



ideal

MEALS

for  
Schools

TERM 4  
SCHOOL LUNCH MENU

20TH FEBRUARY - 31ST MARCH 2023

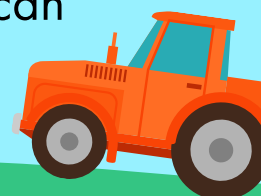
[IDEALSCHOOLMEALS.CO.UK](http://IDEALSCHOOLMEALS.CO.UK)

# WELCOME TO OUR TERM 4 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.

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

**JHULL**  
WHOLESALE  
QUALITY FRESH PRODUCE

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

This Grantham based company, managed by a Father and son, have been trading for over 30 years and supply all of our freshly baked bread rolls.

# UPCOMING THEME DAYS



## PANCAKE DAY TUESDAY 21ST FEB

A favourite on the school meal calendar, this one has really crêped up on us again!

A new Sticky Toffee Pancake with Banana features as today's dessert choice.



## WORLD BOOK DAY

2 MARCH 2023



Marked in over 100 countries across the globe, World Book Day is a UNESCO initiative that aims to celebrate books and reading.

Our book themed menu choices could provide inspiration for character costumes, and stories to share at home.

Stay tuned for another 'Win Books for your School Library Competition'

## INTERNATIONAL SCHOOL MEALS DAY

THURSDAY  
9TH  
MARCH

A campaign to raise awareness of healthy eating and good nutrition for all children.

We're including some of the favourite school meal options, made using British ingredients, and encouraging children and young people to connect, talk to each other about the food they eat, and the role plays in their lives.

MONDAY  
20TH  
MARCH

## SPRING EQUINOX

The Spring Equinox officially brings us out of winter and starts the season of spring. It's time to celebrate the return of warmer days and lighter nights.



COMIC RELIEF

## RED NOSE DAY



FRIDAY 17 MARCH

It feels like we could all do with a bit of a laugh right now, doesn't it? Well, luckily, Red Nose Day is on the way with a mission to give you the best day ever! I

This year, more than ever, it is important to have fun and raise money to support people in need across the world.

## EASTER LUNCH

THURSDAY  
30TH  
MARCH

Our early Easter lunch is full of the joys of spring. Traditional Roast lunch options, made with British ingredients and Easter nests to follow. Happy holidays!

We look forward to seeing some of you in our HAF clubs over the Easter break.

HAPPY EASTER



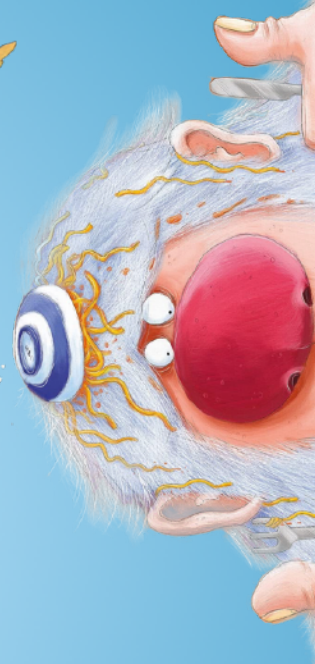
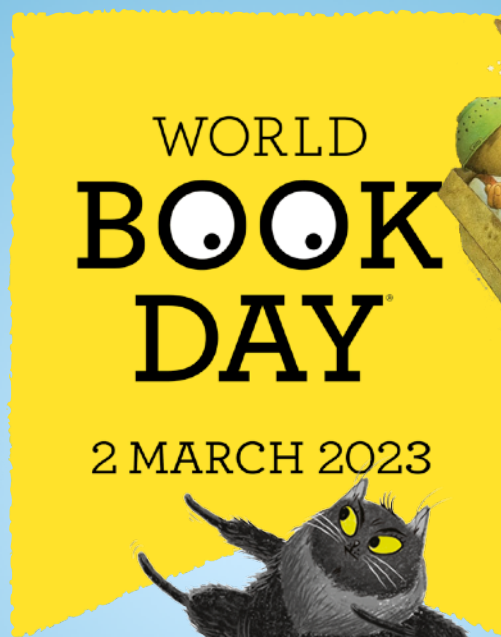


# PANCAKE DAY

## TUESDAY 21ST FEB



	Monday 20th Feb	Tuesday 21st Feb	Wednesday 22nd Feb	Thursday 23rd Feb	Friday 24th Feb
Lunch Option 1	Creamy Tomato Macaroni & Garlic Bread	Hunters Style Chicken & Rice	Beef Lasagne	Roast Pork & Stuffing	The Ideal Brunch - Sausage, Hash Brown & Mini Roll
Lunch Option 2	Jacket Potato with Mega Mild Veggie Chilli	Quorn Balls in Tomato Sauce & Rice	Ham & Cheese Potato Shells	Chickpea & Sweetcorn Fritter	Grilled Cheese Toastie & Cucumber Sticks
Lunch Option 3	Quorn Cottage Pie	Macaroni Cheese	Sweet Potato & Lentil Curry with Rice	Cauliflower & Broccoli Cheese Bake	Veggie Brunch - Quorn Sausage
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Peas & Sweetcorn	Mashed Potato & 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	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna 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	Peaches & Custard	Sticky Toffee Pancake with Banana	Chocolate Sponge & Chocolate Sauce	Tutti Frutti Biscuit	Iced Vanilla Sponge Cake
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



# WORLD BOOK DAY

2 MARCH 2023

**Monday  
27th Feb**

**Tuesday  
28th Feb**

**Wednesday  
1st Mar**

**Thursday  
2nd Mar**

**Friday  
3rd Mar**

**Lunch  
Option 1**

Tuna &  
Sweetcorn Pasta  
Bake

Mild & Creamy  
Coconut Chicken  
Curry & Rice

Lincolnshire  
Sausage &  
Mashed Potato

Bolognese  
Spaghetti with the  
Yetti & Garlic  
Bread

MSC Fish Fingers

**Lunch  
Option 2**

Stuffed Pepper

Vegetable  
Casserole with  
Cheesy  
Dumplings

Ham, Cheese &  
Potato Pasty &  
Mashed Potato

Whatever Next!  
Trip to the Moon  
Picnic Bag - Ham  
Sandwich, Slice of  
Pizza & Crudites

Spinach, Tomato &  
Egg Muffins

**Lunch  
Option 3**

Vegetable  
Lasagne

Cheese Filled  
Potato Shells

Quorn Bolognese  
& Rice

Toto The Ninja  
Cats Incredible  
Cheese Hesit  
Pizza &  
Supertato's

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**

Fruit Jelly

Apple & Peach  
Crumble &  
Custard

Chocolate  
Cracknel

Bee & Me Honey  
Sponge Cake

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

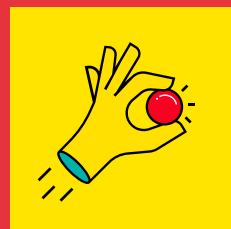


# INTERNATIONAL SCHOOL MEALS DAY

	Monday 6th Mar	Tuesday 7th Mar	Wednesday 8th Mar	Thursday 9th Mar	Friday 10th Mar
Lunch Option 1	Cheese & Tomato Pizza, Herby Baby Potatoes & Ketchup	Roast Turkey & Mashed Potato	Minced Beef & Pork Ragu with Rice	Simpsons Puff Pastry Sausage Roll	MSC Breaded Fish
Lunch Option 2	Macaroni Cheese	Salmon Pasta Bake	Ham & Cheese Potato Shells	Chicken, Leek & Potato Pie	BBQ Chicken Strips
Lunch Option 3	Mega Mild Bean Chilli & Rice	Cheese & Broccoli Fritter with Mashed Potato	Creamy Tomato Pasta & Garlic Bread	Leek & Potato Bake	Veggie Cottage Pie
1, 2 & 3 served with	Peas & Sweetcorn	Mixed Vegetables	Mixed Vegetables	Mashed Potato & 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	Oat Cookie	Chocolate Brownie & Orange Wedges	Peach & Raspberry Sponge & Custard	Iced Carrot Cake	Strawberry Mousse & Fruit Platter
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



# RED NOSE DAY



## FRIDAY 17 MARCH

	Monday 13th Mar	Tuesday 14th Mar	Wednesday 15th Mar	Thursday 16th Mar	Friday 17th Mar
Lunch Option 1	Bolognese Pasta Bake	Garlic & Herb Chicken with Rice & Mayo	Roast Pork, Stuffing & Roast Potatoes	Cheese Puff Pastry Whirl, Mashed Potato & Ketchup	Simpsons Beef Burger, Cheese & Fresh Roll
Lunch Option 2	Cheese Filled Potato Shells	Tuna & Sweetcorn Pasta Bake	Bacon Macaroni Cheese	Quorn Dippers with Mashed Potato & Ketchup	Grilled Cheese Toastie
Lunch Option 3	Mexican Bean Wrap	Sweet Potato & Lentil Curry with Rice	Cauliflower & Broccoli Cheese Bake & Roast Potatoes	Quorn Sausage & Bean Cottage Pie	Breaded Vegetable Fingers, Cheese & Fresh Roll
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Baked Beans, Lettuce Coleslaw & Cucumber Sticks
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	Fruit Jelly	Butterscotch Cookie	Chocolate Cracknel	Marble Sponge & Custard	Red Nose Cookie & 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





# SPRING EQUINOX

	Monday 20th Mar	Tuesday 21st Mar	Wednesday 22nd Mar	Thursday 23rd Mar	Friday 24th Mar
Lunch Option 1	Macaroni Cheese	Taco Tuesday - Mega Mild Chilli Mince, Tortilla , Rice & Sour Cream	Simpsons Puff Pastry Sausage Roll	Roast Turkey & Roast Potatoes	MSC Fishcake
Lunch Option 2	Cheese & Potato Gratin	Tomato Pasta Bake	Breaded Vegetable Fingers	Chicken & Rice Burrito	Ham, Cheese & Potato Pasty
Lunch Option 3	Spring Vegetable Stir Fry & Noodles	Taco Tuesday - Mega Mild Bean Chilli, Rice & Sour Cream	Chickpea & Sweetcorn Fritter	Creamy Tomato Pasta & Garlic Bread	Quorn Balls in Tomato Sauce
1, 2 & 3 served with	Rainbow Salad Platter	Mixed Vegetables	Mashed Potatoes & Baked Beans	Mixed Vegetables	Oven Chips, Peas, Sweetcorn & 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	Sunshine Lemon Cookie	Apple & Peach Crumble & Custard	Pancake with Syrup & Banana	Chocolate Jaffa Sponge Cake	Ginger Cake & 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





# EASTER LUNCH



	Monday 27th Mar	Tuesday 28th Mar	Wednesday 29th Mar	Thursday 30th Mar	Friday 31st Mar
Lunch Option 1	Tomato Macaroni & Garlic Bread	Ham & Cheese Puff Pastry Cheese Whirl	Minced Beef & Pork Ragu with Rice	Roast Chicken & Herby Baby Potatoes	Simpsons Beef Burger, Cheese & Fresh Roll
Lunch Option 2	Stuffed Pepper	Cheese & Ham Egg Muffins	Vegetable Lasagne	Creamy Salmon & Pea Pasta	MSC Fish Finger Wrap with Cheese
Lunch Option 3	Vegetable Casserole with Cheesy Dumplings	Quorn Sausage	Cheese Filled Potato Shells	Springtime Pea & Leek Quiche	Cheese & Tomato Pizza Slices
1, 2 & 3 served with	Mixed Vegetables	Mashed Potato & Baked Beans	Mixed Vegetables	Mixed Vegetables	Spaghetti Hoops, Lettuce Coleslaw & Cucumber Sticks
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	Fruit Jelly	Toffee Sponge & Custard	Vanilla Sponge & Chocolate Sauce	Easter Cornflake Nests	Easter Chick Biscuit & Fruit Platter
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**