



Following feedback from schools and pupils, we have been developing a new menu. We have enlisted the help of the Food Education Team in Children's Services at Lincolnshire Council to ensure our menus are not only compliant with the School Food Standards but that they are even healthier too. We have been trying out new recipes to include even more fruit and vegetables and also reduce the fat, salt and sugar in our school meals.

In line with the new Healthy Schools Rating Scheme we would like to support schools to work towards their Bronze, Silver and Gold Awards. Working with the Food Education Team we will ensure the menus have been independently checked for compliance which schools can use as evidence for their healthy schools rating scheme.

The school food standards ensure that the food served throughout the day in schools is healthy and nutritious. Schools can notify Ofsted school inspectors about the rating they have achieved in the healthy schools rating scheme. They will be able to draw attention to the scheme as evidence of their provision to pupils. Where relevant, Ofsted inspectors may wish to consider the scheme as evidence when reaching the judgement on 'personal development'.



First Meals for Schools

Term 4

Spring Menu

24th Feb - 3rd April 2020

Week 1 24th February Week 4 16th March	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Lincolnshire Fishcake served with homemade baked wedges, peas and tomato sauce	Cheese and Tomato Pizza served with half a jacket potato and salad	Roast Chicken with mashed potato, seasonal vegetables and gravy	Meat and Vegetable Pie served with salad potatoes and vegetables	Lincolnshire Sausage served with mashed potato and baked beans
Main 2	Quorn Burger served with baked wedges, peas and tomato sauce	Vegetable Curry and mixed rice	Homemade Flan with mashed potato and seasonal vegetables	Vegetable Hotpot served with vegetables	Quorn Sausage served with mashed potato and baked beans
Main 3	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

Dessert 1	Homemade Healthy Chocolate Sponge and chocolate custard	Homemade Fruit Sponge and custard	Homemade Peach and Raspberry Cobbler and custard	Fresh Fruit Salad and natural yoghurt	Homemade Banana Cake and custard
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

BOOKING YOUR MEALS

Please select **ONE** main course and **ONE** dessert option per day and complete and return the order form supplied by your school.

Enquiries regarding the supply, booking or cancellation of meals must be made direct to the school.



Week 2 2nd March Week 5 23rd March	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Salmon Fillet served with homemade wedges, peas and tomato sauce	BBQ Chicken served with mixed rice and sweetcorn	Roast Beef served with mashed potato, Yorkshire pudding, seasonal vegetables and gravy	Homemade Spaghetti Bolognese with garlic bread and broccoli	Cheese and Tomato Pizza served with half a jacket potato and baked beans
Main 2	Homemade Vegetable Crumble served with homemade wedges and peas	Vegetable Chilli served with mixed rice and sweetcorn	Quorn Burger served with mashed potato and seasonal vegetables	Homemade Vegetable Bolognese with garlic bread and broccoli	Cheese Omelette served with half a jacket potato and baked beans
Main 3	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

Dessert 1	Healthy Chocolate Sponge and chocolate custard	Pineapple Sponge and custard	Fresh Fruit Salad and natural yoghurt	Homemade Marble Sponge and chocolate custard	Cheese and Biscuits with fruit
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

Week 3 9th March Week 6 30th March	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Lincolnshire Sausage served with homemade wedges, peas and tomato sauce	Homemade Ham and Mushroom Pasta served with garlic bread and sweetcorn	Roast Pork served with mashed potato, seasonal vegetables and gravy	Homemade Beef Lasagne served with half a jacket potato and salad	Chicken Enchiladas served with homemade wedges and baked beans
Main 2	Quorn Sausage served with baked potato wedges, peas and tomato sauce	Homemade Vegetable Pasta served with garlic bread and sweetcorn	Homemade Quorn Hotpot served with seasonal vegetables and gravy	Homemade Vegetable Lasagne served with half a jacket potato and salad	Vegetarian Wrap served with homemade wedges and baked beans
Main 3	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

Dessert 1	Oaty Fruit Crumble and custard	Homemade Fruit Sponge and custard	Fresh Fruit Salad and ice cream	Homemade Pear and Chocolate Sponge and chocolate custard	Homemade Date Slice and custard
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

Please complete your order as instructed by your school

If you would like to comment or ask us a question about our food or menus, please contact us on 01754 610 164 or email ann.russell@firstcollegelincs.co.uk



At First Meals we take the quality of our ingredients very seriously and source from local suppliers wherever possible.