

OUR FOOD

The Great Plate is a social enterprise that wants to improve the quality and impact of school meals across our communities. This will mean healthier, more nutritious food and using any profits to create community feasts and a supply of frozen meals.

At first glance our menu may not look too different to other schools, but we don't include the details of each dish on the menu as we find it often distracts the children. We have a fantastic in house team who design the menus including a trained nutritionist and a Cordon Bleu trained chef.

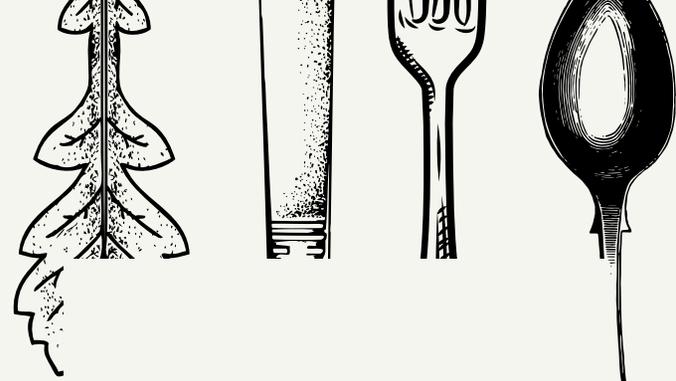
Fun facts about our food-:

We only use brown or whole grain pasta, rice and bread. We use it because it retains a high fibre content which has useful proteins, thiamine, calcium magnesium and potassium.

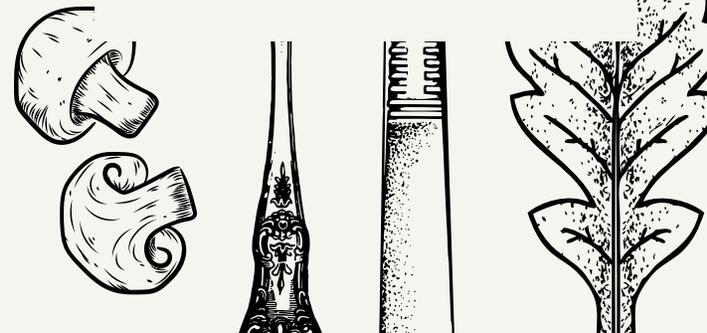
·We make our sauces with vegetables and pulses and blitz them so that they are undetectable but provide fantastic taste as well as being nutrient packed. (Our Mac n Cheese sauce is actually made from cauliflower and white beans, but it's super cheesy tasting and you'd never know they're in there!)

·All our desserts are egg, dairy and refined sugar free - instead we opt for dates, rapadura sugar and brown rice syrup because they have lower GI's and keep the children satisfied for longer. They also contain things like flax and chia seeds for added omega 3's (which are great for development and muscle growth) and fruit for sweetness and fibre. We sneak in veggies too, like beetroot in our brownies, courgettes in our lemon cake and loads of others.

·We always offer a daily selection of raw fruit and veg alongside the meals, as well as the main vegetables of the day. Fresh bread is available daily made in house by our chefs.



TERMS 5&6



WEEK 1

April 17, May 1, 15 June 5, 19 July 3, 17.

Monday

Tuesday

Wednesday

Thursday

Friday

Main 1

Jacket Potato
(Beans, cheese, tuna)
DF,GF, VG avail

Main 2

Chicken and sweetcorn
Wrap
GF

Sides

Baked beans,
Rainbow slaw

Dessert

Chocolate chip cookie
VG
Fruit and yoghurt
Homemade Bread

Main 1

Beef
Bolognaise
with pasta
DF, GF avail

Main 2

Veggie Curry,
bhaji & rice
DF, VG, GF available

Sides

Green beans,
Sweetcorn

Dessert

Forest Fruit
Jelly GF, VG
Fruit and yoghurt
Homemade Bread

Main 1

Lamb meatballs
with humus (GF)

Main 2

Cheese, tomato,
baguette
GF,DF,VG Avail

Sides

Grain Salad,
Roast squash

Dessert

Brownie
VG
Fruit and yoghurt
Homemade Bread

Main 1

Mac n Cheese
VG, GF avail

Main 2

Greek Chicken
and rice
GF

Sides

Broccoli &
Roast carrot

Dessert

Seasonal fruit
crumble VG
Fruit and yoghurt
Homemade Bread

Main 1

Fish Fingers
GF avail

Main 2

Vegan Nuggets
VG

Sides

Chips and Peas,
carrots

Dessert

Lemon cake
GF, VG
Fruit and yoghurt
Homemade Bread

WEEK 2

April 24, May 8, 22 June 12, 26 July 10, 24

Monday

Tuesday

Wednesday

Thursday

Friday

Main 1

Baked Lemon, herb
fish & French style veg

GF

Main 2

Jacket potato
Cheese and baked beans

GF,DF,VG avail

Sides

Rainbow slaw

Dessert

Anzac cookie

VG

Fruit and yoghurt
Homemade Bread

Main 1

Pork Stir Fry &
Rice noodles

GF

Main 2

Cheese Pizza

VG avail

Sides

Broccoli, Peas

Dessert

Rice Pudding &
Jam VG

Fruit and yoghurt
Homemade Bread

Main 1

Chicken Satay
& rice (no nuts)GF

Main 2

Filled Baguette
Cheese or Tuna

GF, VG avail

Sides

Sweetcorn,
Carrots

Dessert

Apple strudle

VG

Fruit and yoghurt
Homemade Bread

Main 1

Local Pork
Hotdog

Main 2

Veggie
Moussaka

GF, VG

Sides

Green Beans,

Dessert

Yum Yum balls

VG

Fruit and yoghurt
Homemade Bread

Main 1

Fish Fingers

GF avail

Main 2

Vegan Nuggets

VG

Sides

Chips and Peas,
carrots

Dessert

Rocky road VG

Fruit and yoghurt
Homemade Bread