

WOKINGHAM MENU SEPTEMBER 2008-FEBRUARY 2009

Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st Sept 22nd Sept 13th October 10th November 1st December 5th January 26th January	Ocean Pizza with Jacket Half & Coleslaw *** Sweetcorn *** Coconut & Jam Sponge with Custard NB: Ocean Pizza = Pilchard & Cheese Pizza	Fresh Beef Spaghetti Bolognese with Mixed Vegetables & Broccoli *** Iced Sultana Bun	Fresh Roast Gammon & Gravy *** Roast Potatoes Parsley Potatoes *** Fresh Cauliflower Garden Peas *** Crunchy Apple Crumble & Custard	Fresh Chicken & Ham Shortcrust Pie with Fondant Potatoes *** Fresh Carrots Green Beans *** Fresh Orange Shortbread	Baked Fish Fingers *** Chips Creamed Potatoes *** Baked Beans Fresh Vegetable sticks *** Chocolate Krispie Cake
8th Sept 29th Sept 20th October 17th November 8th December 12th January 2nd February	Fresh Chicken Meatballs in Tomato Sauce with Pasta Twirls *** Mixed Vegetables Garden Peas *** Marble Sponge With Chocolate Sauce	Shepherds Pie & gravy with Green Beans & Fresh Cauliflower *** Fruit Bar with Apple Juice	Fresh Roast Pork & Gravy with Roast Potatoes or New Potatoes *** Fresh Broccoli Sweetcorn *** Mandarins in Orange Jelly	Minced Beef & Vegetable Pie & Gravy with Creamed Potatoes *** Fresh Shredded Cabbage Fresh Chunky Carrots *** Fresh Lemon Sponge & Custard	Baked Fish Cake *** Chips Parsley Potatoes *** Baked Beans Crisp Green Salad *** Oaty Snap
15th September 6th October 3rd November 24th November 15th December 19th January 9th February	Oven Baked Pork Sausage & Onion gravy with Creamed Potatoes *** Sweetcorn Peas *** Fruit Muffin & Custard	Tuna Pasta Bake with Apple Coleslaw and Green Salad *** Jambo NB: Jambo = Jam Bun	Fresh Roast Beef with Yorkshire Pudding & Gravy served with Roast or Creamed Potatoes *** Fresh Carrots Fresh Broccoli *** Chocolate Rice Pudding	Chicken Fajita with Baked Jacket Wedges *** Sweetcorn Green Beans *** Apple Frangipan & Custard	Baked Fish Fingers *** Chips Parsley Potatoes *** Baked Beans Garden Peas *** Carrot Cake
		BREAD AND FRESH FRUIT IS AVAILABLE DAILY			

NUTRIENT STANDARDS

Dear Parents / Guardians

Wokingham Borough Council in partnership with Edwards and Ward have previously adapted menus to meet the revised "Food Based Standards, Sept 2006" and also the "Foods served other than lunches standards, Sept 2007". This has been achieved with relative ease owing to Edwards & Ward's focus and commitment on healthy eating. From September 2008 the new Nutrient Based Standards will be implemented into all of Wokingham's Infant, Junior and Primary Schools.

Previously we have analysed the menus in addition to following the standards and compared them to the Caroline Walker Trust recommendations. These latter recommendations comprised of fewer nutrients and in many cases different levels to the new standards. This is a challenge owing to the fact that when you increase for example the iron and zinc levels you use foods that are intrinsically higher in fat.

Furthermore, menus that are based on the previous recipes highlight that the energy levels are 33% higher than the new standards; the carbohydrates are 36% higher; the protein content is over 3.5 times the standard and then the majority of the micronutrients are also high. Hence according to the standards the amount of food we have been serving has been too much, therefore it is important to alter recipes to keep children satisfied but not risk giving them too many calories.

Due to the new standards the following areas have been changed:

Making white sauces using cornflour instead of traditional roux method to reduce the fat content

Increased some meat portions to achieve raised iron and zinc levels

Development of lower fat sausages and provide 2 sausages per portion as advised by standards to reduce fat content and calories

Reduced sugar content of puddings and reduced portions in some cases to meet standards

Balanced protein content of recipes with low fat versions compared to cheese

I hope this gives you some idea of the vast amount and intensity of work the school caterers need to undergo to meet these constrained standards, as well as producing a menu that the children will enjoy. Therefore please be aware that you may see a different balance of foods on the plate on some occasions but please understand that this is solely to meet the new nutrient based standards.

FREE SCHOOL MEALS – ARE YOU ENTITLED?

If you currently qualify for any of the below criteria then your child(ren) is eligible for free school meals. Please contact your school to gain an application form or for more information go to

<http://www.wokingham.gov.uk/children-youth-education/school-learning-community/school-leadership/school-meals>

- Income Support (IS);
- Income Based Jobseekers Allowance (IBJSA);
- Support under part VI of the Immigration and Asylum Act 1999; or Child Tax Credit, provided they are not entitled to Working Tax Credit and have an annual income (as assessed by Her Majesty's Revenue and Customs) that as of **6 April 2008** does not exceed **£15,575**.
- The Guarantee element of State Pension Credit



Autumn/Winter 2008 / 09 Menu



Please find enclosed the new Autumn Term Menu commencing September 2008.

Edwards and Ward would like to thank all pupils on behalf of "The Lunch Bunch" for giving them such wonderful names. The winner was Kate Chalmers from Polehampton Junior School.



Edwards & Ward Ltd will have the pleasure of providing your child/children with a healthy balanced meal during their stay at School from September 2008. Our menus have been fully analysed by our nutritionist to ensure that your child /children are receiving a balanced healthy meal whilst at school.

Our new menu continues to provide fresh vegetables and high meat products sourced from local suppliers. All our dishes are freshly prepared daily in our kitchens. Working in partnership with Wokingham Borough Council we are introducing further salad bars into schools and of those schools that already enjoy these benefits the concept has proven very successful.

Fresh homemade bread and fresh drinking water will be available daily. Fresh Fruit is offered daily as an alternative to the specified dessert.

To ease the method of payment we have introduced a 5 day meal ticket which can be purchased directly from the kitchen. Meal tickets can be purchased in bulk if required. Each ticket represents 5 meals and if your child misses a day they can still use their ticket the following day or week. The tickets do not have to be used on 5 consecutive days.

Alternatively your child/children can still pay on the day if you so wish.

Meal Price £1.80

Useful Numbers:

Wokingham Office 0118 9780964

Head Office 01892 750220

Special diets 01892 750220

Wokingham Borough Council 0118 9746277

