

# INTRODUCING YOUR NEW MENU



Manford Primary  
School



# YOUR NEW MENU IS HERE!

We are excited to be serving up some exciting new flavours alongside some of our crowd-pleasing classics that we know children will love and will bring seasonal fun for everyone.

As always, you can expect our meals to be tasty and nutritious to support children's development and growth.

Each month we are focusing on a seasonal ingredient to educate children about food and nutrition in a fun and engaging way and is designed to encourage them eating more vegetables and fruits.

So, we look forward to welcoming our young diners and really hope that they enjoy the delicious menus on offer as they also learn a little bit about the food they eat along the way.

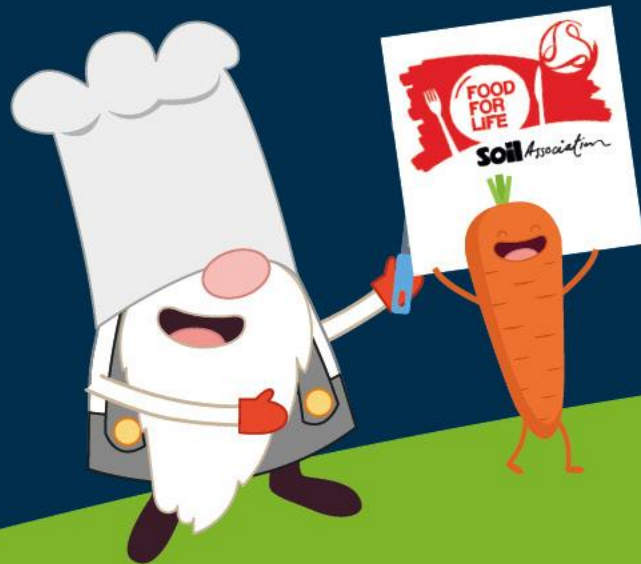


## HEALTHY AND SUSTAINABLE DIETS

At school, mealtimes are about more than just food - they're about supporting children to grow, learn, and thrive. We as your school caterer are helping children build healthy habits through meals that are both delicious and balanced, setting them up for lifelong wellbeing, development, and learning success.

### How Our Menus Are Created

Our menus are designed by food experts working alongside registered nutritionists. Every dish goes beyond the **National School Food Standards** to provide the right nutrition for children - and now, more sustainable options too. This means we're looking after your child's health and the health of the planet they'll grow up in.



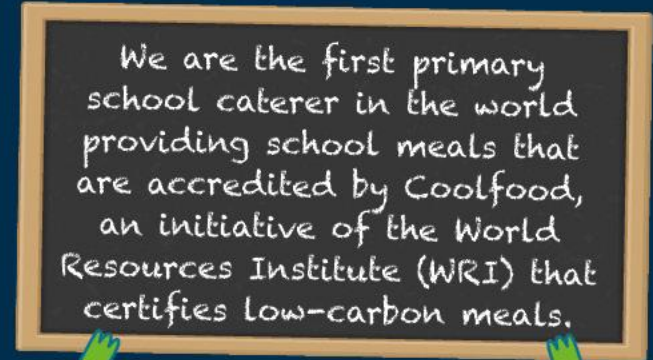
## TRUSTED BY INDEPENDENT EXPERTS

To give you extra reassurance, our menus are:



These recognitions confirm that the food your child enjoys at school is not only nutritious, but also making a positive difference for the future.

**coolfood**  
FOR DELICIOUS CLIMATE ACTION



Every meal is a step towards healthier children and a healthier planet.

# SUPPORTING OUR STUDENT'S HEALTH AND OUR PLANET ONE MEAL AT A TIME

**As your school caterer, we're taking a fresh approach to school meals: making sure every plate not only nourishes young minds but also plays a part in creating a greener future.**

## Why this matters

Children need balanced, nutritious meals to help them learn, grow, and thrive. But the food they eat can also have an impact on the planet. We bring together innovative ideas and planet-friendly practices, so every school meal supports both children's health and a healthier world.

## Coolfood accreditation

We're proud that our menus include Coolfood Meals - the first in the world to be externally accredited for primary school catering. Developed with the World Resources Institute (WRI), these meals have been scientifically assessed to meet strict standards for taste, nutrition, and low climate impact.

**coolfood**  
FOR DELICIOUS CLIMATE ACTION

## What makes a Coolfood Meal special?

- **Tasty and balanced** - every recipe is designed to meet children's nutritional needs
- **Better for the planet** - dishes are created with a lower carbon footprint, helping to cut greenhouse gas emissions
- **Not just vegetarian** - many meals still include familiar proteins like chicken, sourced responsibly from Red Tractor approved UK farms, but with thoughtful tweaks to keep them climate-friendly

## The result?

Children get meals that are reassuringly nutritious, delicious and familiar - with the added benefit of being kinder to the planet.

Every small choice at lunchtime adds up to a brighter, healthier future for our children and the world they live in.

*Chef's Special Pasta Bolognese*



*Garden Veggie Fried Rice*



*Stir Fry & Egg Noodles*



# THE COOLFOOD EFFECT

**Did you know that simply switching from a hamburger to a Coolfood Meal once a week, for a year, would save greenhouse gas emissions that are equivalent to?**



Switching 50 incandescent bulbs to LED



The energy used to charge 158,000 smartphones



Planting 20 trees, letting them grow and release oxygen for 10 years



Saving the greenhouse gas emissions from driving a petrol car for 3,200 miles



We have committed to achieving a science-based target to reduce the climate impact of the food we serve. Look out for the Coolfood icon on your new menus.

# MENU INNOVATION

We're always looking for new ways to make school meals exciting - dishes that children enjoy eating, that fuel their learning and that support a healthier planet.

We're proud to be using **Eat Curious** products in our plant-rich recipes. Made from pea and faba bean protein, these ingredients are free from chemical shortcuts and have a low carbon footprint-making them a cleaner, more sustainable choice.

By incorporating **Eat Curious**, we're enhancing our meals with great flavour, strong nutritional value, and a positive environmental impact. It's all part of our commitment to giving your child the best - on their plate and beyond.

Stir Fry & Egg Noodles



Garden Veggie Fried Rice



Lemon & Garlic Gyro



**Eat  
Curious**



# FRESH FOOD YOU CAN TRUST

- ✓ Over 75% of our meals are freshly prepared
- ✓ Our menus meet government guidelines
- ✓ We promote food provenance to pupils



## OUR MENUS ARE SCHOOL FOOD STANDARDS COMPLIANT

We check every menu to make sure that they offer a variety of different foods to help pupils thrive throughout the school day. Your menu is fully compliant with the school food standards and signed off by our nutritionists.



WE SERVE AT LEAST 3 NON-DAIRY PROTEIN DISHES EACH WEEK.

WE DON'T SERVE STARCHY FOOD COOKED IN OIL ANY MORE THAN TWO DAYS EACH WEEK.

WE MAKE SURE AT LEAST TWICE A WEEK WE HAVE DESSERT WITH 50% FRUIT IN IT.



# WHAT IS ON OUR MENU?

We review and relaunch our menus twice a year. They are packed with homemade, nutritious, tasty and healthy food options to provide essential nutrients with something for every child to enjoy.

## Celebratory Menus

We love to celebrate school food by hosting special pop-up days in our dining halls! It captivates students' attention and these theme days offer the opportunity to try new dishes and explore new flavours. From promoting healthy living, curriculum day topics or national days of celebration – we've got a special event planned for each month of the year.



Doing more to help pupils towards their 5-a-day

- We use homemade sauces packed with veggies
- We supercharge our meaty sauces with beans and pulses for more fibre and less saturated fat
- We use fruits and veggies in desserts too – our chocolate and beetroot brownie is delicious!

# DOING MORE TO HELP PUPILS TOWARDS THEIR 5-A-DAY



We have incorporated beans, pulses and more vegetables in some of our meaty classics to help children diversify their protein and increase their fibre intakes- giving them and the planet a plant powered boost!



The salad bar is packed full with plenty of fresh vegetables



Your menu has more vegetable focused meals - making them more nutritious and good for the planet.

## Packed Full of Familiar Favourites

We understand that it's more important than ever for pupils to eat school lunch when for many of them, it may be their only hot meal of the day.

### So we've:

- ✓ Included more familiar dishes we know they love
- ✓ Re-engineered recipes to make popular dishes even healthier
- ✓ Created exciting options for KS2 pupils so the options grow as they do

### Our menu icons:



1 A Day



Halal



Boosted



Plant Based



Vegetarian



Coolfood



# OUR MENUS ARE FOOD FOR LIFE ACCREDITED

Your new menu is **Food for Life Bronze Served Here** accredited - this means it includes:

**FOOD FOR LIFE** BRONZE SERVED HERE **Soil Association**

BRITISH, SEASONAL & LOCALLY SOURCED PRODUCE

FREE RANGE EGGS

Meat which is British & Farm Assured

QUALITY STANDARD **beef** British

QUALITY STANDARD **lamb** British

HALAL MEAT SERVED WHERE REQUESTED

MARINE CONSERVATION SOCIETY

We only serve sustainable fish based on the MCS's Good Fish Guide and will never serve any on the 'Fish to Avoid' list.

Detailed description: This illustration features various food items and accreditation logos. At the top left is the Food for Life Bronze Served Here logo from the Soil Association. Below it is a smiling carrot holding a sign. In the center is a wooden crate filled with smiling vegetables: a carrot, an onion, a tomato, a cucumber, and a red onion. To the right is a smiling red onion. Below the crate is a speech bubble saying 'Meat which is British & Farm Assured'. To the left is an open egg carton with smiling eggs. Below the eggs is a speech bubble: 'We only serve sustainable fish based on the MCS's Good Fish Guide and will never serve any on the 'Fish to Avoid' list.' In the center is a smiling burger with a speech bubble: 'HALAL MEAT SERVED WHERE REQUESTED'. To the right of the burger are two Quality Standard British logos for beef and lamb. At the bottom is a smiling salmon fillet with a speech bubble: 'MARINE CONSERVATION SOCIETY'.



## ABOUT OUR FOOD!

**WE SOURCE BRITISH, LOCAL AND SEASONAL PRODUCE WHERE POSSIBLE**

We don't use any undesirable additives artificial trans fats or GM ingredients

**ALL OF THE EGGS WE USE ARE FREE RANGE**

**WE USE WHOLEMEAL FLOUR AND SERVE FRESH BREAD**

**OUR FRESH MEAT IS SOURCED FROM UK FARMS WITH HIGH STANDARDS OF ANIMAL WELFARE**

**WE DON'T SUPPLY ANY FISH ON THE 'FISH TO AVOID' LIST, AS RATED BY MCS' GOOD FISH GUIDE**

**WE DON'T SERVE ANY ENDANGERED FISH**

# BUILDING A BETTER TOMORROW

We're primed and passionate to drive real change when it comes to food - creating a better future for people, communities and the planet.

We recognise that we play an important role in helping to minimise our impact on the environment.

- We are reducing our carbon footprint  
Look out for the **Plates For The Planet** badge and **Coolfood** icon. We dedicate at least one day every week promoting plant protein and vegetarian dishes which are loaded with colourful vegetables. This helps children to expand and diversify the protein foods they eat and boost their fibre intake too!
- We are reducing our food waste by implementing good kitchen practices
- We are phasing out single-use packaging and gradually replacing them with reusable, recyclable or compostable items



We use responsibly sourced products and seasonal, local produce wherever possible!



# FOOD ALLERGIES, INTOLERANCES & MEDICAL DIETARY REQUIREMENTS

Our passion for children's health and supporting inclusive mealtimes means our priority is to support our young customers with their medical related dietary requirements wherever possible.

Our robust dietary safeguarding procedure is designed to safeguard children with medical dietary requirements and support the school catering teams involved in the preparation and service at mealtimes.

Following completion of our special diet menu referral process, our dedicated nutrition team will design a menu adapted for your child's medically diagnosed condition, ensuring they are suitable, offer a variety of healthy choices and where possible, include similar food options to their friends.

We also provide nutrition information for medical conditions such as diabetes for all of our food options.

Please contact your school reception for more information.



# EAT THE STREET

Our stepping stone between Primary and Secondary school - giving pupils in KS2 an exciting, more grown up offer and those starting secondary school a familiar, delicious offer to enjoy.

Eat The Street allows pupils to enjoy familiar foods at different stages of their school journey and was built based on the pupils perspective.

We surveyed 350 pupils. Their feedback and interests helped us to create dishes and brands to spark their interest and their taste buds.

The recipes have been created by our chefs and checked by the dedicated nutrition team to ensure they're nutritious, school food compliant and delicious!

This exciting offer changes daily and is built just for years 5 & 6!



Larger portions  
for bigger kids!

Packed with high  
street favourites  
to choose from!



# YOUR NEW SEASONAL MENU



## WEEK 1 MENU

Week commencing:  
 13-Apr 04-May 25-May  
 15-Jun 06-Jul 27-Jul  
 17-Aug 07-Sep 28-Sep  
 19-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Veggie Vibe Fajita with Fluffy Rice</b> Low-carbon veggie chilli fajita served with rice. 	<b>Garden Sausage with Crushed Potatoes &amp; Gravy</b> Quorn sausages served with crushed potatoes and gravy. 	<b>Mexican Rice Wrap</b> Mexican rice wrap packed with garden veggies. 	<b>Hand-Stretched Pineapple Pizza with Potato Wedges</b> 	<b>Tomato &amp; Herb Puff Square with Oven Baked Chips</b> 
<b>Plant-Power Pasta Bake with Garlic Bread</b> Roasted veggie and tomato pasta bake served with garlic infused bread. 	<b>Chicken Sausage with Crushed Potatoes &amp; Gravy</b> 	<b>Roast Chicken Breast with Golden Roasted Potatoes &amp; Gravy</b> 	<b>Hand-Stretched Piri Piri Chicken Pizza with Potato Wedges</b> 	<b>Fish Fingers with Oven Baked Chips</b>
<b>Broccoli &amp; Cauliflower</b> 	<b>Veggie Medley</b> 	<b>White Cabbage &amp; Carrot Batons</b> 	<b>Green Bean Slaw &amp; Sweetcorn</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Chocolate &amp; Orange Brownie</b> 	<b>Fruit &amp; Chocolate Pinwheel</b> 	<b>Strawberry Jelly &amp; Peaches</b> 	<b>Ice Cream with Peach &amp; Forest Fruit Melba Sauce</b> 	<b>Jam Tart with Custard</b>



**PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY**  
 Unless specified, all our desserts are vegetarian.

Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at [www.eatcoolfood.org](http://www.eatcoolfood.org)

**Menu Key:** Plant Based Vegetarian At least 1 of your 5 a day Boosted Low Carbon Halal option available upon request





# YOUR NEW SEASONAL MENU



## WEEK 2 MENU

Week commencing:  
 20-Apr 11-May 01-Jun  
 22-Jun 13-Jul 03-Aug  
 24-Aug 14-Sep 05-Oct  
 26-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bouncy Bean Burrito with Fusilli Pasta</b> Veggie and mixed bean burrito served with fusilli pasta. 	<b>Stir Fry &amp; Egg Noodles</b> Stir fried veggies with egg noodles. 	<b>Tomato &amp; Cheese Galette</b> Flaky pastry crust filled with tomato and cheese. 	<b>Hand-Stretched Margherita Pizza with Garlic &amp; Herb Wedges</b> 	<b>Plant-Powered Frittata</b> Sweet potato and pepper frittata. 
<b>Honey &amp; Ginger Protein Bites with Fusilli Pasta</b> Honey & ginger veggie protein pieces served with fusilli pasta. 	<b>Beef Burger with Cajun Potato Wedges</b> 	<b>Chicken Fricassee with Pasta or Rice</b> Traditional French chicken stew served with pasta or rice. 	<b>Hand-Stretched Meat Feast Pizza with Garlic &amp; Herb Wedges</b> 	<b>Fish Fingers with Oven Baked Chips</b>
<b>Steamed Greens &amp; Sweetcorn</b> 	<b>Coleslaw &amp; Cauliflower</b> 	<b>Sliced Carrots &amp; Sweetcorn</b> 	<b>Green Beans &amp; Carrot Batons</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Orange Shortbread</b> 	<b>Apple &amp; Banana Cake</b> 	<b>Orange Jelly &amp; Mandarins</b> 	<b>Lemon &amp; Thyme Cake</b>	<b>Vanilla Ice Cream</b>



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Menu Key: Plant Based Vegetarian At least 1 of your 5 a day Halal option available upon request Boosted Low Carbon



# YOUR NEW SEASONAL MENU

## WEEK 3 MENU

Week commencing:  
 27-Apr 18-May 08-Jun  
 29-Jun 20-Jul 10-Aug  
 31-Aug 21-Sep 12-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mighty Quorn Meatball Pasta in Rich Tomato Sauce</b> 	<b>Scrumptious Mac &amp; Cheese with Mediterranean Focaccia Bread</b> 	<b>Planet-Friendly Chinese Rice</b> Low-carbon Chinese vegetable rice. 	<b>Hand-Stretched Margherita Pizza with Garlic &amp; Paprika Wedges</b> 	<b>Plant-Power Roast with Oven Baked Chips</b> Roasted Quorn Vegan Strips served with oven baked chips. 
<b>Pasta Power Bake</b> Cheese and tomato penne pasta bake. 	<b>Chicken Chilli Con Carne with Rice</b> 	<b>Roast Beef with Golden Roasted Potatoes &amp; Gravy</b> 	<b>Hand-Stretched BBQ Chicken Pizza with Garlic &amp; Paprika Wedges</b> 	<b>Fish Fingers with Oven Baked Chips</b>
<b>Broccoli &amp; Cauliflower</b> 	<b>Mexican Sweetcorn &amp; Roasted Courgettes</b> 	<b>Green Cabbage &amp; Carrot Batons</b> 	<b>Herby Green Beans &amp; Cauliflower</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Pear &amp; Chocolate Sponge</b> 	<b>Fruity Flapjack</b> 	<b>Strawberry Jelly &amp; Peaches</b> 	<b>Vanilla Ice Cream</b>	<b>Orange &amp; Cherry Muffin</b>



**PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY**  
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**Menu Key:**  
 Plant Based Vegetarian At least 1 of your 5 a day  
 Boosted Low Carbon Halal option available upon request

Feeding Hungry Minds

