



Eat Well Live Well

Action on Sugar

This year Public Health England have released new recommendations for industry to reduce sugar in food. Autograph are committed to supporting pupils to achieve a healthy diet and our **Eat Well Live Well strategy** includes the following commitments to reduce sugar;



Our homemade desserts are developed by our Executive Chef to reduce the amount of sugar and include healthy ingredients such as wholegrain cereals, fruits and vegetables



All drinks are compliant with the School Food Standards Healthy Drinks List



We do not serve any confectionery



We work closely with our suppliers to source nutritionally preferable ingredients which are lower in sugar

FREE SCHOOL MEALS

Don't forget that all **Reception, Year 1 and Year 2** pupils can enjoy a **school meal without charge every day** irrespective of income. However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!

FREE SCHOOL MEALS - LOW INCOME

To check free school meal entitlement visit www.cornwall.gov.uk/schoolmeals or contact your school office.

ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerance's can enjoy safe and suitable school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office. Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

A WORD FROM YOUR LOCAL TEAM

This menu is full of tasty, healthy, good quality meals produced from scratch by our dedicated team of catering staff; they are all passionate about giving your children the best start in life and understand that the food we provide can do this. Meals are nutritionally balanced and will help your children with their learning and concentration as well as exciting their tastebuds.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact your local office:

Autograph, Unit 9, City Business Park
Easton Road, Bristol BS5 0SP



Autumn/Winter Menu 2017/18



with **The Greens**



ON A MISSION

To inspire and educate pupils to think differently about food, cooking, health and our environment!



We are delighted to share with you **Autograph's new Autumn/Winter menu!** We have focused on including lots of favourite dishes so that there is a choice your child will enjoy each day. Our chefs have been hard at work developing recipes so that they are as healthy as possible to support your child to eat well. We would love to hear your feedback, so please email us at autograph.schools@interserve.com



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February, 19th March					
THE MAIN EVENT	Chicken and Sweetcorn Pasta with Freshly Made Bread	Pasta Bolognese with Herby Bread	Roast Chicken with Stuffing, Gravy and Roast or Mash Potatoes	Beef Pizza with Potato Salad	Fishfingers with Tomato Ketchup and Chips or Pasta Twists
	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pie with Mash Potato and Gravy	Vegetable Loaf with Stuffing, Gravy and Roast or Mash Potatoes	Jacket Potato with a Selection of Toppings	Cheese and Tomato Quiche with Chips or Pasta Twists
	Baked Beans and Coleslaw	Carrots and Green Beans	Carrots and Broccoli	Sweetcorn and Coleslaw	Baked Beans and Peas
TO FINISH	Custard Biscuit with Fruit Salad	Honey Cake with Custard	Ice Cream and Fruity Sauce	Chocolate Cake with Chocolate Sauce	Crunchy Orange Cookie with Fruit Wedges
WEEK 2 - 6th November, 27th November, 18th December, 15th January, 5th February, 5th March, 26th March					
THE MAIN EVENT	Farm Assured Sausages with Mash Potato and Gravy	Chicken Curry with Rice	Roast Beef with Yorkshire Pudding, Gravy and Roast or Mash Potatoes	Chicken Wrap with New Potatoes	Battered Fish Fillet with Lemon Mayonnaise and Chips or Pasta Twists
	Vegetarian Cottage Pie with Gravy	Macaroni Cheese with Freshly Made Bread	Vegetable Parcel with Gravy and Roast or Mash Potatoes	Jacket Potato with a Selection of Toppings	Vegetarian Burger in a Bun with Tomato Ketchup and Chips or Pasta Twists
	Broccoli and Peas	Vegetable Sticks and Salads	Cauliflower and Carrots	Sweetcorn and Coleslaw	Baked Beans and Peas
TO FINISH	Lemon Drizzle Cake	Apple Syrup Sponge with Custard	Jelly with Fruit	Jam Sponge with Custard	Chocolate Shortbread with Fruit Wedges
WEEK 3 - 13th November, 4th December, 1st January, 22nd January, 19th February, 12th March					
THE MAIN EVENT	Beef Burger in a Bun with Mayonnaise and Potato Wedges	Chicken Pie with Mash Potato and Gravy	Roast Loin of Pork with Apple Sauce, Gravy and Roast or Mash Potatoes	Beef Lasagne with Garlic Bread	Fishfingers or Salmon Fishfingers with Tomato Ketchup and Chips or Pasta Twists
	Tomato and Vegetable Pasta with Homemade Bread	Vegetable Pasty with Mash Potato and Gravy	Vegetable Crumble with Gravy and Roast or Mash Potatoes	Jacket Potato with a Selection of Toppings	Vegetarian Sausages with Tomato Ketchup and Chips or Pasta Twists
	Sweetcorn and Green Beans	Carrots and Broccoli	Cabbage and Carrots	Sweetcorn and Coleslaw	Baked Beans and Peas
TO FINISH	Apple Crumble with Custard	Rice Pudding with Fruit Sauce	Chocolate Arctic Roll	Mixed Berry Sponge with Custard	Shortbread with Fruit Wedges
Served Daily		Freshly Baked Bread	Seasonal Vegetables/Salads	Fresh Fruit	Organic Yeo Valley Yoghurt

All of our eggs are free range from happy chickens in British farms; all of our meat is British and Red Tractor certified; we use some Fairtrade certified ingredients; and only use sustainably sourced fish!



Your school catering team love cooking dishes from scratch using fresh ingredients!



This is a **Gold Catering Mark menu** which guarantees we serve high quality fresh food which is **better for British farming and animal welfare!**



We champion our **British and local suppliers** who supply us with fantastic high quality, seasonal produce.

