



Following feedback from schools and pupils, we have been developing a new menu. We have enlisted the help of the Food Education Team in Children's Services at Lincolnshire Council to ensure our menus are not only compliant with the School Food Standards but that they are even healthier too. We have been trying out new recipes to include even more fruit and vegetables and also reduce the fat, salt and sugar in our school meals.

In line with the new Healthy Schools Rating Scheme we would like to support schools to work towards their Bronze, Silver and Gold Awards. Working with the Food Education Team we will ensure the menus have been independently checked for compliance which schools can use as evidence for their healthy schools rating scheme.

The school food standards ensure that the food served throughout the day in schools is healthy and nutritious. Schools can notify Ofsted school inspectors about the rating they have achieved in the healthy schools rating scheme. They will be able to draw attention to the scheme as evidence of their provision to pupils. Where relevant, Ofsted inspectors may wish to consider the scheme as evidence when reaching the judgement on 'personal development'.



# First Meals for Schools

## Term 3

## Winter Menu

4th Jan - 12th Feb 2021

Week 1 4th January Week 4 25th January	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Lincolnshire Fishcake served with homemade baked wedges, peas and tomato sauce	Roast Chicken mashed potato, seasonal vegetables and gravy	Cheese and Tomato Pizza served with half a jacket potato and salad	Meatballs in a tomato sauce served with pasta, broccoli and crusty bread	Lincolnshire Sausage served with mashed potato and baked beans
Main 2	Breaded Vegetable Burger served with homemade baked wedges, peas and tomato sauce	Vegetable Curry served with mixed rice	Homemade Flan with mashed potato and seasonal vegetables	Vegetable Meatballs in a tomato sauce served with pasta, broccoli and crusty bread	Vegetable Sausage with mashed potato and baked beans
Main 3	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Dessert 1	Homemade Healthy Chocolate Sponge and chocolate custard	Homemade Fruit Sponge and custard	Homemade Peach and Raspberry Cobbler and custard	Fresh Fruit Salad and natural yoghurt	Homemade Banana Cake and custard
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

### BOOKING YOUR MEALS

Please select **ONE** main course and **ONE** dessert option per day and complete and return the order form supplied by your school.

Enquiries regarding the supply, booking or cancellation of meals must be made direct to the school.



Week 2 11th January Week 5 1st February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Fish Fingers served with homemade wedges, peas and tomato sauce	Sausage Roll served with salad potatoes and baked beans	Roast Turkey served with mashed potato, seasonal vegetables and gravy	Homemade Spaghetti Bolognese served with crusty bread and broccoli	Chicken Enchiladas served with homemade wedges and salad
Main 2	Vegetable Sausage with baked potato wedges, peas and tomato sauce	Breaded Vegetable Burger served with salad potatoes and baked beans	Homemade Quorn Hotpot served with seasonal vegetables and gravy	Vegetable Bolognese served with crusty bread and broccoli	Vegetarian Wrap served with homemade wedges and salad
Main 3	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings

Dessert 1	Oaty Fruit Crumble and custard	Homemade Fruit Sponge and custard	Fresh Fruit Salad and ice cream	Homemade Pear and Chocolate Sponge and chocolate custard	Homemade Date Slice and custard
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

Please complete your order as instructed by your school

If you would like to comment or ask us a question about our food or menus, please contact us on 01754 610 164 or email [ann.russell@firstcollegelincs.co.uk](mailto:ann.russell@firstcollegelincs.co.uk)

Week 3 18th January Week 6 8th February	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Main 1	Salmon Fillet served with homemade wedges, peas and tomato sauce	BBQ Chicken served with mixed rice and sweetcorn	Roast Beef served with mashed potato, Yorkshire pudding, seasonal vegetables and gravy	Homemade Spaghetti Bolognese, crusty bread and broccoli	Cheese and Tomato Pizza served with half a jacket potato and baked beans
Main 2	Homemade Vegetable Crumble served with homemade wedges and peas	Vegetable Chilli served with mixed rice and sweetcorn	Breaded Vegetable Burger served with mashed potato and seasonal vegetables	Vegetable Meatballs in a tomato sauce with spaghetti, crusty bread and broccoli	Cheese Omelette served with half a jacket potato and baked beans
Main 3	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings

Dessert 1	Healthy Chocolate Sponge and chocolate custard	Pineapple Sponge and custard	Fresh Fruit Salad and natural yoghurt	Homemade Marble Sponge and chocolate custard	Cheese and Biscuits with fruit
Dessert 2	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Dessert 3	Fruit	Fruit	Fruit	Fruit	Fruit

  
**First Meals**  
*for Schools*

At First Meals we take the quality of our ingredients very seriously and source from local suppliers wherever possible.