

## Change 4 Life Shake Up Games



Have you tried 10 Change4Life and Disney's new Shake Up games? They're 10 minutes of active fun to try with your friends and family.

Being active for an hour every day and eating a nutritious school dinner keeps our heart healthy, our muscles and bones strong, and gives us lots of energy. Playing active games for at least an hour every day is the perfect way to spend more time having fun with our friends and making new ones.

## Food For Life: Silver Award for Thurrock

Thurrock Catering Services is passionate about, and dedicated to, the service they deliver, serving more than 7000 meals every day to Thurrock children and adults. Each school contains a loyal and motivated team who not only deliver quality school meals with over 75% homemade, but also provide unique frontline customer care, we value the feedback from our customers.

We encourage healthy eating and the teams different strengths and expertise ensure we continue to improve the standards of school meals in Thurrock.

## Allergen Awareness

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

## Helping the future of our environment

Every year, 400 million tonnes of plastic is produced and 40% of that is single use which means it's not recycled and only used once before being thrown away. Because plastic is not biodegradable and rot like food or paper it takes hundreds of years before it's gone. It can also potentially leak pollution into the soil and water.

What can we do? Thurrock Catering Services have made some changes to the produce we purchase to reduce the use of single use plastic by buying our yoghurt in bulk to eliminate the use of individual pots and replaced disposable cutlery where it's used, with wooden. We have also stopped using individually wrapped cheese portions and other plastic containers.

Watch out  
for our  
theme days!



## Get in touch with us

Email: [cateringservices@thurrock.gov.uk](mailto:cateringservices@thurrock.gov.uk)  
Visit: [thurrock.gov.uk/school-meals](http://thurrock.gov.uk/school-meals)



# Thurrock School Menu

## Spring/Summer Term



# Giffards

Please note that the menu may change subject to local needs

## Week 1

WEEK COMMENCING - 15th April, 6th May, 3rd June, 24th June, 15th July, 9th September, 23rd September, 30th September, 21st October

<b>Monday</b>	Quorn Burger With Potato Smiles	Meat Free Sausage Roll With Potato Smiles	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Ice pole
<b>Tuesday</b>	Beef Burger With Potato Smiles	Macaroni Cheese	Jacket Potato with a choice of filling	Baked Beans	Seasonal Salad Bar	Marble Sponge
<b>Wednesday</b>	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes, Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
<b>Thursday</b>	Cheese & Tomato Pizza With Garlic Bread	Tomato & Basil Pasta	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruit Yoghurt
<b>Friday</b>	Fish Fingers With Chips	Quorn Dippers With Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Cocktail

## Week 2

WEEK COMMENCING - 22nd April, 13th May, 10th June, 1st July, 22nd July, 16th September, 7th October,

<b>Monday</b>	Pork Sausage With Mash Potato & Gravy	Quorn Sausage With Mash Potato & Gravy	Jacket Potato with a choice of filling	Mixed vegetables	Seasonal Salad Bar	Fruit Smoothie
<b>Tuesday</b>	BBQ Chicken With Rice & Peas	Meat Free Enchilada with Rice & Peas	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Jam Sponge
<b>Wednesday</b>	Roast Gammon with Roast Potatoes, Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes, Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
<b>Thursday</b>	Cheese & Tomato Pizza With Potato Smiles	Quorn Dippers With Potato Smiles	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruity Iced Sponge
<b>Friday</b>	Fish Fingers With Chips	Cheese & Red Onion Quiche with Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Yoghurt

## Week 3

WEEK COMMENCING - 29th April, 20th May, 17th June, 8th July, 2nd September, 23rd September, 14th October,

<b>Monday</b>	Quorn Hot Dog With Potato Cubes	Potato Gnocchi Pasta in a Tomato & Basil Sauce	Jacket Potato with a choice of filling	Sweetcorn Cobette	Seasonal Salad Bar	Frozen Fruit Yoghurt
<b>Tuesday</b>	Chicken Meatballs in a Tomato Sauce With Spaghetti Pasta	Vegan Meatballs in a Tomato Sauce With Spaghetti Pasta	Jacket Potato with a choice of filling	Mixed vegetables	Seasonal Salad Bar	Banana Sponge
<b>Wednesday</b>	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Quorn Plait with Roast Potatoes, Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
<b>Thursday</b>	Cheese & Tomato Pizza With Potato Smiles	Spanish Omelette With Potato Smiles	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Lemon Drizzle Cake
<b>Friday</b>	Fish Fingers With Chips	Vegetable Fingers With Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Cocktail



Additional daily foods available: Wholemeal bread.

Alternative desserts, Fruit & Crackers.

Jacket Potato Fillings :  
Cheese, Tuna Mayo

Baked Beans

