



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 3

Winter Menu

6th Jan - 13th Feb 2020

Week 1 6th January Week 4 27th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Pasta Bolognaise and mixed salad	Cheese and Tomato Pizza with homemade wedges and peas	Chicken Casserole with mixed rice and broccoli	Roast Beef, Yorkshire Pudding with mashed potato and seasonal vegetables	Cod Fillet Fishfinger with mashed potatoes and baked beans
Main 2	5 Bean Pasta Bake and mixed salad	Jacket Potato with cheese	Quorn Hotpot and broccoli	Vegetable Curry and mixed rice	Quorn Sausage with mashed potato and baked beans
Dessert 1	Healthy Chocolate Sponge with chocolate custard	Fruit Sponge and custard	Fresh Fruit Salad and natural yoghurt	Cheese and Biscuits with fruit	Fresh Fruit Salad and natural yoghurt
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 13th January Week 5 3rd February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--	--------	---------	-----------	----------	--------

Main 1	Homemade Mild Beef Chilli served with mixed rice and green beans	Cheese and Tomato Pizza with half a jacket potato and mixed salad	Lincolnshire Sausage with mashed potato and baked beans	Roast Pork with roast potatoes, seasonal vegetables and gravy	Lincolnshire Fishcake served with homemade wedges, peas and tomato sauce
Main 2	Homemade Vegetable Curry served with mixed rice and green beans	Jacket Potato served with vegetable bolognaise and mixed salad	Homemade Vegetable Flan served with mashed potato and baked beans	Quorn Fillet with roast potatoes, seasonal vegetables and gravy	Quorn Sausage with served with homemade wedges, peas and tomato sauce

Dessert 1	Healthy Chocolate Sponge and chocolate custard	Fresh Fruit Salad and natural yoghurt	Cheese and Biscuits with fruit	Fruit Salad and natural yoghurt	Apple Sponge 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

Week 3 20th January Week 6 10th February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
---	--------	---------	-----------	----------	--------

Main 1	Lincolnshire Sausage, homemade wedges, peas and tomato sauce	Spaghetti Bolognaise with mixed salad	BBQ Chicken with mixed rice and sweetcorn	Roast Pork with mashed potato, seasonal vegetables and gravy	Breaded Salmon with mashed potato and baked beans
Main 2	Jacket Potato with vegetable curry	Quorn Meatballs in a Tomato Sauce with spaghetti and mixed salad	Vegetable Chilli mixed with rice and sweetcorn	Homemade Vegetable Crumble with mashed potato and seasonal vegetables	Quorn Sausage with Mashed potato and baked beans

Dessert 1	Oaty Fruit Crumble and custard	Rice Pudding with peaches	Pineapple Sponge and custard	Fruit Salad and natural yoghurt	Banana Cake and custard
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

First Meals
for Schools

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