

STARTING  
**WEDNESDAY**  
5<sup>th</sup> JANUARY



# SCHOOL MEALS NEWSLETTER

## West Heath Primary School



### New Healthier Meals From January 2022

We are delighted to have appointed abm Catering Ltd to provide our lunchtime school meals following a lengthy process involving presentations. It is important to us that our children enjoy a freshly-prepared, nutritious meal, which is healthy and balanced, to prepare them for an afternoon of learning. We also take the opportunity to develop good table manners, skills in using cutlery and recognise that lunchtime is a time to relax and develop social skills.

For primary schools, they provide a lunch service as part of their “Grow – Fuel for young minds” brand and our hall will be re-furbished over the Christmas break to include the bright and colourful branding.

### Free For Reception & KS1

All children in Reception and Key Stage 1 can enjoy a freshly cooked lunch with their friends for no cost to you. It's a perfect opportunity for children to try new tastes or just stick with firm favourites.

### KS2 Paying

For children in Y3-6, the price of a meal is £2.30 which includes a main meal and dessert. The KS2 children can choose from the hot meals or the new cold deli section.

### KS2 Free School Meals

It is important that Parents/Guardians of KS2 children understand if they are eligible to receive a free school meal for their children. Check whether your child is entitled to a FSM using the link below, if so please register and contact the school;

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/700139/Free\\_school\\_meals\\_guidance\\_Apr18.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/700139/Free_school_meals_guidance_Apr18.pdf)





## Tasting Sessions

Watch the 'Grow' Video in the link below, that showcases the fantastic food available.

<https://vimeo.com/551494607/13845db08b>

## Investing In Our School

abm are already working with the School to prepare for January. There is a brand new, fresh vision for the catering service, including colourful and engaging new signage to make the hall more inviting! Investment into training our kitchen team will ensure that the quality and presentation of food is of the highest quality. Part of this will involve employing an Executive Chef Manager as an additional member of the team to lead and oversee the improvements.

## Ordering And Paying For School Meals.

School meals can be booked through our School parentpay system and we will send out an email as soon as the booking system is available. Simply book your slot and make a payment if required. Parents/Guardians of Reception, Year 1 and Year 2 children will be required to pre-order your menu choices using the parentpay meal manager system. Parents/Guardians of KS2 children can either pre-order or your child will choose in class using the meal manager whiteboard.

## Special Diets

If your child requires a special diet due to a medically diagnosed allergy or condition, parents will need to complete a "Special Dietary Requirement Form", which must be returned to the School office. If your child will be having School meals in January, and requires a Special Dietary Form, it must be returned to the School office by 10th December 2021 to allow abm catering to prepare and agree a menu with you over the Christmas break. The School will keep a record of the form which will be shared with abm.







# WEEK 1



## Monday

Langford's Sausage Hotdog, with Tomato Ketchup

Quorn Vegan Hotdog, with Tomato Ketchup (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Oven Baked Cajun Potato Wedges, Garden Peas & Coleslaw

Lemon Sponge served with Custard

## Tuesday

Pasta Bolognaise

Cheese and Tomato Pasta Bake (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Warm Baguette, Sweetcorn & Salad Bar

Shortbread Finger

## Wednesday

Roast Chicken served with Gravy

Roast Quorn Fillet (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Simply Roast Potatoes, Green Beans & Carrots

Apple Crumble served with Custard

## Thursday

Homemade Cottage Pie

Homemade Vegetarian Cottage Pie (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with a Warm Baguette, Sweetcorn & Broccoli

Chocolate Cookie

## Friday

Friday Favourite Fish Fingers

Cheese and Tomato Margherita Pizza (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Chips, Garden Peas or Baked Beans

Our Famous Fruity Friday



### AVAILABLE DAILY:

Sandwiches, Wholemeal Bread, Salad Bar,  
Yoghurt, Fruit, Jelly Pot





## WEEK 2



### Monday

Ham, Tomato and Cheese Pizza

Vegan Sausage Roll (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Oven Baked Potato Wedges, Coleslaw & Salad Bar

Sultana and Oat Cookie

### Tuesday

Chicken and Sweetcorn Pie with a choice of Gravy

Macaroni Cheese (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Boiled Potatoes, Salad Bar & Garden Peas

Apple Sponge served with Custard

### Wednesday

Roast Turkey served with Gravy

Roast Quorn Fillet (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Simply Roast Potatoes, Carrots & Green Beans

Homemade Rice Pudding served with Jam

### Thursday

Pasta with Sausage Chunks and Tomato Sauce

Pasta with Quorn 'Meat'balls and Tomato Sauce (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Warm Baguette, Sweetcorn & Salad Bar

Chocolate Brownie

### Friday

Friday Favourite Fish Fingers

Cheese and Tomato Margherita Pizza (V)

Jacket Potato with Cheese - Beans - Tuna Mayo

Served with Chips, Garden Peas or Baked Beans

Our Famous Fruity Friday



#### AVAILABLE DAILY:

Sandwiches, Wholemeal Bread, Salad Bar,  
Yoghurt, Fruit, Jelly Pot

# WEEK 3



## Monday

Langford's Sausage and Yorkshire Pudding served with Gravy  
Quorn Sausage and Yorkshire Pudding served with Gravy (V)  
Jacket Potato with Cheese - Beans - Tuna Mayo  
Served with Mashed Potato, Garden Peas & Carrots  
Flapjack

## Tuesday

Homemade Mild Chicken Curry  
Cheese and Baked Bean Pastry Puff (V)  
Jacket Potato with Cheese - Beans - Tuna Mayo  
Served with Fluffy White Rice, Salad Bar & Sweetcorn  
Chocolate Sponge served with Custard

## Wednesday

Roast Gammon served with Gravy  
Roast Quorn Fillet (V)  
Jacket Potato with Cheese - Beans - Tuna Mayo  
Served with Simply Roast Potatoes, Carrots & Broccoli  
Rice Crispie Slice

## Thursday

Ham, Tomato and Cheese Pizza  
Macaroni Cheese (V)  
Jacket Potato with Cheese - Beans - Tuna Mayo  
Served with a Warm Baguette, Coleslaw & Salad Bar  
Banana Traybake

## Friday

Friday Favourite Fish Fingers  
Cheese and Tomato Margherita Pizza (V)  
Jacket Potato with Cheese - Beans - Tuna Mayo  
Served with Chips, Garden Peas or Baked Beans  
Our Famous Fruity Friday



### AVAILABLE DAILY:

Sandwiches, Wholemeal Bread, Salad Bar,  
Yoghurt, Fruit, Jelly Pot

