

# Primary School Meals

Healthy Food  
Happy Pupils

As the main school provider we recognise that we have an important role to play in the future health and well-being of the youngsters of Hartlepool.

To help our children to make healthier lunch time choices we have designed a 'colour coding' system which is clearly displayed on the school menus.

Children can easily recognise that if they choose a portion from each colour they will be enjoying a well balanced choice each day.

Please encourage your child to follow our 'Colour Code'



**Protein:** chicken, meat, eggs or non-meat options such as; Quorn, cheese or pulses such as kidney beans etc. There are at least 3 choices everyday to choose from.



**Starchy Carbohydrates:** bread, pasta, rice, potatoes etc. There will be 2-3 choices everyday to choose from.



**Vegetables:** carrots, broccoli, swede, cauliflower etc. There will be 2-3 choices everyday to choose from.



**Desserts:** children will have a choice of hot or cold puddings ranging from fruit sponges, yoghurts, flapjacks/tray bakes or fresh fruit/fresh fruit salad. There will be a selection everyday to choose from.

School Catering Service, Hartlepool Borough Council  
Civic Centre, Hartlepool, TS24 8AY  
Tel: 01429 523850  
[www.hartlepool.gov.uk/schoolmeals](http://www.hartlepool.gov.uk/schoolmeals)

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# Allergen Information



**“It’s ok to ask”**

*We encourage all pupils to ask a member of the Catering team if they are unsure about the allergen information for food items on the menu. The Cook and the catering staff will be able to give them the correct information and help them make informed choices.*

We always take food allergies extremely seriously. As part of our Food Safety Management System and in line with the Allergen Food Information Regulations and Food Labelling laws we display all school meals allergen information as a colour coded poster at the main serving counter in the school dining rooms.

The information is updated twice yearly alongside our menu changes or on notification of a recipe change to ingredients from our suppliers or food manufacturers.

Please contact us if you have questions around allergens in school meals.

## **Special Diet**

The catering service can meet any special dietary requirements it is notified of. Please contact your school directly in the first instance to discuss.

We will then work closely with each pupil and their family to create an individual menu that is suitable and which meets your child’s individual needs.

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# Free School Meals



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We would like every child who is entitled to a free school meal to take up this opportunity.

All school pupils in Reception, Year 1 and Year 2 are currently entitled to Universal Infant Free School Meals (UIFSM) to ensure they receive a hot, healthy meal at lunchtime. This could save you more than **£400 per year** for your child – so why miss out?

Parents claiming certain benefits can also apply for free school meals for any of their children who are registered at a Hartlepool school and who would normally be at school at lunch time.

Please telephone **01429 284188** or visit the Hartlepool Borough Council website at [www.hartlepool.gov.uk/freeschoolmeals](http://www.hartlepool.gov.uk/freeschoolmeals) to check eligibility for free school meals and to apply.

## Meat Free Monday

You will see from our menus that in Week 1 we have a 'Meat Free' Monday. This means we will not serve meat at all on the day, either in sandwiches and salads or jacket potato fillings. Having at least one day in our menu which is identified as 'Meat Free' is a fun way to do something good for our planet and your child's future. It also encourages pupils to discuss climate change with their peers and consider the need for us all to improve our carbon footprint.

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# Week 1



**Week Beginning: 6/9/21, 27/9/21, 10/10/21, 15/11/21, 6/12/21, 3/1/22, 24/1/22, 14/2/22, 14/3/22, 4/4/22**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Margherita Pizza Bean and Vegetable Tagine (v)	Chicken & Veg Pie Veggie Risotto (v)	Roast Beef & Yorkshire Pudding Cheese Pasty (v)	Meatballs in tomato sauce Quorn Cottage Pie (v)	Oven Baked Fish Quorn pasta bake (v)
	Baby Roast Potatoes/ Couscous Garlic bread	Creamed Potato/Rice Naan Bread	Steamed Potato/ Couscous 50/50 Bread	Minted Potato/Spaghetti Herb Bread	Chips/Pasta Cheese Bread
	Baked Beans Coleslaw	Broccoli (s) Mixed Veg	Carrot Batons(s) Green Beans	Diced Swede (s) Cabbage (s)	Cauliflower Cheese (s) Garden Peas (s)
	Chocolate Orange Cake with Chocolate Sauce	Rice Pudding with Raspberry Coulis	Cold Desserts	Bakewell Tart with Vanilla Sauce	Fruity Friday

(v) = vegetarian (s) = seasonal foods

Brexit - Menu may be subject to change at short notice

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# Week 2



Week Beginning: 13/9/21, 4/10/21, 1/11/21, 22/11/21,  
13/12/21, 10/1/22, 31/1/22, 28/2/22, 21/3/22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Toad in the Hole Quiche (v)	Chicken Pasta Bake Quorn Curry (v)	Roast Turkey Calzone Pizza (v)	Mince and Dumplings Tomato Pasta (v)	Oven Baked Fish Fingers Veg Jambolia (v)
	Creamed Potato/Couscous Cheese Bread	New potato/Pasta Garlic Bread	Roasties/Rice 50/50 Bread	Creamed Potato/Roasted Sweet Potato Tomato Bread	Chips/Rice Herb Bread
	Baked Beans Cauliflower Cheese (s)	Broccoli (s) Sweet Corn	Carrot Batons (s) Steamed Cabbage (s)	Diced Swede (s) Mixed Veg	Diced Carrots (s) Garden Peas (s)
	Apple Crumble with Custard	Marlborough Tart with Vanilla Sauce	Cold Desserts	Date and Ginger Sponge with Vanilla Sauce	Fruity Friday

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# Week 3

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Week Beginning: 20/9/21, 11/10/21, 8/11/21, 29/11/21  
17/1/22, 7/2/22, 7/3/22, 28/3/22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Fillet in a bread roll  Vegetable Stir Fry (v)	Spaghetti Bolognaise  Cheese Pie (v)	Roast Gammon  Stromboli (v)	Chicken Curry with Rice  Tuna Pasta (v)	Oven Baked Salmon  Quorn Lasagne (v)
	Potato Wedges/ Couscous  Herb Bread	Pasta/Creamed Potato  Tomato Bread	Roasties/Rice Salad  50/50 Bread	Rice/Minted Potato  Naan Bread	Chips/Couscous  Garlic Bread
	Salad  Coleslaw	Green Beans  Baked Beans	Carrot Batons (s)  Broccoli (s)	Sweet Corn (s)  Green Salad	Diced Carrots (s)  Garden Peas (s)
	Pineapple upside down cake with Vanilla Sauce	Cornflake Tart with Custard Sauce	Cold Desserts	Apple and cinnamon Roly Poly with Custard	Fruity Friday

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