

WELCOME TO...

Mellors Catering Services

Mellors

Dear Parent / Carer,

We are delighted that Mellors Catering Services will be providing catering at Ravensbury School from 1st September 2021. We're looking forward to working with the staff and parents to encourage more children to choose a nutritional meal at school.

All pupils at Key Stage 1 level are automatically entitled to a Universal Infant Free School Meal. There's no need to register, just let the school office know if your intention to take up this free opportunity for your child.

Free
School

Tips from
Danielle

Adding vegetables into the main meal is a great way of ensuring you get your recommended 5 a day.

We should try new foods at least 10 times before we decide we don't like them.

We will be introducing a Pupil Forum for pupils who wish to offer the opinions of themselves and their class friends to help us further develop our menus. They will also have the opportunity to work with the catering team to help with tasting new samples.

Did you know that we only use semi-skimmed milk, low fat mayonnaise and low-fat yoghurt in all the recipes and dishes we provide to the pupils?



We can't wait to be an integral part of school life. We're looking forward to delivering fun, healthy eating assemblies, bread and pasta cookery lessons and lots more.

We'll also be attending parents' evenings to answer any queries you may have about school lunches.

We'll also be making a trip to school with our award-winning Big red bus for even more fun and learning...beep beep!









Feedback

The catering team welcome any suggestions you may have regarding menu choice and we invite you to come and speak to us about any specific dietary requirements your child may have. Please either speak to your school or school catering team.

WWW.MELLORSCATERING.CO.UK

**NUTRITIONIST
APPROVED** ✓

WEEK 1	MF MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIPPY FRIDAY
MAIN MEALS PLUS HALAL OPTION (H) 	Margherita pizza served with Baby jackets	Marinated sticky chicken served with mixed rice	Roast of the day with roast potatoes and the trimming with gravy	Sausage and mash in a Yorkshire pudding with gravy	MSC Certified Fish of the day with chips
PASTA BAR 	Tomato Pasta bake & Garlic slice	Arrabiata Pasta bake	Tomato pasta bake	Cheese & Tomato pasta bake	Chicken Pieces and dip
JACKET POTATO BAR 	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw
ACCOMPANIMENTS 	Sweetcorn Salad bar	Roasted Vegetables Salad bar	Broccoli Diced Carrot Salad bar	Batton Carrots Salad bar	Chunky Chips Peas /Beans Curry sauce
FRESH FRUIT & YOGHURT  	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
DESSERT	Lemon Drizzle cake	Sticky Toffee Muffin	Jelly	Vanilla shortbread	Fruit and ice cream



MENU









Fuel your afternoon with
a healthy school lunch
from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

WEEK 2	M F MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIPPY FRIDAY
MAIN MEALS PLUS HALAL OPTION (H) 	Homemade cheese flan served with mash	Roast chicken fillet and Roast potatoes	Homemade lasagne served with a garlic. slice	Chicken korma. served with mixed. rice and a naan bread	MSC Certified Fish of the day with chips
PASTA BAR 	Arrabiata pasta bake served with garlic. slice	Cheese & tomato Pasta Bake	Tomato and basil pasta	Mediterranean pasta	Sausage
JACKET POTATO BAR 	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw
ACCOMPANIMENTS 	Baked beans Garden peas Salad bar	Baton carrots Green beans Salad bar	Sweetcorn Salad bar	Garden peas Salad bar	Chunky chips Mushy peas Baked beans Gravy/curry sauce
FRESH FRUIT & YOGHURT  	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
DESSERT	Homemade cookie	Chocolate orange Tray bake	Blueberry muffin	Apple flapjack	Strawberry mousse



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PASTA BAR 	Arrabiata pasta bake served with garlic slice	Cheese & tomato Pasta Bake	Tomato and basil pasta	Mediterranean pasta	Sausage
JACKET POTATO BAR 	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw
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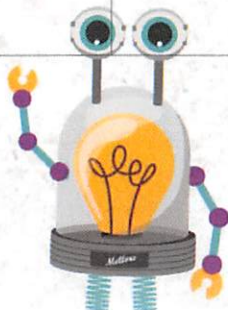


- HEALTHY OPTION

WEEK 3	M F MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIPPY FRIDAY
MAIN MEALS PLUS HALAL OPTION (H) 	Homemade margherita pizza served with jacket wedges.	Italian Meatball Sub Roll	Homemade chicken and leek pie served with roast potatoes	Shepherd pie Yorkies	MSC Certified Fish of the day with chips
PASTA BAR 	Cheese and tomato pasta bake	Vegetable pasta bake served with garlic slice	Tomato and basil pasta	Tuna and sweetcorn pasta bake	Chicken dippers
JACKET POTATO BAR 	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw
ACCOMPANIMENTS 	Garden peas Salad bar	Sweetcorn Salad bar	Baton carrots Broccoli Salad bar	Cauliflower Salad bar	Chunky chips Baked beans Peas Curry sauce
FRESH FRUIT & YOGHURT  	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
DESSERT	Chocolate muffin	Oaty biscuits	Cheese and biscuits	Homemade cookie	Arctic roll



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