

JOIN THE FOOD ADVENTURE

ALL RECEPTION, YEAR 1 AND YEAR 2 EXPLORERS ARE ENTITLED TO FREE MEALS



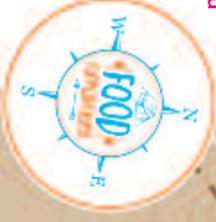
SPRING/SUMMER MENU 2022

THE FOOD ADVENTURE

Derbyshire Catering Service is continuing the Food Adventure with the new Spring/Summer 2022 menu. The menu and our theme days have been developed to encourage Food Explorers to try new flavours, ask questions about the food on their plate and learn why a balanced diet is best for our bodies!

All Food Explorer lunches are nutritionally balanced and portions are calculated to ensure pupils receive the nutrients that they need to take on any adventure. Meals are packed with protein, vegetables and fresh fruit; providing over 90% of an Explorers recommended daily intake of Vitamin C.

Food Explorers enjoy meals made with high quality ingredients including eggs from free range hens, British and Farm Assured meat and MSC Certified fish. Overall, 87% of all raw ingredients used are produced in the UK and 35% are supplied locally from here in Derbyshire or a neighbouring county.



TUESDAY 28TH JUNE - HAPPINESS DAY

Eating a balanced diet rich in vitamins and minerals can improve our mood.

The menu on this day will be made up of good mood foods for Explorers to enjoy.

FRIDAY 15TH JULY - SEASIDE SPECIAL

A firm favourite, this year Food Explorers will learn why and when Fish and Chips became a traditional British seaside treat!

SEPTEMBER - BRITISH HARVEST FESTIVAL

To celebrate British farmers harvest, Food Explorers will be able to see on a map exactly where the food on their plate has come from.

THURSDAY 20TH OCTOBER - LET'S GET MOVING

This day is all about helping Food Explorers to get more active and show which foods are best to fuel our bodies for exercise.

THURSDAY 19TH MAY - LET'S GET COOKING

To inspire pupils to get cooking Food Explorers will work with their Catering Supervisor to create their own well-balanced lunch menu.

In some schools children will also be able to see a cooking demonstration by their kitchen team!

Look out for our PLATINUM JUBILEE CELEBRATION in May



THURSDAY 9TH JUNE - FLAVOURFUL DAY

On this day the menu will have lots of exciting flavours for Food Explorers to discover and the most adventurous will be rewarded with a Food Explorer sticker.



INGREDIENTS

- 1 Onion - finely chopped
- ½ Garlic clove – crushed
- 1tbsp Oil
- 530g Chopped tomatoes
- 3 ½ tbsp Tomato puree
- 400g Mince beef/lamb/vegetarian
- 3 ½ tbsp Gravy granules
- Pinch mixed herbs
- 1tsp Sugar
- Seasoning to taste
- 4 Tortilla wraps 10"

4 Servings

METHOD

- Heat the oil on a medium heat in a large pan and add the chopped onions. Cook for 5 minutes or until the onions are soft.
- Add the garlic to the onions and cook for a further minute. Then add the mince and cook through until brown, stirring regularly. Drain any residual fat from the pan.
- Stir through the chopped tomatoes, tomato puree, sugar, gravy granules and the mixed herbs. Season to taste and cook for 20 minutes until the mince is tender. (Vegetarian mince may take less time).
- Meanwhile, to prepare the taco cups cut the wraps in half. Make each half into a cone shape, fold the bottom and open the top of the cone out. Place into a lightly oiled muffin tin.
- Bake the taco cups at 180 c/Mark 4 for approximately 3 minutes, this will make them slightly crispy.
- Fill the taco cups with the mince mixture and serve with salad or veggies.

• TRY THIS AT HOME • Mince Taco Cups

We loved seeing your Sausage Colcannon Pie pictures from the previous menu, so we've teamed up with Public Health to send every family who completes this new recipe a cooking prize! Send us a picture of the finished dish to catering@derbyshire.gov.uk along with your child's name and school and we'll send out a prize for them to collect.

Comments/Customer Feedback

We welcome all enquiries and feedback on our service. If you would like to contact us we can be reached in a number of ways:

Email: catering@derbyshire.gov.uk
Phone: 01629 536704

Post: Derbyshire County Council, Stable Block, County Hall, Matlock, Derbyshire DE4 3AG

Visit our website to find out our latest good news stories.

www.myschoollunch.co.uk/derbyshire

All desserts are suitable for vegetarians

ORDER A SCHOOL MEAL AND START THEIR FOOD ADVENTURE TODAY

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 25.04.22 *16.05.22 13.06.22 04.07.22 29.08.22 19.09.22 10.10.22	Breaded chicken with chef's special sauce Cheesy bean enchilada Rice Seasonal vegetables Shortbread slice Organic fruit yoghurt Fresh fruit	Organic beef burger in a bun Vegetable burger in a bun Potato puffs Seasonal vegetables Butterscotch cookie Organic fruit yoghurt Fresh fruit	Roast pork with apple sauce & gravy Veggie cottage pie Creamed potatoes Seasonal vegetables Fresh fruit with bitesize chocolate crunch Organic fruit yoghurt Fresh fruit	Vegan meatballs & homemade tomato sauce Homemade margherita pizza Pasta Seasonal vegetables Vanilla ice cream with peaches Organic fruit yoghurt Fresh fruit	Fish fingers Vegetable fingers Chips Seasonal vegetables Cornflake tart with custard Organic fruit yoghurt Fresh fruit
Week 2 02.05.22 23.05.22 20.06.22 *11.07.22 05.09.22 26.09.22 *17.10.22	Quorn dippers & our tomato dipping sauce Magic bean chilli Rice Seasonal vegetables Berry fruit muffin Organic fruit yoghurt Fresh fruit	BBQ chicken tortilla wrap Vegetarian hot dog Potato wedges Seasonal vegetables Fruit swirl sponge with custard Organic fruit yoghurt Fresh fruit	Sausage Yorkshire pudding & gravy Cauliflower & broccoli cheese bake Creamed potatoes Seasonal vegetables Fresh fruit with bitesize cornflake bar Organic fruit yoghurt Fresh fruit	Beef bolognese with garlic bread Quorn fillet & rainbow salad wrap Pasta Seasonal vegetables Fresh fruit with bitesize chocolate beetroot brownie Organic fruit yoghurt Fresh fruit	Vegetarian sausage roll Salmon fishcake Chips Seasonal vegetables Chocolate & vanilla pinwheel biscuits Organic fruit yoghurt Fresh fruit
Week 3 09.05.22 *06.06.22 *27.06.22 18.07.22 12.09.22 03.10.22 *Theme Day Weeks	Chicken curry Vegetable & chickpea curry Rice Seasonal vegetables Naan Banana cupcake Organic fruit yoghurt Fresh fruit	French bread pizza Roasted vegetable tart Potato puffs Seasonal vegetables Fruit jelly Organic fruit yoghurt Fresh fruit	Roast turkey with Stuffing & gravy Veggie toad in the hole Creamed potatoes Seasonal vegetables Flapjack Organic fruit yoghurt Fresh fruit	Organic beef meatballs & Mediterranean sauce Veggie mince taco cups Pasta Seasonal vegetables Fresh Fruit with bitesize chocolate cracknel Organic fruit yoghurt Fresh fruit	Breaded fish fillet Macaroni cheese Chips Seasonal vegetables Lemon drizzle muffin Organic fruit yoghurt Fresh fruit

Salad, vegetables, bread, fresh fruit and drinking water are available freely. Jacket potatoes and sandwiches with various fillings are available in most schools, please check what the local arrangements are in your school. 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.

ALLERGY ICONS

This dessert contains 50% fruit
 This meal is suitable for vegetarians
 This meal is suitable for vegans
 Locally Sourced

For those children with medical diet requirements, we offer a tailored menu. Please contact Katie Woods 07990 664775 or catering@derbyshire.gov.uk for more information.

Every Food Explorer lunch offers at least 3 of their 5 a day

Let's get cooking

Thursday 19th May

When you learn how to cook, you can discover lots of new flavours and foods

Food Explorers helped create today's menu!

FLAVOURFUL DAY

Thursday 9th June

Let's discover some new flavours today!

Menu

- Breaded chicken nachos or Mixed pepper nachos with a selection of delicious dips
- Mini roast potatoes
- Fruit platter & vanilla cookie

HAPPINESS DAY

Tuesday 28th June

Did you know that a diet rich in vitamins and minerals can help us feel happy on the inside and out?

Good food can boost our mood!

Menu

- Beef & bean or Bean burrito
- Sweet potato & potato wedges
- Broccoli & carrots
- Scrumptious strawberry cake

SEASIDE SPECIAL

Friday 15th July

A summer treat to celebrate the traditional British seaside!

Menu

- Fish or Quorn dippers
- Chips
- Peas
- Ice cream

BRITISH HARVEST festival

September

Food Explorer lunches use lots of British ingredients. Look on our map to see where today's ingredients come from

Menu

- Organic Derbyshire (beef or Quorn) Casserole with Yorkshire pudding
- Lincolnshire potatoes
- Broccoli & carrots
- Sticky apple pudding with custard

LET'S GET MOVING

Thursday 20th October

Today's dishes are great fuel for getting active. Try out our tips below to get your body moving!

Menu

- Children's Quorn & broccoli casserole
- An energy boosting pasta
- Rainbow side salad
- Chocolate orange oat biscuit

DO TEN STAR JUMPS WITH FRIENDS

WANT IN THE GARDEN FOR MINI BEASTS

Let's fuel up and get our bodies moving!