



**TERM 3**

**3RD JANUARY TO 10TH FEBRUARY**

**IDEALSCHOOLMEALS.CO.UK**

# WELCOME TO OUR TERM 3 MENU!

Our menus offer a wide variety of tried & tested child-friendly recipes, that meet and often exceed the national standards for school lunches.

Full allergen information is available and special dietary requirements can be catered for. You can download the allergen information here [idealschoolmeals.co.uk/allergen-advice](https://idealschoolmeals.co.uk/allergen-advice)

Should your child have a medically diagnosed allergy or health condition and you'd like to discuss what we can offer, please contact us.



**SIMPSONS  
BUTCHERS**

Supporting the local economy and keeping food miles low is really important to us.

We're fortunate to have worked with two main, local suppliers from the outset.

**JHULL**  
WHOLESALE  
QUALITY FRESH PRODUCE

The renowned Simpsons Butchers, supply our high welfare meat, traceable right back to the farm.

Jonathon Hull provides a large proportion of the fresh vegetables and potatoes used in our meals, many of which are grown in Lincolnshire.

**Bloomsbury**  
BAKERY

More recently, we have started working with the fantastic team over at Bloomsbury Bakery. This Grantham based company, managed by a Father and son, have been trading for over 30 years.

# UPCOMING THEME DAYS

FRI  
6TH  
JAN



## THE BIG SCHOOL BIRD WATCH

This week marks the start of the Big School Birdwatch 2023. Birdwatching is a great way for children to enjoy nature.

How many different types of birds can you spot in this years Birdwatch? Visit our website for resources and activities to help your little ones become budding birdwatchers.



THURS  
19TH  
JAN

## the School meal Extravaganza!

Our school meal extravaganza returns on Thursday 19th for the January census day.

Joining us for lunch today not only provides opportunity to enjoy some of the favourite meal options, it also boosts funding for your child's school. Schools receive a whopping £430 for each infant that orders a school lunch today.

MON  
23RD  
JAN



## CHINESE NEW YEAR

Celebrating the beginning of a new year on the traditional lunisolar Chinese calendar.

In China, the public holiday lasts for three days and is the biggest and most extravagant celebration of the year.

Each year is named after an animal, this being the Year of the Rabbit!



## NATIONAL STORYTELLING WEEK

MON 30TH JAN - FRI 3RD FEB

National Story Telling week brings together anyone and everyone who loves to share stories, both adults and children alike.

### COMPETITION



## WIN BOOKS FOR YOUR SCHOOL LIBRARY!



Simply order a meal this week to be in with a chance of winning a prize book.

Children will be selected at random and awarded their prize, to donate to the school library. A story book to share, time and time again, for many years to come.



# THE BIG SCHOOL BIRD WATCH

FRIDAY 6TH JANUARY

	Monday 2nd Jan	Tuesday 3rd Jan	Wednesday 4th Jan	Thursday 5th Jan	Friday 6th Jan
Lunch Option 1		Taco Tuesday - Chicken Breast Strips, Tortilla, Rice & Garlic Sauce	Cheese & Tomato Pizza & Herby Baby Potatoes	Roast Pork & Stuffing	Birdwatch Brunch - Sausage, Hash Brown, Fresh Roll & Tomato
Lunch Option 2		Spaghetti Bolognese	Ham & Cheese Potato Shells	Chickpea & Sweetcorn Fritter	Grilled Cheese & Tomato Toastie
Lunch Option 3		Taco Tuesday - Mild Mexican Cheesy Beans, Tortilla, Rice & Mayo	Macaroni Cheese	Cauliflower & Broccoli Cheese Bake	Veggie Brunch - Quorn Sausage
1, 2 & 3 served with		Mixed Salad	Peas & Sweetcorn	Roast Potatoes & Mixed Vegetables	Baked Beans
Lunch Option 4		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
Lunch Option 5		Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with		Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D		Vanilla Sponge & Custard	Banana & Hot Chocolate Custard	Fruit Jelly	Shortbread Bird Biscuit
Dessert Option Y		Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit





Recreate our popular

# Creamy Chicken Curry at home!

Get the recipe at  
[idealschoolmeals.co.uk/recipes](https://idealschoolmeals.co.uk/recipes)

	Monday 9th Jan	Tuesday 10th Jan	Wednesday 11th Jan	Thursday 12th Jan	Friday 13th Jan
Lunch Option 1	Tomato Macaroni & Garlic Bread	Mild & Creamy Coconut Chicken Curry & Rice	Lincolnshire Sausage & Mash	Beef Lasagne	MSC Fish Fingers
Lunch Option 2	Stuffed Pepper	Vegetable Casserole with Cheesy Dumplings	Ham, Cheese & Potato Pasty	Chicken & Rice Burrito	Spinach, Tomato & Egg Muffins
Lunch Option 3	Vegetable Lasagne	Cheese Filled Potato Shells	Sweet Potato & Lentil Curry with Rice	Mild Mexican Bean Wrap	Quorn Sausage, Bean & Cheese Puff Pastry Melt
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Potato Wedges & Baked Beans
Lunch Option 4	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
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Apple Crumble & Custard	Chocolate Sponge & Chocolate Sauce	Oat Cookie	Victoria Sponge Cake	Pancake with Syrup & Banana
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



# the School meal Extravaganza!

THURSDAY 19TH JANUARY

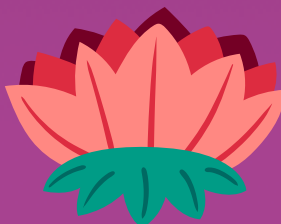


	Monday 16th Jan	Tuesday 17th Jan	Wednesday 18th Jan	Thursday 19th Jan	Friday 20th Jan
Lunch Option 1	Cheese & Tomato Pizza, Herby Baby Potatoes & Ketchup	Roast Turkey & Mashed Potato	Hunters Style Chicken & Rice	Simpsons Beef Burger, Cheese & Fresh Roll	Spaghetti Bolognese
Lunch Option 2	Macaroni Cheese	Salmon Pasta Bake	Ham & Cheese Potato Shells	Picnic Bag - Ham Sandwich, Slice of Pizza, Cheese Cubes & Crudites	Bacon, Leek & Potato Bake
Lunch Option 3	Quorn Bolognese with Rice	Cheese & Broccoli Fritter with Mashed Potato	Tomato Pasta & Garlic Slice	Breaded Vegetable Fingers, Cheese & Fresh Roll	Veggie Cottage Pie
1, 2 & 3 served with	Peas & Sweetcorn	Mixed Vegetables	Mixed Vegetables	Baked Beans , Lettuce Coleslaw & Cucumber Sticks	Mixed Vegetables
Lunch Option 4	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
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with		Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Fruit Jelly	Jaffa Sponge Cake	Strawberry Mousse & Fresh Fruit Selection	Chocolate Cracknel	Toffee Sponge & Custard
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



# CHINESE NEW YEAR

	Monday 23rd Jan	Tuesday 24th Jan	Wednesday 25th Jan	Thursday 26th Jan	Friday 27th Jan
Lunch Option 1	Breaded Chicken with Sweet & Sour Dipping Sauce	Beef Lasagne	Roast Pork, Stuffing & Roast Potatoes	Cheese Puff Pastry Whirl & Mashed Potato	MSC Breaded Fish
Lunch Option 2	Beef Chow Mein	Mild & Creamy Coconut Chicken Curry & Rice	Bacon Mac' Cheese	Grilled Cheese & Tomato Toastie	Sliced Ham (served chilled)
Lunch Option 3	Vegetable Chow Mein	Quorn Sausage & Bean Hot Pot	Cauliflower & Broccoli Cheese Bake & Roast Potatoes	Quorn Dippers & Mashed Potato	Spinach, Tomato & Egg Muffins
1, 2 & 3 served with	Egg Rice & Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Baked Beans	Oven Chips, Peas & Ketchup
Lunch Option 4	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
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Mango Sponge Cake	Butterscotch Cookie	Chocolate Brownie & Orange Wedges	Marble Sponge & Custard	Shortbread Biscuit & Melon Slice
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit





## WEEK

### Dessert Option F





# Fall in love with our Valentine's Shortbread

Friday 10th February

	Monday 6th Feb	Tuesday 7th Feb	Wednesday 8th Feb	Thursday 9th Feb	Friday 10th Feb
Lunch Option 1	Tomato Macaroni & Garlic Bread	Simpsons Lincolnshire Sausage	Roast Turkey & Herby Potatoes	Minced Beef & Pork Ragu with Rice	MSC Fish Fingers
Lunch Option 2	Stuffed Pepper	Ham & Cheee Puff Pastry Whirl	Spaghetti Bolognese	Veggie Cottage Pie	Salmon & Broccoli Crustless Quiche
Lunch Option 3	Vegetable Casserole with Cheesy Dumplings	Quorn Sausage	Vegetable Lasagne	Cheese Filled Potato Shells	Mexican Bean Wrap
1, 2 & 3 served with	Mixed Vegetables	Mashed Potato & Baked Beans	Mixed Vegetables	Mixed Vegetables	Potato Wedges, Peas & Ketchup
Lunch Option 4	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
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Diced Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Toffee Sponge & Custard	Strawberry Mousse & Fresh Fruit Selection	Oat Cookie	Chocolate Pear Sponge & Chocolate Sauce	Valentines Shortbread
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

# WE LOVE TO TALK ABOUT WHAT WE CAN OFFER YOUR CHILDREN

We are always on hand to  
answer any questions in relation to our service.

Contact us at any time using the details below.

TELEPHONE  
**01522 246424**

EMAIL  
**ENQUIRIES@IDEALSCHOOLMEALS.CO.UK**

Follow us on social media.  
It's a great way to see some of the meal options on offer.



**@idealschoolmeals**



**@mealsideal**



**@idealschoolmeals**