



THURROCK SCHOOL MENU

Oct 2016 - Mar 2017

let's eat



£2.05

Or **FREE** to Reception, Year 1 and Year 2 Pupils



Meet Chef Sekwila who created this menu for you!

Did you know that 92% of our school meals are freshly made from scratch?



New on this menu, my homemade salmon cakes, please try this recipe at home!

Homemade Salmon Cakes with Cucumber Salsa

Ingredients for 4 Portions

220g salmon, 5g cheddar cheese, 4 Spring onions
50g fresh breadcrumbs, 1 egg, Salt & pepper to season
1/2 Cucumber, Juice of 1/2 lemon, Fresh coriander sprigs

Method

1. Cook salmon in the oven for 8 minutes or until cooked thoroughly (170oc). Allow to cool.
2. Wash & finely chop the spring onions, grate the cheese and whisk the egg.
3. Weigh the bread and make bread crumbs in a food mixer or dry slices of bread and grate.
4. Mix the salmon, cheese, spring onions and breadcrumbs, add enough egg to form a firm but not wet mixture. Season with salt and pepper.
5. Divide the mixture into 4 and form into patties.
6. Place on a greased baking tray and brush with a little oil.
7. Bake for 15 to 20 minutes at 170oc/Gas Mark 4 until cooked.

Cucumber Salsa

1. Wash and cut the cucumber into small cubes.
2. Wash and chop the coriander.
3. Mix the ingredients and add lemon juice and chill until ready to serve with the salmon cakes.

ALLERGEN AWARENESS
For further information on allergens in this menu please contact your school for an allergen report or contact Catering Services.

Do You Know What These Signs Mean?

- Fish is Marine Stewardship Council certified. Fish are caught using line caught sustainable fishing methods
- Food is produced using environmentally and animal friendly methods and contains no undesirable additives
- A plant based protein food that is low fat, healthy and climate friendly to produce
- Eggs are free range and chickens enjoy fresh air and exercise
- Farmers and workers who grow our bananas get paid fairly

GOLD AWARD again for the 3rd Year!

We have achieved this award again for serving fresh, organic & seasonal produce and sourcing environmentally sustainable and ethical food and championing local food producers. Our school meal menus make healthy eating easy and provide a balanced diet for children. For more information on this award visit www.sacert.org



GET IN TOUCH WITH US
Tel: 01375 652918
Email: cateringservices@thurrock.gov.uk



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
Beef Burger in a Bun	Crispy Fish Fillet (gluten free)	Roast Pork Loin & Yorkshire Pudding	Paprika Chicken with Rice	Birds Eye Fish Fingers
Quorn Meatballs in Tomato sauce	Mild Vegetable Curry with Rice	Roast Quorn Fillet & Yorkshire Pudding	Homemade Cheese & Tomato Pizza	Organic Pasta in Arabiatta Sauce
Cheese Wrap	Jacket Potato with Choice of Fillings	Tuna Sandwich	Jacket Potato with Choice of Fillings	Spanish Omelette
Diced Potatoes	Cajun Wedges	Roast Potatoes	Smiley Faces	Chips
Mixed Vegetables & Organic Baked Beans	Fresh Broccoli & Peas	Fresh Cabbage & Organic Carrots	Sweetcorn & Organic Baked Beans	Peas & Fresh Cauliflower
Mixed Fruit Jam Bun	Carrot Cake	Apple & Cinnamon Sponge with Custard	Frozen Fruit Smoothie	Cocoa Sponge with Cocoa Custard

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
Spaghetti Bolognese	Jollof Rice & Chicken	Roast Gammon & Yorkshire Pudding	Homemade Cheese & Tomato Pizza	Crispy Bubble Fish
Salmon Fingers	Vegetarian Sausage Roll	Lentil & Vegetable Lasagne	Oriental Quorn & Vegetable Noodles	Neapolitan Pasta Bake
Jacket Potato with Choice of Fillings	Jacket Potato with Choice of Fillings	Tuna Wrap	Egg Sandwich	Jacket Potato with Choice of Fillings
Potato Balls	Creamy Mashed Potato	Roasted Potatoes	Paprika & Garlic Diced Potatoes	Chips
Mixed Vegetables & Green Beans	Fresh Cauliflower & Organic Baked Beans	Fresh Cabbage & Organic Carrots	Sweetcorn Cobettes & Fresh Broccoli	Peas & Fresh Organic Carrots
Vanilla Sponge with Custard	Ice Cream Tub	Citrus Sponge with Custard	Blueberry Muffin/Bake	Orange Shortbread Biscuits

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MEAT FREE FRIDAY
Pork Sausages with Gravy	Homemade Cheese & Tomato Pizza	Roast Chicken & Yorkshire Pudding	Chinese Style Chicken	Birds Eye Fish Fingers
Homemade Salmon Cakes with Cucumber Salsa	Vegetarian Shepherds Pie	Southern Quorn Fillet	Tuna Pasta Bake	Rosemary & Red Onion Sausages
Jacket Potato with Choice of Fillings	Egg Mayonnaise Sandwich	Jacket Potato with Choice of Fillings	Cheese & Cucumber Sandwich	Mixed Vegetable Curried Couscous
Creamy Mashed Potatoes	Potato Wedges	Roasted Potatoes	Noodles	Chips
Carrot/Swede Batons & Organic Baked Beans	Mixed Vegetables & Fresh Broccoli	Roasted Root Vegetables & Fresh Cabbage	Green Beans & Organic Carrots	Peas & Organic Baked Beans
Oatmeal Raisin Cookie	Frozen Yoghurt	Apple Crumble with Custard	Banana Cake	Marble Sponge with Custard

MENU DATES FOR THURROCK SCHOOLS

OCTOBER 2016	NOVEMBER 2016	DECEMBER 2016	JANUARY 2017	FEBRUARY 2017	MARCH 2017
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
1 2	1 2 3 4 5 6	1 2 3 4	1	1 2 3 4 5	1 2 3 4 5
3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8	6 7 8 9 10 11 12	6 7 8 9 10 11 12
10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	13 14 15 16 17 18 19	13 14 15 16 17 18 19
17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	20 21 22 23 24 25 26	20 21 22 23 24 25 26
24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	27 28	27 28 29 30 31
31			30 31		

WEEK 1
WEEK 2
WEEK 3

Additional Daily Foods Available

- Seasonal salad bar
- Wholemeal bread
- Alternative desserts (cheese & crackers, yoghurt or fruit)

PLEASE NOTE THAT THE MENU MAY CHANGE SUBJECT TO LOCAL NEEDS