

The Contract Dining Company is extremely proud to announce that we have been awarded the Soil Association's Gold Food for Life Catering Mark.



We are the first caterer in Kent to provide this for all our schools. This means that at least 15% of the menu is organic, including milk, yoghurts, mince, burgers and meatballs, plus 5% of meat is Free Range, as are our eggs. All seasonal fruit and vegetables are bought locally and are sourced from the SE of England. We are passionate about the quality of food we provide and the effect food has on the environment and on children's health. Having this award also rubber stamps our commitment to buying ethically and supporting local suppliers and farmers.

### Recipes

These favourite recipes are available to download from our website.

- Mild Chicken Curry
- Chunky Taco
- Tutti Fruti
- Shortbread
- Sticky Date Pudding



### Free School Meals

All pupils in Reception, Year 1 and 2 are entitled to free school meals.



Don't forget we are a local company based in West Malling.

LOOK OUT FOR OUR FUN DAYS



A study published in the British Journal of Nutrition in February 2016 showed that organic milk and meat contains around 50% more beneficial Omega-3 fatty acids than non-organic. There is strong evidence that Omega-3 fatty acids reduce the risk of heart disease and dementia.

The Contract Dining Company  
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SCHOOL FOOD TRUST  
Eat Better Do Better

INVESTORS IN THE ENVIRONMENT

THE CONTRACT DINING COMPANY

LET'S BE  
**FOOD**  
SMART  
FOR BODY AND BRAIN

**AUTUMN MENU 2019**



**WEEK 1 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov, 16th Dec,**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Italian Day</b> Beef Bolognese served with Spaghetti or Roasted Vegetable Lasagne (v)	Chicken Korma served with Rice	Roast Gammon with Roast Potatoes & Gravy	Homemade Sausage Roll served with Mashed Potatoes	Battered Fish & Chips served with Tomato Sauce
	<b>Jacket Potato Bar</b> Jacket Potato served with Baked Beans, Cheese or Coleslaw	Herb Crusted Vegetable Bake served with Roast Potatoes & Gravy (v)	Cheese & Tomato Pinwheel served with New Potatoes (v)	BBQ Veggie Sausage served with Chips and Tomato Sauce (v)
Jacket Potato served with Baked Beans, Beef Bolognese, Cheese or Tuna Mayo		Jacket Potato served with Baked Beans, Roasted Vegetables, Cheese or Tuna Mayo	Jacket Potato served with Baked Beans, Cheese or Tuna Mayo	Jacket Potato served with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Sweetcorn Mixed Peppers	Mixed Salad Green Beans Cauliflower	Mixed Salad Carrots Cabbage	Mixed Salad Broccoli Sweetcorn	Mixed Salad Peas Baked Beans
St Clements Cake	Fruit Layer Slice	Fruit Smoothie	Chocolate & Pear Sponge with Custard	Fruit Jelly
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

**WEEK 2 9th Sept, 30th Sept, 11th Nov, 2nd Dec**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>All Day Veggie Breakfast</b> Vegetarian Sausages or Scrambled Egg served with Hash Brown & Baked Beans	Spanish Chicken with Rice	Roast Chicken with Roast Potatoes & Gravy	Beef Lasagne	Fish Fingers with Chips served with Tomato Sauce
Macaroni Cheese (v)	Stir Fried Vegetable Chow Mein (v)	Roasted Vegetable Wellington with Roast Potatoes & Gravy (v)	Chickpea Curry served with Rice (v)	Cheese & Tomato French Bread Pizza served with Chips (v)
Jacket Potato served with Baked Beans, Cheese, Egg or Tuna Mayo	Jacket Potato served with Baked Beans, Spanish Chicken, Cheese or Tuna Mayo	Jacket Potato served with Baked Beans, Roasted Vegetables, Cheese or Tuna Mayo	Jacket Potato served with Baked Beans, Cheese Chickpea Curry or Tuna Mayo	Jacket Potato served with Baked Beans, Cheese or Tuna Mayo
Mixed Salad Peas Roasted Tomatoes	Mixed Salad Sweetcorn Green Beans	Mixed Salad Carrots Parsnips	Mixed Salad Cauliflower Broccoli	Mixed Salad Peas Baked Beans
Apple Crumble with Custard Mixed Fruit Yoghurts Fruit	Iced Carrot Cake  Mixed Fruit Yoghurts Fruit	Chocolate Crispy  Mixed Fruit Yoghurts Fruit	Sticky Toffee Cake with Custard Mixed Fruit Yoghurts Fruit	Fruit Jelly  Mixed Fruit Yoghurts Fruit

**WEEK 3 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec**

Monday	Tuesday	Wednesday	Thursday	Friday
Minced Beef & Onion Pie served with New Potatoes & Gravy	Sausage & Tomato Pasta Bake	Roast Chicken with Roast Potatoes, & Gravy	<b>Pizza Bar</b> Choose from: Ham & Cheese or Veggie Roma Pizza (v) Served with Crispy Potatoes	Fish Fingers served with Tomato Sauce & Chips
Veggie Bolognese with Pasta (v)	Shepherdess Pie (v)	Chickpea Loaf with Roast Potatoes & Gravy (v)		Veggie Nuggets with Chips & Tomato Sauce (v)
Jacket Potato served with Baked Beans, Bolognese, Cheese, or Tuna Mayo	Jacket Potato served with Baked Beans, Sausage & Tomato, Cheese or Tuna Mayo	Jacket Potato served with Baked Beans, Cheese or Tuna Mayo	Jacket Potato served with Baked Beans, Curry or Tuna Mayo	Jacket Potato served with Baked Beans, Cheese or Salmon Mayo
Mixed Salad Whole Green Beans Cauliflower	Mixed Salad Sweetcorn Broccoli	Mixed Salad Carrots Cabbage	Mixed Salad Sweetcorn Mixed Peppers	Mixed Salad Peas Baked Beans
Oat & Fruit Cookie	Lemon Drizzle Cake	Fruit Jelly	Winter Chocolate Brownie	Fruit & Ice Cream
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

**Fresh seasonal salad and bread available daily.**

**Fresh fruit & Yoghurt also available daily as an alternative to the dessert of the day.**

**Allergens**

**A Gluten free and Dairy free menu is available on request, please email [allergens@thecontractdiningcompany.co.uk](mailto:allergens@thecontractdiningcompany.co.uk) with the name of the school which your child will be attending. You will then be sent the Gluten or Dairy Free standard menu for that school. For any further additional allergen requirements please email [allergens@thecontractdiningcompany.co.uk](mailto:allergens@thecontractdiningcompany.co.uk) with the name of the school your child will be attending.**

**All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. Full allergen information is available on request.**

**Coconut**

**Coconut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use coconut in our kitchens.**