



# NOURISH YOUR CHILD'S INNER SUPERHERO!

## Our Food

Taylor Shaw's menus are designed to be child friendly, as well as compliant with the Government's school food standards. We use high quality, healthy and nutritious ingredients, prepared fresh on site, on the day of consumption, by suitably trained and child focused employees.

At the heart of our service lies a menu that contains the correct balance of food and nutrients across the week, in order to encourage children to learn, love food, play and grow.

Our lunches include a choice of...

- Meat & vegetarian main courses and accompanying carbohydrates
- 2 vegetable options
- Various salad choices
- Wholemeal or white fresh, crusty baked bread, daily
- A selection of hot and cold desserts
- Chilled water



## Feedback/Contact

If you would like to comment on our meals or provide feedback on our service, please email [Sophia.mclaughlin@taylorshaw.com](mailto:Sophia.mclaughlin@taylorshaw.com)

## Medical Diets and Allergies

If your child has a specific dietary need for a medical reason, we will work with you to create a menu to meet the needs of your child. We have a Medical Diet Procedure to follow, to ensure your child can safely eat with us. If you would like your child to have a school meal we would need to see a medical certificate from your child's consultant. We can then proceed with creating a suitable menu. Please ask your school for the Medical Diet Request form.

Once you have completed it please return to the school along with the Medical evidence, please ensure all details are correct and it has been signed. This will then be passed onto the Edwards & Blake team who will then create a safe menu for your child and implement as soon as possible.

Help your school and yourself - claim free school meals

# FREE SCHOOL MEALS

## Did You Know

ALL children in Reception, Year 1 and Year 2 are all eligible for a Universal Infant Free School Meal!

Let Taylorshaw take the pressure off making a pack lunch and let us provide your child with a nutritionally balanced, hot and delicious lunch,

for **FREE!**

You could save yourself time and **£100's** a year by giving up the pack lunch & encouraging them to have a hot meal prepared and cooked fresh on site by us daily!

Why not give it a try tomorrow?!

# Autumn/Winter Menus 2022-23

## Vaughan School

**Week One** 31/10/22-21/11/22-12/22-02/01/23-23/01/23-13/02/23-06/03/23-27/03/23-17/04/23

Week 1	'GREEN MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Macaroni Cheese Bake	Chicken Burger & Potato Wedges	Roast Turkey with Roast Potatoes, Yorkshire Pudding & Gravy	Chinese Chicken, Vegetables & Noodles	Fish Fingers & Chips
Vegetarian Meal Option	(V)Vegetable Korma & Mixed Rice	Cheese & Tomato Pizza with Potato Wedges	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	(V)Veggie Chilli & Mixed Rice	Cheese & Onion Pastry Roll
Vegetable Selection	Green Beans Sweetcorn	Garden Peas Carrots	Cauliflower Seasonal Greens	Sweetcorn Carrots	Baked Beans Garden Peas
Jacket Potato, Rice & Pasta Option	Jacket Potato with a Choice of Cheese or (V)Baked Beans	(V)Jollof Rice with 5 Bean	Pasta with Cheese or (V)Tomato Sauce	Jacket Potato with a Choice of Tuna Mayo, Cheese or (V)Baked Beans	Pasta with Cheese or (V)Tomato Sauce
Dessert	Cheese & (V)Crackers	Ginger Sponge & Custard	Ice Cream & Banana	Cheese & (V)Crackers	(V)Chocolate Crispy Crunch

**Week Two** 07/11/22-28/11/22-19/12/22-09/01/23-30/01/23-20/02/23-13/03/23-03/04/23

Week 2	'GREEN MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	(V)Tomato & Basil Pasta	Turkey Pasta Bolognese & Garlic Bread	Roast chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Chicken Meatballs with Tomato Sauce & Mixed Rice	Fish & Chips
Vegetarian Meal Option	Loaded Wedges with Cheese or (V)Baked Beans	Cheese & Tomato Pizza with Potato Wedges	Roast Veggie Balls with Roast Potatoes, Yorkshire Pudding & Gravy	(V)Veggie Burger & Potato Wedges	(V)Vegetable Nugget & Chips
Vegetable Selection	Sweetcorn Green Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Carrots Sweetcorn	Baked Beans Garden Peas
Jacket Potato, Rice & Pasta Option	(V)Jollof Rice with 5 Bean	Jacket Potato with a Choice of Tuna Mayo, Cheese or (V) Baked Beans	Pasta with Cheese or (V)Tomato Sauce	Jacket Potato with a Choice of Tuna Mayo, Cheese or (V)Baked Beans	Pasta with Cheese or (V)Tomato Sauce
Dessert	Cheese & (V)Crackers	(V)Oaty Crunch Biscuit	(V)Jelly & Mandarins	Cheese & (V)Crackers	Chocolate Brownie

**Week Three** 14/11/22-05/12/22-26/12/22-16/01/23-06/02/23-27/02/23-20/03/23-10/04/23

Week 3	'GREEN MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheesy Bean Pitta Pocket	Chicken Pie with Mashed Potato & Gravy	Roast Turkey, Roast Potatoes, Yorkshire Pudding and Gravy	Chicken Sausage with Mash Potato and Gravy	Fish Fingers & Chips
Vegetarian Meal Option	Veggie Meatballs with Tomato Sauce & Pasta	Cheese & Tomato Pizza with Potato Wedges	Roast Quorn with Roast Potatoes, Yorkshire Pudding and Gravy	(V)Veggie Mince Pasta Bolognese & Garlic Bread	(V)Crispy Bean & Vegetable Bake & Chips
Vegetable Selection	Mixed Vegetables Garden Salad	Carrots & Sweetcorn	Winter Greens Cauliflower	Green Beans Carrots	Baked Beans Garden Peas
Jacket Potato, Rice & Pasta Option	Jacket Potato with a Choice of Cheese or (V)Baked Beans	(V)Jollof Rice with 5 Bean	Pasta with Cheese or (V)Tomato Sauce	Jacket Potato with a Choice of Tuna Mayo, Cheese or (V)Baked Beans	Pasta with Cheese or (V)Tomato Sauce
Dessert	Cheese & (V)Crackers	(V)Jelly & Mandarins	(V)Flapjack Fin ger & Custard	Lemon Drizzle Cake & Custard	Cheese & (V) Crackers

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily

