices, Onion Powder, Stabiliser: Sodium Triphosphate
	Sausages - Pork - Gluten Free	Pork (83%), Water, Egg White , Rice Flour, Chickpea Flour, Salt, Spices, Dextrose, Herbs, Mixed Peppercorns, Preservative (Sodium Metabisulphite), Cornflour, Onion Powder, Stabiliser (Diphosphates), Antioxidant (Sodium Ascorbate), Sausage Casing [Calcium Alginate]
	Sausages Halal - Chicken	
	Sausages - Vegetarian	Mycoprotein™ (41%), Rehydrated Free-Range Egg White , Vegetable Oils (Rapeseed, Palm), Onion, Rusk (Wheat Flour , Yeast, Salt), Natural Flavouring, Casing (Stabiliser: Sodium Alginate; Cellulose, Modified Starch), Textured Wheat Protein (Wheat Flour , Stabiliser: Sodium Alginate), Firming Agents: Calcium Chloride, Calcium Acetate, Seasoning [Herbs (Sage, Parsley), Rapeseed Oil], Pea Fibre, Barley Malt Extract , Natural Caramelised Sugar
	Sausages - Vegan	Grilled Vegetables (30%) (Red Pepper, Yellow Pepper, Courgette, Onion), Haricot Beans (20%), Water, Wheat Flour , Red Onion, Tapioca Starch, Rusk (Wheat Flour , Salt), Rice Starch, Tomato Powder, Rapeseed Oil, Seasoning [Salt, Yeast Extract, Herbs (Sage, Rosemary, Marjoram, Bay), Onion Powder, Potassium Chloride], Spices (Black Pepper, Nutmeg, White Pepper), Sugar, Maltodextrin, Garlic Powder, Barley Malt Extract Powder , Sunflower Oil, Herb Extracts (Sage, Rosemary), Black Pepper Extract], Herbs & Spices [Oregano, Smoked Paprika, Black Pepper], Tomato Pesto (1.5%) [Tomato Purée, Sunflower Oil, Sugar, Fructose, White Wine Vinegar, Olive Oil, Red Pepper Juice, Sundried Tomato, Basil Extract, Rubbed Basil, Red Pepper, Salt, Garlic Purée], Natural Flavouring, Stabiliser: Methylcellulose
	Roast Potatoes	Potatoes, Olive Oil, Salt.
	Vegetables & Salads	Fresh: Broccoli, Carrots, Cauliflower, Savoy Cabbage, Courgettes.
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon



		Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Tuesday		
Mediterranean Spiced Chicken with Tzatziki Rice, Feta & Roast Veg Stuffed Pepper Cous Cous, Mediterranean Salad with Tomato, Cucumber and Choice of toppings	Mediterranean Chicken Thighs & Tzatziki	Red Tractor Approved Chicken Thighs, Olive Oil, Mixed Spices, Tomato Puree, Potato Starch. Tzatziki: Yoghurt , Cucumber, Olive Oil, Cider Vinegar, Herbs
	Stuffed Peppers	Peppers, Aubergines, Courgettes, Onions, Garlic, Herbs, Spices, Feta , Rice
	Salads	Fresh: Lettuce, Onions, Carrots, Tomatoes, Cucumbers, Feta Cheese , Olives, Beetroot,
	Basmati	Basmati Rice
	Chopped Fruit with Yoghurt & Honey	Melon, Pineapple. Greek Yoghurt , honey
Wednesday		
Jacket Potatoes or White Rice with Choice of fillings: Chilli con Carne, Tuna Mayo, Farmhouse Cheddar & Baked Beans served with Grated Carrot, Tomato & Cucumber Salad	Chilli Con Carne	Beef, Onions, Carrots, Garlic, Tomato Puree, Tinned Tomatoes, Kidney Beans, Oregano, Spices.
	Tuna Mayonnaise	Tuna , Water, Salt, Mayonnaise: Water, Rapeseed Oil (40%), Pasteurised Egg Yolk (4%), Modified Maize Starch, spirit Vinegar, Sugar, Salt, Stabilisers (Guar Gum, Xanthan Gum), Mustard Powder , Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)
	Baked Beans	Haricot Beans (53%), Tomatoes (29%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Yeast Extract, Flavouring, Clove Extract
	Cheddar Cheese	Milk , Salt, Vegetarian Rennet.
	Roast Potatoes	Potatoes, Olive Oil, Salt.
	Basmati	Basmati Rice
	Salads	Fresh: Lettuce, Onions, Carrots, Tomatoes, Cucumbers.
Thursday		
Homemade Traditional Lasagne Homemade Roasted	Homemade Meat Lasagne	Pasta: Durum Wheat , Water. Bolognese Ragout (See above), Bechamel Sauce: Semi Skimmed Organic Milk , Butter (unsalted) , Wheat Flour , Knorr Vegetable Bouillon (See Image), Tomato, Mozzarella & Cheddar Cheese: Milk, Vegetarian rennet.



Vegetable Lasagne Mixed Salad		
	Homemade Vegetable Lasagne	Pasta: Durum Wheat , Water. Onions, Peppers, Aubergines, Courgettes, Bechamel Sauce: Semi Skimmed Organic Milk, Butter (unsalted), Wheat Flour , Knorr Vegetable Bouillon (See Image), Tomato, Mozzarella & Cheddar Cheese: Milk, Vegetarian rennet.
	Salads	Fresh: Lettuce, Onions, Carrots, Tomatoes, Cucumbers.
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Friday		
Breaded Pollock fillets Risotto chips, peas & sweet corn	Breaded Pollack	Pollock fillets, Milk, Eggs, Flour , Vegetable oil, Salt, Pepper
	Risotto Cakes	Arborio Rice, Onions, Garlic, Peas, Sweetcorn, Spinach, Vegetable Bouillon (See Photo), Breadcrumbs: Wheat Flour , Yeast, Salt.
	Chips	Potatoes, Vegetable Oil
	Peas & Sweetcorn	Peas, Sweetcorn
	Homemade Shortbread & Vanilla Ice Cream	Butter, Wheat Flour , Sugar, Vanilla Essence, Ice Cream: British Skimmed Cows' Milk, Glucose Syrup, Sugar, Coconut Oil, Whey Powder (Cows' Milk), Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavourings, Stabilisers: Carob Gum, Guar Gum; Colours: Beetroot Red, Carotenes.
Week 2		
Monday		
Roast Pork Shoulder Sweet Potato, Red Onion & Feta Tortilla Gravy, Roast Potatoes, cauliflower & Broccoli	Roast Pork	Pork, Salt, Water, Carrots, Onions, Bayleaf.
	Roast Chicken	Chicken, Salt, Carrots, Onions, Bayleaf.
	Sweet Potato Tortilla	Free Range Eggs , Sweet Potato, Assorted Vegetables, Cheese , Olive Oil.
	Gravy	Roasting Juices of Pork or Chicken, Water, Carrot, Onion, Celery , Tomato Puree, Potato Starch, Gravy Granules: Maltodextrin, Potato Starch, Salt, Colour (Ammonia Caramel), Beef Dripping (2%), Flavouring, Onion Powder, Flavour Enhancer (Disodium 5'-Ribonucleotides)
	Vegetable & Halal Gravy	Potato Starch, Palm Oil, Salt, Fortified Wheat Flour (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Onion Powder, Colour: Plain Caramel;



		Flavourings (Barley, Celery, Wheat), Carrot Powder, Hydrolysed Soya Protein, Hydrolysed Maize Protein, Onion, Emulsifier: Soya lecithin; White Pepper.
	Roast Potatoes	Potatoes, Olive Oil, Salt.
	Vegetables	Fresh: Broccoli, Carrots, Cauliflower, Savoy Cabbage, Courgettes.
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Tuesday		
Macaroni & Cheese Tomato & Basil Pasta Pasta Bake with Roasted Med Veg & Mozzarella Seasonal Vegetables	Macaroni Cheese	Pasta: Durum Wheat , Water. Bechamel Sauce: Semi Skimmed Organic Milk , Butter (unsalted), Wheat Flour , Knorr Vegetable Bouillon (See Image), Tomato, Cheddar Cheese: Milk, Vegetarian rennet.
	Tomato & Basil Sauce	Onion, Garlic, Olive Oil, Tinned Tomatoes, Tomato Puree, Fresh Basil.
	Pasta with Roasted Vegetables	Pasta: Durum Wheat , Water. Onions, Peppers, Aubergines, Courgettes, Tomato, Mozzarella & Cheddar Cheese: Milk, Vegetarian rennet.
	Vegetables	Fresh: Broccoli, Carrots, Cauliflower, Savoy Cabbage, Courgettes.
	Chopped Fruit with Yoghurt & Honey	Melon, Pineapple. Greek Yoghurt , honey
Wednesday		
Handmade Cumberland Sausage rolls Handmade Spinach, Roast Vegetable & Ricotta Rolls Seasonal vegetables and Mixed salad	Sausage Rolls	Flour, butter , vegetable fats, Pork, Pork Fat, Water, Rusk (Gluten), Wheat Flour, Skimmed Milk , Spices, Onion Powder, Stabiliser: Sodium Tripolyphosphate
	Sausages - Pork - Gluten Free	Pork (83%), Water, Egg White , Rice Flour, Chickpea Flour, Salt, Spices, Dextrose, Herbs, Mixed Peppercorns, Preservative (Sodium Metabisulphite), Cornflour, Onion Powder, Stabiliser (Diphosphates), Antioxidant (Sodium Ascorbate), Sausage Casing [Calcium Alginate]
	Vegetable Puffs	Puff Pastry: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Palm Fat, Vegetable Oils (Palm Oil, Rapeseed Oil), Wheat Gluten, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Concentrated Lemon Juice, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid. Spinach, Peppers, Aubergines, Courgettes, Onions, Garlic, Herbs, Spices, Ricotta cheese, Egg.



	Vegetables & Salads	Fresh: Broccoli, Carrots, Cauliflower, Savoy Cabbage, Courgettes, Tomatoes, Cucumbers, Parsnips, Swede, Sweet Potato. Frozen: Peas, Sweetcorn, Olives, Beetroot,
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Thursday		
Cornfed chicken thighs Cajun Vegetable Fritters homemade BBQ Sauce, white Basmati, Corn cobs and Green Beans	BBQ Chicken Thighs	Red Tractor Approved Chicken Thighs, Olive Oil, Mixed Spices, Tomato Puree, Potato Starch.
	Cajun Fritters	Wheat Flour , Potato Starch, Yeast, Water, Spices, Peppers, Aubergines, Courgettes, Sweetcorn, Spices.
	Homemade BBQ Sauce	Water, Glucose-Fructose Syrup, Spirit Vinegar, Tomato Paste (8%), Sugar, Modified Maize Starch, Salt, Tomato Powder, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Natural Flavouring, molasses, soya sauce , honey, herbs and spices
	Basmati	Basmati Rice
	Vegetables	Corn Cobs, Carrots, Green Beans
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Friday		
Traditional Stone-baked Margherita Pizza Traditional Stone-baked Pizza with Mushrooms & Sweetcorn Served with Mixed Salad	Pizza	"00" Flour , Yeast, Salt, Water, Olive Oil. Tomato, Basil, Mushrooms, Sweetcorn, Mozzarella Cheese: Milk , Vegetarian rennet, Salt.
	Salads	Fresh: Lettuce, Onions, Carrots, Tomatoes, Cucumbers.
	Fruit Jelly & Ice Cream	Frozen Strawberries, Blackberries, Blackcurrants, Raspberries, Jelly: Dextrose, Sugar, Beef Gelatine, Acid (Citric Acid), Colours (Beetroot Juice Concentrate, Annatto), Acidity Regulator (Trisodium Citrate), Flavouring Ice Cream: British Skimmed Cows' Milk, Glucose Syrup, Sugar, Coconut Oil, Whey Powder (Cows' Milk), Emulsifier: Mono- and Diglycerides of Fatty Acids; Flavourings, Stabilisers: Carob Gum, Guar Gum; Colours: Beetroot Red, Carotenes.
Week 3		
Monday		



Roasted Gammon with Honey & Mustard Root Vegetable & Cheese Galette seasonal vegetables and new potatoes	Roast Gammon with Honey & Mustard	Pork Leg, Salt, Sugar, Emulsifier E450, Preservative E250, Honey, Mustard: Mustard Seed, Mustard Flour , Spirit vinegar, Sugar, Salt, Rapeseed Oil, Xanthan Gum, Potassium Sorbate.
	Root Vegetable & Cheese Galette	Puff Pastry: Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Fat, Vegetable Oils (Palm Oil, Rapeseed Oil), Wheat Gluten, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids, Concentrated Lemon Juice, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid. Sweet Potato, Butternut, Onions, Garlic, Herbs, Spices, Cheddar cheese, Egg.
	Roast Potatoes	Potatoes, Olive Oil, Salt.
	Vegetables	Fresh: Broccoli, Carrots, Cauliflower, Savoy Cabbage, Courgettes.
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Tuesday		
Pasta with Bolognese Ragout with tomato and beef Pasta with Arrabbiata Sauce Seasonal vegetables	Bolognese Ragout	Pasta: Durum Wheat , Water. Beef, Onions, Carrots, Garlic, Tomato Puree, Tomatoes, Beef Bouillon (See Photo), Oregano, Thyme, Rosemary
	Arrabbiata Sauce	Onion, Garlic, Olive Oil, Tinned Tomatoes, Tomato Puree, Fresh Basil.
	Chopped Fruit with Yoghurt & Honey	Melon, Pineapple. Greek Yoghurt , honey
Wednesday		
Chicken Tikka Masala Homemade Vegetable Curry Naan Bread, Peas, Sweetcorn & white Basmati rice	Chicken Tikka Masala	Chicken, Onions, Garlic, Ginger, Spices, Tomatoes, Yoghurt . Coriander
	Vegetable Curry	Peppers, Aubergines, Courgettes, Onions, Garlic, Herbs, Spices, Tinned Tomato.
	Naan Bread	Flour , Yeast, Salt, Water, Spices.
	Basmati	Basmati
	Vegetables	Peas & Sweetcorn
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon



		Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Thursday		
Grass-Fed Beef Burgers in Brioche Buns Quorn Burgers with Brioche Buns Roast Potatoes & Crudité Salad & Homemade Hummus Dip	Beef Burgers	Minced Beef (5-10% Fat), Bread: Flour, Yeast, Salt , Onions, Parsley, Salt, Pepper.
	Quorn Burgers	Mycoprotein™ (56%), Wheat Flour (contains added Calcium, Iron, Niacin & Thiamine), Water, Vegetable Oils (Sunflower, Rapeseed), Rehydrated Free-Range Egg White, Milk Proteins, Natural Flavouring, Salt, Wheat Gluten, Wheat Starch, Yeast, Firming Agents: Calcium Chloride, Calcium Acetate, Spices (Black Pepper, Cayenne Pepper, Fenugreek, Nutmeg), Rice Flour, Gelling Agent: Pectin, Spice Extracts (Black Pepper, pimento), Colour: Paprika Extract, Fennel Extract
	Brioche Buns	Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Butter (Milk) (8%), Free Range Egg (7%), Yeast, sugar, Glaze (Water, Vegetable Proteins, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Dried Skimmed Milk, Salt, Emulsifier (Mono- and Diacetyl Tartaric Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
	Roast Potatoes	Potatoes, Olive Oil, Salt.
	Crudite` Salad	Cucumbers, Carrots, Peppers.
	Homema de Hummus Dip	Chick Peas, Olive Oil, Garlic, Lemon Juice.
	Greek & Fruit Yoghurt	Greek Yoghurt , Organic Fruit Yoghurt: Organic Whole Milk Yogurt , Organic Strawberries (5%), Organic Sugar (4.9%), Organic Maize Starch, Natural Flavouring, Organic Concentrated Elderberry Juice, Organic Concentrated Lemon Juice, Contains the following Live Cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
Friday		
Fishfingers, olive oil roast potatoes, baked beans and seasonal vegetables	Fish Fingers	MSC Certified Alaska Pollock Fish (64%), Country Ground™ Wheat Flour (Wheat Flour, Nutritional Supplements: Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Water, Salt, Yeast, Turmeric, Chilli Pepper.
	Baked Beans	Haricot Beans (53%), Tomatoes (29%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Yeast Extract, Flavouring, Clove Extract
	Vegetables & Salads	Fresh: Broccoli, Carrots, Cauliflower, Savoy Cabbage, Courgettes.
	Roast Potatoes	Potatoes, Olive Oil, Salt.



	Chocolate Cake with Chocolate Icing	Cake: Wheat Flour, Milk, Eggs , Vegetable Oil, Un-Alkalisied 100% Cocoa Powder. Sugar. Icing: Icing Sugar, Cocoa Powder, Water.
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Appendix 2

List of suppliers

Dickensons Quality Meats Ltd	365 North End Road London SW6 1NW Tel.0207 385 8927
Allan Reeder Ltd (Dairy Suppliers)	Unit 34 Acton Ind. Est. London W3 7QE Tel.0208 742 9222
Booker Cash & Carry	Booker Cash N Carry Ltd Endeavour Way London SW19 8LG Tel.0208 946 0701
C. Carnevale (Italian Food Products)	107 Blundell St, London N7 9BN Tel. 0207 607 8777
Sainsburys Supermarkets Ltd (Assorted Fruit, Vegetables & Yoghurt)	Putney, Wandsworth
Asda Supermarkets Ltd (Breads, Assorted Fruit, Vegetables & Yoghurt)	Clapham Junction, Roehampton Vale
Terry Bailey Fruit & Vegetable Supply	North End Road Market, London SW6 1NW



Appendix 3

Ingredient images



Knorr Vegetable stock



Knorr Beef Stock



Quorn sausages



Fish Fingers