



Practical Application of Social Media in Catering Services



Bill Kennedy

Facilities Services Manager

Tayside 
contracts

Catering Unit

- 950 employees
- 200 establishments
- 4.1 million meals per annum
 - 22,600 per day served in 45 minutes
- £12.4million income per annum





Background

- In 2004 Hungry 4 Success Guidelines
- 2007 H4S superseded
 - The Schools (Health Promotion & Nutrition) (Scotland) Act 2007
 - Legislation
- Consists of...
 - Nutrient Standards
 - 8 Food & Drinks Standards

Menu Design Process

- Seasonal Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Planning – 6 Months in Advance Menu Development Group Menu Trial Design Considerations 	<ul style="list-style-type: none"> Fishcakes Vegetable Nuggets Sweetcorn Rice Semolina & Peaches 	<ul style="list-style-type: none"> Creamy Chicken & Sweetcorn Savoury P.E.Zz Broccoli Pasta Mashed Potato Caramel Flan & Custard 	<ul style="list-style-type: none"> Lentil Soup Orange & Grape Starter Turkey Burger in a Bun Spaghetti Bolognese Vegetable Bake Green Beans Garlic Bread Potato Wedges 	<ul style="list-style-type: none"> Pork Casserole Breaded Fish Macaroni Cheese Pea Rice Chips Pear & Honey Sponge with Custard 	<ul style="list-style-type: none"> Oven Baked Sausages Traditional Mince Baked Potato with Baked Beans Carrots Baked Beans Mashed Potatoes Chocolate Brownie
<ul style="list-style-type: none"> The Schools (Health Promotion & Nutrition) (Scotland) Act 2007 Customer Feedback Variety Allergen Consideration Nutritional Balance Cost 	<ul style="list-style-type: none"> Pork Steak & Gravy Broccoli & Cauliflower Pasta Peas Boiled Potatoes Tomato Sauce Rice Pudding & Fruit Puree 	<ul style="list-style-type: none"> Chilli Mince Spinach Curry Rice Roast Potatoes Peas & Beans 	<ul style="list-style-type: none"> Vegetable Soup Veggie Sticks & Dip Steak Pie Tomato Pasta Carrots & Parsnips Pasta Baby Potatoes 	<ul style="list-style-type: none"> Cottage Pie Fish Bites Savoury Pizza Potato Wedges Sweet Potato Bread Chocolate Sponge & Vanilla Sauce 	<ul style="list-style-type: none"> Sweet & Sour Chicken Chipolata's, Yorkshire Pudding & Gravy Meatlette Ratatouille Veg Rice Mashed Potatoes Lemon Muffin
	<ul style="list-style-type: none"> Roast Beef & Gravy Tuna Baked Potato Vegetable Curry Cauliflower Rice Boiled Potatoes Vanilla Sponge & Custard 	<ul style="list-style-type: none"> Mince & Doughballs Fish Fingers Hot Potatoes Peas Mashed Potatoes Peas & Beans Sauce 	<ul style="list-style-type: none"> Beef Burger in a Bun Chicken Fajita Macaroni Cheese Broccoli Chips Crusty Bread Sweet Traybake 	<ul style="list-style-type: none"> Yellow Pea Soup Melon & Orange Starter Steak Casserole Sausage Roll Vegetable Risotto Brussel Sprouts Baked Beans Boiled Potatoes 	<ul style="list-style-type: none"> Meatballs in Tomato Sauce Breaded Fish Bean Burger in Bun Baby Carrots Pasta Potato Wedges Chocolate Brownie

In 2010 Primary School Interactive Menu is Launched !



**@
E-M@IL**



INTERNET

Tayside 
contracts

**MOVING
INTO
CYBERSPACE**

ONLINE

Online Primary Menu – 2010/11

Autumn / Winter 2010/11

Click on a dish and find out the nutritional information of it!

Click on the menu item and this will link you to the recipe and ingredient information!



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 18th October 8th November 29th November 20th December 3rd January 24th January 14th February 7th March 28th March	<u>Ham & Tomato Pasta</u> <u>Breaded Fish</u> <u>Tomato Pasta</u> Seasonal Vegetables <u>Herbie Diced Potatoes</u> <u>Apple Sponge & Custard</u>	<u>Savoury Mince</u> <u>Breaded Chicken Wrap</u> <u>Cauliflower & Broccoli Bake</u> Seasonal Vegetables Boiled Potatoes <u>Garlic Bread</u> <u>Creamed Rice Pudding & Peaches</u>	<u>Winter Vegetable Soup</u> <u>Melon & Orange Starter</u> <u>Oven Baked Sausages and Mash</u> <u>Baked Potato with Tuna Mayo</u> <u>Baked Potato with Baked Beans</u> Seasonal Vegetables	<u>Steak Pie</u> <u>Chicken Meatballs in Tomato Sauce</u> <u>Macaroni Cheese</u> Seasonal Vegetables Boiled Potatoes <u>St Clements Sponge & Custard</u>	<u>Chicken Burger in a Bun</u> <u>Roast Pork & Gravy</u> <u>Vegetable Risotto</u> Seasonal Vegetables <u>Roast Potatoes</u> <u>Crispie Cake</u>
Week 2 25th October 15th November 6th December 10th January 31st January 21st February 14th March	<u>Roast Chicken & Gravy</u> <u>Tuna Baquette</u> <u>Macaroni Cheese</u> Seasonal Vegetables <u>Baby Boiled Potatoes</u> <u>Garlic Bread</u> <u>Jam Sponge & Custard</u>	<u>Green Pea Soup</u> <u>Veggie Sticks & Dip</u> <u>Haddock Bites</u> <u>Tex Mex Baked Potato</u> <u>Vegetable Burrito</u> Seasonal Vegetables <u>Chips</u>	<u>Steak Casserole</u> <u>Chicken & Vegetable</u> <u>Yorkshire Pudding</u> <u>Savoury Pizza</u> Seasonal Vegetables Boiled Potatoes <u>Toffee Apple Flan</u>	<u>Cod Fish Fingers</u> <u>Traditional Mince</u> <u>Savoury Vegetable Rice</u> Seasonal Vegetables <u>Mashed Potatoes</u> <u>Chocolate Muffin</u>	<u>Oven Baked Sausages</u> <u>Chicken Risotto</u> <u>Savoury Omelette</u> Seasonal Vegetables <u>Potato Croquettes</u> <u>Ice-Cream & Fruit</u>
Week 3 1st November 22nd November 13th December 17th January 8th February 21st March	<u>Roast Beef, Gravy & Yorkshire Pudding</u> <u>Fish Nuggets</u> <u>Macaroni Cheese</u> Seasonal Vegetables <u>Roast Potatoes</u> <u>Marble Sponge & Custard</u>	<u>Chicken Pie</u> <u>Lamb Filled Pitta Bread</u> <u>Savoury Pizza</u> Seasonal Vegetables <u>Chips</u> <u>Creamed Semolina & Two Fruits</u>	<u>Pork Steak & Gravy</u> <u>Bread Cod Portion</u> <u>Creamy Vegetable Pie</u> Seasonal Vegetables Boiled Potatoes <u>Chocolate Brownie & Custard</u>	<u>Vegetable Soup</u> <u>Tuna Pate & Bread Wedge</u> <u>Shepherds Pie</u> <u>Chicken Curry</u> <u>Vegetable Curry</u> Seasonal Vegetables <u>Boiled Rice</u>	<u>Tay Beefburger in Bun</u> <u>Hot Chicken Wrap</u> <u>Baked Potato & Baked Beans</u> Seasonal Vegetables Baked Beans Boiled Potatoes <u>Peach Swirl Muffin</u>

Within the recipes click on the ingredient to find out about allergy and nutrition information!


A choice of one of the three main courses
 Vegetable and potatoes
 A selection from the salad bar
 Homemade bread

A choice of puddings from
 Sweet of the day
 or
 Fresh fruit
 or
 Fruit Yoghurt

A choice of drinks from
 A glass of milk
 or
 A glass of fruit juice
 or
 A glass of water

Recipe: Vegetable Risotto

Yield: 20 Ptn

Ingredient	Description	Amount
13609	Chickpeas - in water (Drain)	400g
544	Rice Round Grain	20 x 35g
33568	Extended Life Oil Vegetable Cooking	50ml
3243	Sweetcorn	250g
4794	Frozen Mixed Diced Peppers	250g
4800	Frozen Sliced Mushrooms	250g
4753	Choice Frozen Peas	250g
52276	Frozen Diced Onions	250g
100442	Knorr Vegetable Bouillon 	20g
33579	Pepper Black Ground	3g
HERBSPARS	Fresh Parsley - Curly	3g
4779	Sliced Courgettes	150g
33586	Tumeric	2g
33585	Paprika Pepper	2g

Method:

1. Boil the rice, drain and refresh
2. Heat the oil, add the onions and fry for 2-3mins
3. Add the remaining vegetables and chickpeas and saute for 2-3 mins
4. Add the rice to the rest of the ingredients and saute, stirring all the time until the rice is heated through
5. Sprinkle with chopped parsley.

Nutritional Content Per Standard Size (Ptn)

Energy (Kc (kcal)	Fat (g)	Sat Fat /1 (g)	Carbs (g)	Nme Sugar (g)	Protein (g)
>244.0	(4.50)	>0.5	>43.3	(0.20)	7.7
Nsp (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Niacin (mg)
(3.80)	1.9	1.6	52.5	(66.40)	1.9
Riboflavin (mg)	Folate (µg)	Thiamin (mg)	Vitamin C (mg)	Vitamin D (µg)	
0.1	>62.0	0.2	25.4	0.0	
Potassium (mg)	Sodium (mg)				

Recipe 2010/11

Product Specification 2010/11



Food Specification

Information supplied by suppliers;
All information is correct at time of publish

Supplier	
Product Name	Knorr Vegetable Paste
Product Description	Knorr Rich Vegetable Paste Bouillon

Ingredients :
Salt, Vegetable Oil, Potato Starch, Maltodextrin, Yeast Extract, Carrot Juice Concentrate (2.5%), Flavourings (contain celery), Onion (2%), Sugar, Herb and Spice Extract.

Allergy Information & Advice :

-

Nutrition Information : Typical Values per 100g	
Energy (kcal)	400
Protein (g)	5.3
Carbohydrate (g)	39.9
of which sugars (g)	5.0
Fat (g)	24.3
of which saturates (g)	12.1
Fibre (g)	1.0
Sodium (g)	10.20

Menu 2013

FREE BREAD
Full of E



How many grams of salt are in Tex Mex Burrito?

Mathematics

How many hours of sleep should we have?

Mathematics



What is energy balance?

Mathematics

A pizza is cut into 8 slices and 3 are eaten how many slices are left?

Mathematics

Do 5 hops on the spot




How many grams of salt do you need?

Technologies

Name three different methods for cooking food

Technologies



Click & make an Ewell Plate

Technologies

What does MSC Fish mean?



Technologies

80 TO



the Food Doctor

Complete the Pabbish challenges


Social Studies

For instructions of how to use this [interactive menu](#) and how it can be used within the classroom and at home please click [here](#).
For instructions on how to use this [interactive game](#) at home or in the classroom as part of Curriculum for Excellence please click [here](#).

What day is St. Andrews Day celebrated on?

RME


How many portions of fish should you have a week?



Social Studies

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Curry Tuna Wrap Tomato Pasta (V)	Traditional Mince Fish Fingers Vegetable Risotto (V)	Steak Casserole Cheese & Tomato Pizza (V) Lentil Bolognese (V)	Chicken Stir Fry Roast Beef, Yorkshire Pudding & Gravy Vegetable Nuggets (V)	Sausage Roll Salmon Fishcake Hot Vegetable Wrap (V)
15/04	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
06/05	Rice	Mashed Potatoes	Pasta	Rice	Baked Beans
27/05	Potato Wedges	Pasta	Boiled Potatoes	Roast Potatoes	Chips
17/06	Chocolate Sponge & Custard	St Clements Sponge	Ice-Cream & Raspberry Sauce	Caramel Flan	Fruit Salad
12/08					
02/09					
23/09					
Week 2	Tomato Soup Melon & Orange Starter	Sweet & Sour Chicken Fish Nuggets Macaroni Cheese (V)	Cottage Pie Turkey Burger Bean Chili (V)	Open Baked Sausages Chicken Curry Cheese Baguette (V)	Tex Mex Burrito Breaded Fish Quorn Pie (V)
22/04	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
13/05	Pork Steak & Gravy	Baby Potatoes	Pasta	Rice	Chips
03/06	Chicken Goujons Chickpea Pakora (V)	Rice	Roast Potatoes	Mashed Potatoes	Tiffin
24/06	Seasonal Vegetables	Fruit Jelly	Lemon Muffin	Sticky Toffee Sponge	
19/08					
09/09					
30/09					
Week 3	Chicken & Sweetcorn Baguette Pork Meatballs in Tomato Sauce Macaroni Cheese (V)	Pasta Bolognese Fish Fingers Baked Potato with Baked Beans (V)	Lentil Soup Grape & Orange Starter Beef Burger in Bun Kickin' Chicken Wrap Vegetable Curry (V)	Steak Pie Tuna Pasta Salad Cheese & Tomato Pizza (V)	Sausages & Gravy Breaded Fish Moroccan Stew (V)
29/04	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
20/05	Boiled Potatoes	Mashed Potatoes	Seasonal Vegetables	Roast Potatoes	Chips
10/06	Pasta	Golden Crispie	Potato Wedges	Pear & Honey Sponge	Ice-Cream & Jelly
26/08					
16/09					
07/10					

You should eat 5 portions of fruit & vegetables a day. What is a portion?



What is obesity?

Social Studies


Name the food associated with Christianity

RME

What is a carbohydrate and has a historical mine story?

Social Studies

How many glasses of fluid should you have a day?



Fun with food
Print & complete the activity sheets

Why should you always have breakfast?



Make a healthy dessert from the menu?

Art

Draw a paisano

Art

Describe your favourite fruit & why it's your favourite.

Art

How much exercise should you do a day?



Do 5 star jumps



Draw your favourite choice from the spring / summer menu

Art

These are 100% fat free are they healthy?

Art

Draw a fruit that is grown in Scotland

Art

Other Menu Items: [Orange Juice](#), [Apple Juice](#), [Milk](#), [Muller Yoghurts](#) and Bread ([Tomato](#), [Garlic](#), [Sweet Potato](#), [Plain](#))

Too many...

Sciences

Sciences

Sciences

Sciences

Do you know your fish?

Health & Wellbeing

Health & Wellbeing

Health & Wellbeing

Health & Wellbeing

Health & Wellbeing

Health & Wellbeing

Health & Wellbeing


Colour Coded Menu Choices

<p>Carbohydrate historical story?</p>	<p>1 Studies Social Studies</p>	<p>17/06 12/08 02/09 23/09</p>	<p><u>Rice</u> <u>Potato Wedges</u></p> <p><u>Chocolate Sponge & Custard</u></p>	<p>Seasonal Vegetables</p> <p><u>Mashed Potatoes</u> <u>Pasta</u></p> <p><u>St.Clements Sponge</u></p>	<p>Seasonal Vegetables</p> <p><u>Pasta</u> <u>Boiled Potatoes</u></p> <p><u>Ice-Cream & Raspberry Sauce</u></p>	<p>Seasonal Vegetable</p> <p><u>Rice</u> <u>Roast Potatoes</u></p> <p><u>Caramel Flan</u></p>
<p>with food complete the beets</p>	<p>Week 2</p>	<p>22/04 13/05 03/06 24/06 19/08 09/09 30/09</p>	<p><u>Tomato Soup</u> <u>Melon & Orange Starter</u></p> <p><u>Pork Steak & Gravy</u> <u>Chicken Goujons</u> <u>Chickpea Pakora (V)</u></p> <p>Seasonal Vegetables</p> <p><u>Boiled Potatoes</u></p>	<p><u>Sweet & Sour Chicken</u> <u>Fish Nuggets</u> <u>Macaroni Cheese (V)</u></p> <p>Seasonal Vegetables</p> <p><u>Baby Potatoes</u> <u>Rice</u></p> <p><u>Fruit Jelly</u></p>	<p><u>Cottage Pie</u> <u>Turkey Burger</u> <u>Bean Chilli (V)</u></p> <p>Seasonal Vegetables</p> <p><u>Pasta</u> <u>Roast Potatoes</u></p> <p><u>Lemon Muffin</u></p>	<p><u>Oven Baked Sausage</u> <u>Chicken Curry</u> <u>Cheese Baguette (V)</u></p> <p>Seasonal Vegetable</p> <p><u>Baked Beans</u></p> <p><u>Rice</u> <u>Mashed Potatoes</u></p> <p><u>Sticky Toffee Sponge</u></p>
<p>our fruit & why avourite.</p>	<p>Week 3</p>	<p>29/04 20/05 10/06 26/08 16/09 07/10</p>	<p><u>Chicken & Sweetcorn</u> <u>Baguette</u> <u>Pork Meatballs in Tomato</u> <u>Sauce</u> <u>Macaroni Cheese (V)</u></p> <p>Seasonal Vegetables</p> <p><u>Boiled Potatoes</u> <u>Pasta</u></p> <p><u>Chocolate Brownie</u></p>	<p><u>Pasta Bolognese</u> <u>Fish Fingers</u> <u>Baked Potato with Baked</u> <u>Beans (V)</u></p> <p>Seasonal Vegetables</p> <p><u>Mashed Potatoes</u></p> <p><u>Golden Crispie</u></p>	<p><u>Lentil Soup</u> <u>Grape & Orange Starter</u></p> <p><u>Beef Burger in Bun</u> <u>Kickin' Chicken Wrap</u> <u>Vegetable Curry (V)</u></p> <p>Seasonal Vegetables</p> <p><u>Potato Wedges</u> <u>Rice</u></p>	<p><u>Steak Pie</u> <u>Tuna Pasta Salad</u> <u>Cheese & Tomato Pizz</u></p> <p>Seasonal Vegetable</p> <p><u>Roast Potatoes</u></p> <p><u>Pear & Honey Spong</u></p>

Other Menu Items: Orange Juice, Apple Juice, Milk, Muller Yoghurts and Bread (Tomato, Garlic, Sweet Potato, Plain)

<p>too many unhealthy foods are bad</p>	<p>Sciences <u>Find a Beef Product</u></p>	<p>Sciences <u>Which chips are</u></p>		<p>Sciences <u>Print & colour in the sheet about</u></p>	<p><u>Do you know your fish?</u></p>	<p>Health & Wellbeing <u>Design a healthy school menu for</u></p>	<p>Health & Wellbeing <u>What is the recommended</u></p>
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- *New Template
- *Photography
- *Traffic Light
- *Nutritional Information

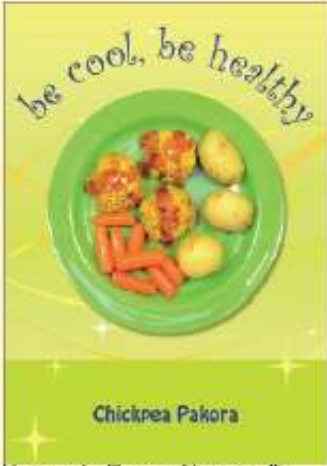


Tayside Contracts Recipe Book

Chickpea Pakora

Yield: 20 portions

Ingredients	Amount
Chickpeas – in water	3 x 800g
Flour – Plain	60g
Scottish Cheddar – Grated	180g
Fresh Coriander	25g
Madras Curry Powder	10g
weetcorn	100g
Peas	100g
Diced Onions	100g
Garlic Puree	10g




Chickpea Pakora

Vegetables served will vary with seasonality

Method

- Mash the chickpeas with potato masher (leave quite rough).
- Add the rest of the ingredients and mix well. Roll/shape into balls (3 balls per portion = 60 balls).
You can season with a little salt and pepper.
- Drop the portioned mix onto a greased baking tray (these will resemble a vegetable pakora).
- Bake in the oven at 180° for 15 mins.
- Turn half way through the cooking process to brown top and bottom.

Nutritional Content per Standard Size Portion – 140g



Fat	Saturates	Sugar	Salt
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Energy (kcal)	Fat (g)	Sat Fat (g)	Sugar (g)	Sodium (mg)	Carbs (g)
208.5	5.87	>1.4	1.12	109.9	26.9
Protein (g)	Vitamin A (µg)	Niacin (mg)	Thiamin (mg)	Riboflavin (mg)	Folate (µg)
13.5	56.30	0.36	0.05	0.5	217.44
Vitamin C (mg)	Vitamin D (µg)	Zinc (mg)	Iron (mg)	Potassium (mg)	Calcium (mg)
3.77	0.03	2.34	4.02	71.21	139.19
Nsp (g)					
5.94					

Interactive Game Board

Print & complete the activity sheets

Name a healthy dessert from the menu ?

Describe your favourite fruit & why it's your favourite.

Do 5 star jumps

These are 100% fat free, are they healthy?

Marshmallows

Languages

Languages

Languages

13/05
03/06
24/06
19/08
09/09
30/09

Week 3

29/04
20/05
10/06
26/08
16/09
07/10

Pork Steak & Gravy
Chicken Goujons
Chickpea Pakora (V)

Seasonal Vegetables
Boiled Potatoes

Chicken & Sweetcorn Baguette
Pork Meatballs in Tomato Sauce
Macaroni Cheese (V)

Seasonal Vegetables
Boiled Potatoes
Pasta

Chocolate Brownie

Seasonal Vegetables
Baby Potatoes
Rice
Fruit Jelly

Pasta Bolognese
Fish Fingers
Baked Potato with Baked Beans (V)

Seasonal Vegetables
Mashed Potatoes
Golden Crispie

Seasonal V
Pa
Roast P
Lemon

Lentil
Grape & Or

Beef Burg
Kickin' Chi
Vegetable

Seasonal V
Potato '
Ri

Other Menu Items: Orange Juice, Apple Juice, Milk, Muller Yoghurts and Bread (Tomato, Garli

Too many unhealthy foods are bad for the heart

Food Doctor



Sciences

Find a Beef Product on the menu, other than a Beef burger



Sciences

Which chips are healthier?

Thick or Thin?



Why is milk good for you?



Sciences

Print & colour in the sheet about Plants W/ Eat



Do you know your fish?






Sample Activity Sheet

1 / 1 70.9% Find

What Parts of the Plants Can We Eat?


What part of the plant can you eat? The answer depends on the plant!
See the different plants below!
You can eat a different part of each type of plant.
Then color the page.




You can eat my Fruit

I am a Fruit tree




You can eat my Seed

I am a bean




You can eat my Stem

I am a celery




You can eat my Roots

I am a radish



You can eat my Leaves

I am lettuce



You can eat my Flower

I am a cauliflower

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Secondary Menu Online...

Week 1

MONDAY

Soup Of The Day
Cooks Favourite

Main Meals

Chicken Curry
Pork Steak & Gravy
Ratatouille Pasta (V)

Rice

Potato Wedges

Hot Snack Options

Hot Wrap
Pie Selection

Dessert Of The Day

Chocolate Sponge &
Custard

TUESDAY

Soup Of The Day
Curried Parsnip Soup

Main Meals

Oven Baked Sausages
Chicken M'balls In
Tomato Sauce
Vegetable Risotto (V)

Mashed Potatoes
Pasta

Hot Snack Options

Fish Finger Bun
Panini Selection

Dessert Of The Day
St Clements Sponge

WEDNESDAY

Soup Of The Day
Cooks Favourite

Main Meals

Steak Pie
Cod Fishcake
Lentil Bolognese (V)

Boiled Potatoes

Hot Snack Options

Pizza Selection
Bagel Selection

Dessert Of The Day

Ice-cream &
Raspberry Sauce

THURSDAY

Soup Of The Day
Carrot & Coriander

Main Meals

Roast Beef, Yorkshire
Pudding & Gravy
Chicken Stir Fry
Macaroni Cheese (V)

Roast Potatoes
Rice

Hot Snack Options

Burger Selection
Hot Wrap

Dessert Of The Day
Caramel Flan &
Custard

FRIDAY

Soup Of The Day
Cooks Favourite

Main Meals

Breaded Fish
Pasta Bolognese
Quorn Curry (V)

Chips
Rice

Hot Snack Options

Sausage Roll
Panini Selection

Dessert Of The Day
Chocolate Brownie

SOUP ALLERGY INFORMATION



<u>Allergen Present</u>	<u>Wheat/ Gluten</u>	<u>Egg</u>	<u>Milk</u>	<u>Soya</u>	<u>Nuts</u>	<u>Peanut</u>	<u>Legumes/ Pulses</u>	<u>Celery</u>	<u>Fish</u>	<u>Sesame Seeds</u>
<u>Soups</u>										
<u>Carrot & Coriander</u>								•		
<u>Cream of Chicken</u>	•		•					•		
<u>Curried Parsnip</u>								•		
<u>Green Pea</u>							•	•		
<u>Leek & Potato</u>								•		
<u>Lentil</u>							•	•		
<u>Lentil & Tomato</u>							•	•		
<u>Mexican Bean</u>							•	•		
<u>Minestrone</u>	•						•	•		
<u>Spicy Lentil</u>							•	•		
<u>Sweet Potato & Pepper</u>								•		
<u>Tomato & Basil</u>								•		
<u>Vegetable Soup</u>								•		
<u>Yellow Pea</u>							•	•		

SIDES ALLERGY INFORMATION



<u>Allergen Present</u>	<u>Wheat/ Gluten</u>	<u>Egg</u>	<u>Milk</u>	<u>Soya</u>	<u>Nuts</u>	<u>Peanuts</u>	<u>Legumes Pulses</u>	<u>Celery</u>	<u>Fish</u>	<u>Sesame Seeds</u>
<u>Sides:</u>										
<u>Baby Boiled Potatoes</u>										
<u>Boiled Potatoes</u>										
<u>Chips</u>										
<u>Mashed Potatoes</u>			•							

Secondary Schools
*Online Allergy Information

Community Meals Online



Community Meals Menu Spring Summer 2013

Week 1 Lunch

Click on any of the items & view the dish & more!

Click on any of the items & find out more!

Dates: 1 April 29 April 27 May 24 June 22 July 19 Aug 16 Sept	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Starter	Cream of Tomato Soup with dinner roll	Lentil Soup with Dinner Roll	Scotch Broth Soup with dinner roll	Pea & Ham Soup with dinner roll	Yellow Pea Soup with dinner roll	Country Vegetable Soup with dinner roll	Green Pea Soup with dinner roll
Main Course	Traditional Mince & Dumplings with Mustard Mash Potatoes & Vegetable Medley	Bunkhouse Pie with Hash Browns	Roast Pork & Sage Gravy with Baby Boiled Potatoes & Broccoli Florets	Chicken Korma with Boiled Rice with Duchesse Potatoes & Peas & Sweetcorn	Breaded Haddock with Sauté Potatoes & Marrowfat Peas		
Vegetarian Course	Vegetable Casserole and Dumpling with Mustard Mash & Vegetable Medley	Potato & Onion Cake with Hash Browns & Baked Beans	Spicy Vegetable Risotto with Baby Boiled Potatoes & Broccoli Florets	Macaroni Cheese with Duchesse Potatoes & Peas & Sweetcorn	Battered Vegetarian Sausages with Sauté Potatoes & Marrowfat Peas		
Sandwich	Tuna Mayonnaise	Bacon & Philly	Cheese Salad	Egg & Cress	Coronation Chicken	Ham Salad	Cheese & Coleslaw
Dessert	Ice Cream with Jelly	Spiced Bakewell Tart with Custard	Banoffee Mousse	Sticky Toffee Pudding with Ice Cream	Eton Mess	Strawberry Jelly with Peaches	Strawberry Delight

Community Meals



- *Food Photography
- *Traffic Light Information.
- *Calorie & Allergy Information

Dish	Fat	Saturates	Sugar	Salt	Calories
Fishermans Pie	Red	Yellow	Green	Green	405 kcal
Fish Cakes	Red	Yellow	Green	Green	454 kcal
Ocean Pie	Red	Yellow	Green	Green	392 kcal
Tuna Bake	Red	Yellow	Green	Green	736 kcal



Allergy Information

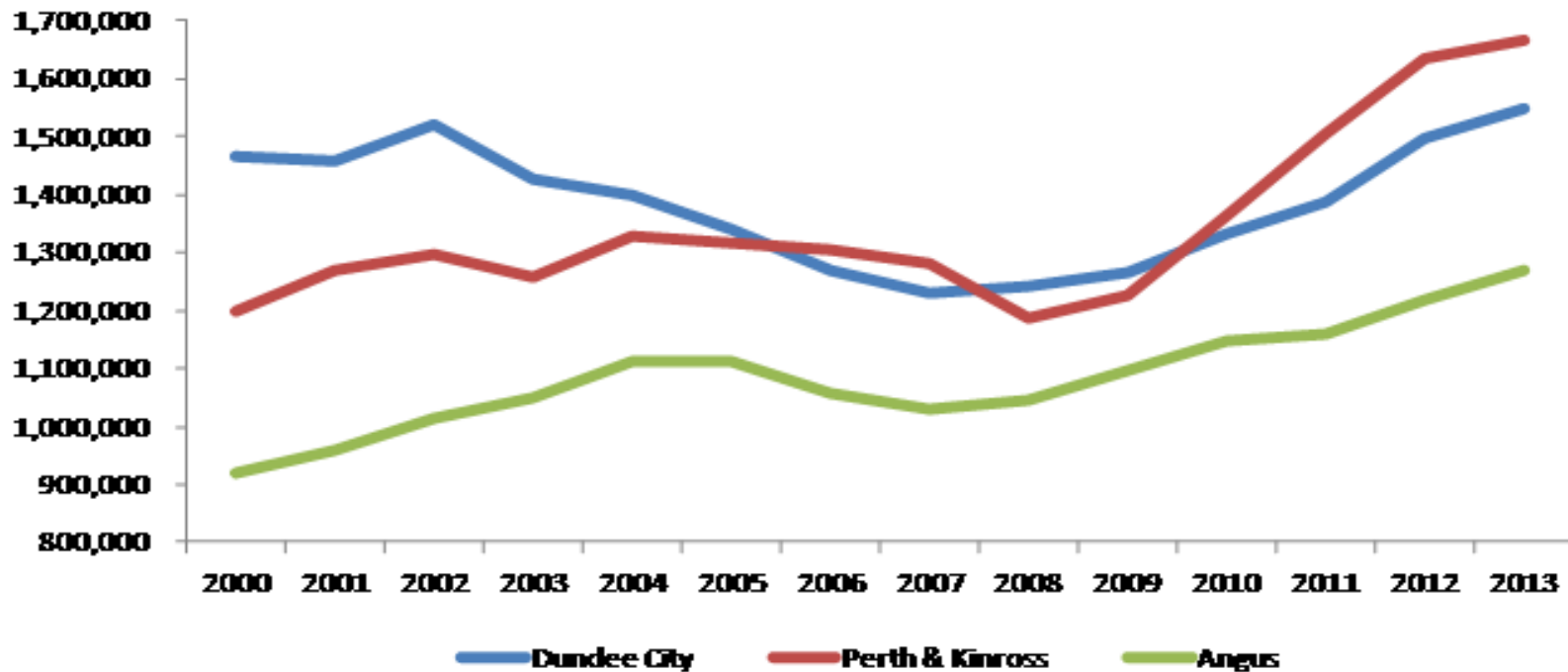
- Signifies the presence of an allergen

Nut Allergies
 Whilst individual dishes may not have nut or nut oils added we cannot guarantee, due to the complexity of manufactured products, that our dishes will be nut free.

Allergen/ Dish	Gluten	Milk	Soya	Mustard	Celery	Fish	Sesame Seeds	Egg
Admirals Pie	Red	Yellow	White	Yellow	Green	Blue	Purple	Red
Breaded Haddock	Red	Yellow	White	Yellow	Green	Blue	Purple	Red

Meal Number Trends

Trend of School Meal Numbers



Next Steps

- Soil Association Food for Life Catering Mark
- Engage
- Responsive
- Holistic Approach



THANK YOU FOR LISTENING

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