

Folville Junior School TRADITIONAL MENU 2023 - 2024

TIMETABLE	WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK COMMENCING: 2023 4th September, 25th September, 23rd October, 13th November, 4th December	OPTION 1	French Bread Pizzo, Diced Potatoes (V)	Vegetable Pasta Bake, Malted Baguette (V)	Quorn Pie - Groy Parsley Potatoes (VE)	Quorn Sausages, Yorkshire Puddings, Mash Potatoes (V)	Quorn Fingers, Chips (V)
WEEK COMMENCING: 2024 8th January, 29th January, 26th February, 18th March, 22nd April, 13th May, 10th June, 1st July	OPTION 2	Quorn Meatballs in Tomato & Herb Sauce, Spaghetti (V)	Lamb Pasta Bake Malted Baguette	Roast Chicken, Groy Parsley Potatoes	Pork Sausages, Yorkshire Puddings Mash Potatoes	Fish Fingers or Salmon Fish Fingers, Chips
	OPTION 3 Jacket Potato	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)
	OPTION 4 Sandwich	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo
	DESSERT	Fruit Salad or Chocolate Biscuit	Iced Sponge or Fruit Cookie	Fruit & Chocolate Muffin or Coconut Biscuit	Apple Crumble (50% Fruit) & Custard or Oaty Biscuits	Ice Cream or Lemon Drizzle Cookie

TIMETABLE	WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK COMMENCING: 2023 11th September, 2nd October, 30th October, 20th November, 11th December	OPTION 1	Macaroni Cheese, Malted Baguette (V)	Sticky Spicy Vegetables, Noodles (V)	Cheese & Potato Pie Malted Baguette (V)	Vegetable Curry, Rice (V)	Veggie Fingers or Quorn Dippers, Chips (V)
WEEK COMMENCING: 2024 13th January, 5th February, 4th March, 8th April, 29th April, 20th May, 17th June, 8th July	OPTION 2	Pork Meatballs in Tomato & Herb Sauce, Spaghetti (V)	Lamb Burritos, Spicy Rice	Roast Pork, Stuffing & Groy Mash Potatoes	Peri Peri Chicken in a Bun and Potato Wedges	Flipper Dippers, Chips
	OPTION 3 Jacket Potato	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)
	OPTION 4 Sandwich	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo
	DESSERT	Pear & Chocolate Sponge & Chocolate Sauce (50% Fruit) or Oaty Biscuit	Fruit Flan - (50% Fruit) or Lemon Shortbread	Chocolate Haystacks or Strawberry Mousse	Cornflake Tart & Custard or Butter Scotch Cookie	Ice Cream or Chocolate & Vanilla Swirl Biscuit

TIMETABLE	WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK COMMENCING: 2023 18th September, 9th October, 6th November, 27th November, 18th December	OPTION 1	Pizza - Cheese & Tomato ½ Jacket Potato (V)	Cheese Flan Garlic & Herb Potatoes (V)	Roast Quorn Fillet, Stuffing & Groy and Roast Potatoes (VE)	Meat Free Bolognoise (V), Garlic Bread	Quorn Dippers, Chips (VE)
WEEK COMMENCING: 2024 22nd January, 12th February, 11th March, 13th April, 6th May, 3rd June, 24th June	OPTION 2	Tomato & Vegetable Pasta, Malted Baguette (VE)	Cheese Flan Garlic & Herb Potatoes	Roast Chicken, Stuffing & Groy, Roast Potatoes	Lamb Bolognoise, Garlic Bread	Battered Fish or Breaded Chicken Burger, Chips
	OPTION 3 Jacket Potato	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)
	OPTION 4 Sandwich	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo	Cheese, Tuna Mayo, or Egg Mayo
	DESSERT	Iced Buns or Coconut Cookie	Jelly & Fruit Pots (50% Fruit) or Melting Moments Biscuit	Iced Fruit Sponge (50% Fruit) or Chocolate Biscuit	Chocolate Tart or Jam Crunch	Ice Cream or Flapjack

***KEY:**
V = Vegetarian,
VE = Vegan,
50% Fruit = this
pudding contains
at least 50% fruit

Disclaimer
We endeavour to serve food
as specified on the menu,
however, there are some
circumstances when this isn't
possible. You can be assured
that these instances will
be kept to an absolute
minimum.

For children to have
healthier meals at school,
over the last few years we
have reduced the sugar in
our puddings by 20%

Choosing a meal from
this menu for your child
every day will provide
2-3 portions of their
five a day. Seasonal
vegetables served daily

For all allergens please
ask a member of
catering staff

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Seasonal vegetables, salad, fruit yogurts, fresh fruit, and drinking water are
available daily also Jacket Potatoes & Packed Lunches are available in most
schools please check what arrangements are in place in your school.

SERVED DAILY

- Variety of organic food available daily i.e. pasta, vegetable
- New dishes offering more variety and dishes from around the world
- No genetically modified ingredients, undesirable additives or artificial trans fats
- Dishes have been locally tailored to meet the cultural and community needs of Leicester
- Menus are seasonal and locally grown produce where possible
- We offer vegetarian and vegan options
- Less processed meat
- Farm assured & red tractor meat
- Fish is approved by the Marine Conservation Society
- More than 75% of our dishes are kitchen prepared
- Locally sourced free-range eggs
- Awarded Food for Life - our meals are healthy nutritious and fun



leicester.gov.uk/schoolmeals

Want to join our team?

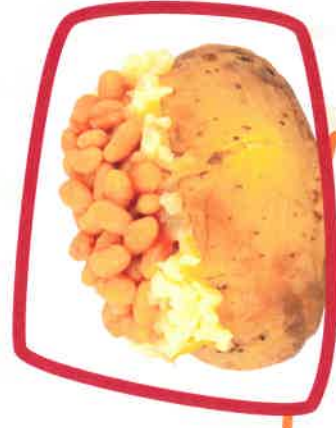
City Catering doesn't just provide meals! We are always looking for enthusiastic and talented people to join our team. We have many opportunities available - for more information go to vacancies website. leicester.gov.uk/jobs

Pupil Premium

If you are eligible for free school meals its important to register as your school will receive extra funding.

What's for my lunch this year

City Catering: September 2023 – July 2024



City Catering are supporting the Leicester Food Plan 2021-2026 and aim to make Leicester a 'healthy and sustainable food city'. To support their vision City Catering places your child at the heart of what we serve.

We are constantly reviewing our menus to make sure we are serving what children actually like to eat - with our own healthy spin!

Our meals are fresh, healthy, nutritionally balanced and meet the Government's Food Based Standards which are checked by our NHS Dietitian.



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