

EAT

LEARN

LIVE

food glorious food



WEEK I

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Bolognese with Pasta	Lamb Jollof Rice	Roast Beef in Gravy served with Crispy Roast Potatoes	Thai Green Chicken Curry Served with Steamed Rice	Battered Cod Portion With Chunky Chips
Quorn and Vegetable Tikka Masala with Rice	Cheese and Sweet Pepper Tart with Spicy Vegetable Pasta	Vegetarian Toad in the Hole served with Mashed Potato	Vegetable Lasagne Served with Garlic and Herb Bread Wedge	Fresh Vegetable Frittata with Cajun Baked Potato Wedges
Garden Peas Stir-Fry Fresh Veggies Or Seasonal Salad Selection	Fresh Broccoli Florets Fresh Cauliflower Or Seasonal Salad Selection	Fresh Sliced Carrots Seasonal Fresh Cabbage Or Seasonal Salad Selection	Fresh Courgettes Golden Sweetcorn Or Seasonal Salad Selection	Garden Peas Baked Beans Or Seasonal Salad Selection
Blackberry and Apple Pie with Custard	Toffee Apple Crumble with Custard	Chocolate and Mandarin Cake with Chocolate Sauce	Sultana Sponge with Custard	Creamy Rice Pudding with Winter Fruits
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection

Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings
---	---------------------------------------	---	---	---

Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings
---	---	---	---	---

Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks
--	--	--	--	--

A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats
--	--	--	--	--

EAT

LEARN

LIVE

food glorious food



WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calypso Chicken with Rice and Black Eyed Peas	Mexican Chilli Con Carne with Oven Baked Wedges	Roast Lamb in Gravy served with Crispy Roast Potatoes	Lasagne al Forno	Salmon Fishcake with Tomato Relish and Chunky Chips
Tomato and Cheese Pasta Bake with Garlic Dough Balls	Chimichangas with Tomato Rice	Quorn Sausage and Roast Vegetable Arrabbiata Served on a Bed of Pasta	Spanish Omelette with Parsley Potatoes	Vegetable Korma with Pilau Rice
Garden Peas Broccoli Florets Or Seasonal Salad Selection	Fresh Carrots Golden Sweetcorn Or Seasonal Salad Selection	Green Beans Mashed Swede Or Seasonal Salad Selection	Broccoli Florets Fresh Carrots Or Seasonal Salad Selection	Garden Peas Stir Fry Vegetables Or Seasonal Salad Selection
Crunchy Fruit Crumble with Custard	Jaffa Orange Sponge with Custard	Apple Pie with Custard	Zesty Bread Pudding with Custard	Carrot Cake With Vanilla Sauce
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection
Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings
Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings
Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks
A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats

EAT**LEARN****LIVE**

food glorious food



WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Tuna Pasta Bake	Shepherds Pie	Roast Turkey in Gravy served with Crispy Roast Potatoes	Spicy Beef Enchiladas	Jamaican Spicy Patties with Jacket Wedges
Vegetarian Bolognese with Pasta	Black Bean Quorn and Vegetable Stir Fry with Noodles	Mediterranean Tart with Parsley Potatoes	Cheesy Macaroni Bake	Vegetable Chilli with Steamed Rice
Green Beans Fresh Carrots Or Seasonal Salad Selection	Fresh Broccoli Florets Golden Sweetcorn Or Seasonal Salad Selection	Fresh Sliced Carrots Seasonal Fresh Cabbage Or Seasonal Salad Selection	Roasted Root Vegetables Broccoli Florets Or Seasonal Salad Selection	Fresh Mixed Vegetables Garden Peas Or Seasonal Salad Selection
Rhubarb and Lemon Cake with Custard	Fruity Rice Pudding	Oaty Fruit Crumble with Custard	Dorset Apple Cake with Vanilla Sauce	Wholemeal Chocolate Crunch with Fruit And Custard
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection

Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings	Trattoria Pizza Selection Pasta and Toppings
---	---------------------------------------	---	---	---

Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings	Jacket Potato Topped with Hot and Cold fillings
---	---	---	---	---

Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks	Selection of Traditional & Continental Breads with Various Fillings. Seasonal Salad Bar & Boxes Fresh Fruit Collection, Yoghurt Pots & Cold Drinks
--	--	--	--	--

A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats
--	--	--	--	--

Our core menu cycle which is sent out in Saffron meets the nutrient requirements but if you use the menu selector to make changes to your menu these will effect the nutrient balance. The changes you make could result in too little or too much of a particular nutrient. ALL changes need to be made in Saffron and the nutritional breakdown checked.

Tips to help nutritionally balance your menu in Saffron

Saffron provides the tools to search for dishes by nutrient, the Nutrient Comparison tool. It can search for dishes using up to two nutrient requirements e.g. a dessert low in NMEs but high in iron. This will enable you to search the menu for recipes that are too high/ low in a specific nutrient and replace them with recipes that help reduce/ increase that nutrient. It can also search for dishes by cost. Please see Saffron training manual for guidance. Select dishes use fresh meat and mainly fresh vegetables and slightly larger portions of vegetables and some carbohydrates. Choice dishes use frozen meat and frozen vegetables.

Remember to take into consideration colours, textures and flavours of foods. Avoid repetition of colours and flavours. Different colours on a plate will not only make the dish more appealing to children, but also provide a variety of nutrients, for example vitamin A in orange carrots and zinc in green peas.

Avoid repetition of foods, even healthier foods. Children still require a variety of food even though nutrients maybe higher in some foods then others.

Iron, calcium, folate and zinc are the most common nutrients to be low in a Secondary school lunch menu. Check you have considered the following before changing the Core Menu.

Iron is essential for preventing anaemia. It is recommended that at least 3 portions of red meat are available per week to meet the required iron intake levels. Check that these dishes are available and popular options.

Calcium is essential for the growth and strength of bones and teeth. Therefore it should be made available in some form each day, whether it's a glass of milk, cheese in a vegetarian dish or a milky dessert.

Folate is essential in the formation of blood cells. Avoid putting foods rich in folate on the same day. Choose more popular foods and spread throughout the week. Wholewheat pasta contains folate, iron and zinc so ensure all pasta dishes contain at least 50% wholewheat pasta and 50% white pasta.

Zinc is important to ensure normal functioning of the body. When creating a menu ensure you don't have two vegetables on the same day that are rich in zinc, e.g. peas and broccoli contain the most zinc therefore put them on separate days.

The nutrient rich table within this document highlights food rich in each nutrient. Remember the Nutrient Comparison tool in Saffron can assist you in finding out the nutritional content of specific foods.