

FORREST

Interserve

MILES

FOOD FARM

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FAITH

To inspire and educate pupils to think

differently about food, cooking,

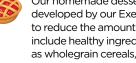
health and our environment!

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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



School Food Standards Healthy



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.

A WORD FROM YOUR LOCAL TEAM

This menu is full of tasty, healthy, good guality meals produced from scatch 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.

ALLERGIES AND winner INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerance's can eniov 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.

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 OSP

Interserve

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 _____



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	Monday	Tuesday	Wednesday	Thursday	Friday
	W	EEK 1 - 30th October, 20th Novembe	er, 11th December, 8th January, 2	9th January, 26th February, 19	th March
	Chicken and Sweetcorn F with Freshly Made 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
THE MAIN EVENT	Cheese and Tomato P with Potato Wedges	Pizza 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
d	Baked Beans and Colesia	aw Carrots and Green Beans	Carrots and Broccoli	Sweetcorn and Coleslaw	Baked Beans and Peas
FINISH	Custard Biscuit with Fruit Salad	Honey Cake with Custard	Cce Cream and Fruity Sauce	Chocolate Cake with Chocolate Sauce	Crunchy Orange Cookie with Fruit Wedges
		NEEK 2 - 6th November, 27th Novemb	per, 18th December, 15th January	v, 5th February, 5th March, 26t	h March
	Farm Assured Sausage with Mash Potato and Gra		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
THE MAIN EVENT	Vegetarian Cottage P with Gravy	Die 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
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				
-	Beef Burger in a Bun wit Mayonnaise and Potato We		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
THE MAIN EVENT	Tomato and Vegetable F with Homemade Bread		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 Bea	ans Carrots and Broccoli	Cabbage and Carrots	Sweetcorn and Coleslaw	Baked Beans and Peas
FINISH	Apple Crumble with Custard	Sice 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