

18 September 2023

Dear Parents

School meals & healthy eating standards

Food served in our Academy must meet the English school food standards as set out by GOV.UK so that our children can access a healthy, balanced diet whilst at school. You can read more about [standards for school food in England](#) here.

The school food standards apply to all maintained schools, and academies and ensures we provide; high-quality meat, poultry or oily fish, fruit and vegetables. bread, other cereals and potatoes. We do not provide: drinks with added sugar, crisps, chocolate or sweets in school meals and vending machines, more than 2 portions of deep-fried, battered or breaded food a week.

As a PFI school, our catering is supplied by Robertson FM who provide a varied and popular 3 week menu which is reviewed and updated each term. In order to meet the above standards, Robertson FM are making a few changes to both the break and lunch time menu offer. The main change is a restriction on the number of items that contain processed meat, such as bacon and sausage or ham in sandwiches.

Break times are very popular with students and they can still access morning breakfast items which now include;

- Toast £0.74
- Pitta Bread Pizza £1.19
- Bagel £1.02
- Teacake £1.02
- Fresh Fruit Salad £1.33
- Crumpets £1.08
- Yoghurt, Fruit & Oats £1.10
- Bacon Bun (Tuesday only) £1.48
- Sausage Bun (Thursday only) £1.48

Outwood Grange Academies Trust, a company limited by guarantee registered in England and Wales with company number 06995649.

Registered office address: Potovens Lane, Outwood, Wakefield, West Yorkshire WF1 2PF.

VAT number: 158 2720 04. Outwood Grange Academies Trust is an exempt charity.

A list of Directors' names is open to inspection at our registered office.

Our Lunch time menu is on a 3 week cycle and includes popular dishes such as Lasagne, Roast Dinners, Stir Fries and curry dishes. For £3.28 students can get a Meal of the Day which is a main course and a desert. We also have our daily pasta station and a Bistro menu which includes a salad bar, sandwiches, wraps, paninis and jacket Potatoes.

Our autumn term menus can be seen below;

| MENU WEEK ONE | | | | ROBERTSON CATERING |
|---------------|---|--|----------------------------------|-----------------------|
| | MAIN MEALS | VEGETARIAN | DESSERTS | |
| MONDAY | Sweet & Sour Pork with Rice, Peas and Sweetcorn | Cheese and Onion Stuffed Jackets v | Summer Fruit Crumble and Custard | |
| TUESDAY | BBQ Chicken Melt with Diced Potatoes, Carrots and Green Beans | Quorn Stir Fry and Noodles v | Chocolate Brownie & Ice Cream | |
| WEDNESDAY | Honey Roast Gammon with Mash Potato and Mixed Vegetables | Quorn Roast Dinner v | Jam & Coconut Sponge and Custard | |
| THURSDAY | Mince and Dumpling with Potatoes, Broccoli and Carrots | 3 Bean Curry and Rice v | Apple Pie and Custard | |
| FRIDAY | Fish and Chips with Peas or Beans MSC | Quorn Fillet in a Bun with Chips, Peas or Beans v | Lemon and Raisin Cookie | |

V VEGETARIAN Vg VEGAN MSC FISH

| MENU WEEK TWO | | | | ROBERTSON CATERING |
|---------------|--|--|-----------------------------------|-----------------------|
| | MAIN MEALS | VEGETARIAN | DESSERTS | |
| MONDAY | Chicken Curry and Rice with Naan Bread, Peas and Sweetcorn | Broccoli and Wholemeal Pasta Bake v | Apple and Pear Oaty and Custard | |
| TUESDAY | Beef and Veg Pie with Potatoes and Mixed Vegetables | Quorn Sausages in a Red Onion Gravy v | Sticky Toffee Pudding and Custard | |
| WEDNESDAY | Roast Chicken with Mash, Batton Carrots and Green Beans | Quorn Roast Dinner v | Jam Roly Poly and Custard | |
| THURSDAY | Beef Lasagne, Broccoli, Sweetcorn and Crusty Bread | Stir Fry Vegetables with Noodles v | Marble Sponge and Custard | |
| FRIDAY | Jumbo Fish Fingers and Chips with Beans or Peas | Quorn Burger Bun with Chips and Beans v | Rice Pudding and Mandarin Oranges | |

V VEGETARIAN Vg VEGAN MSC FISH

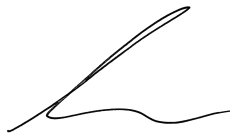
| MENU WEEK THREE | | | | ROBERTSON CATERING |
|-----------------|---|---|---------------------------------|-----------------------|
| | MAIN MEALS | VEGETARIAN | DESSERTS | |
| MONDAY | Pasta Bolognaise and Crusty Bread with Peas and Sweetcorn | Quorn Hot Pot v | Mixed Fruit Crumble and Custard | |
| TUESDAY | Italian Chicken with Paprika Potatoes, Broccoli and Carrots | Lentil Rague with Wholemeal Spaghetti and Herby Bread | Eve's Pudding and Custard | |
| WEDNESDAY | Roast Pork with Parsley Potatoes and Mixed Veg | Quorn Roast Dinner v | Iced Sponge and Custard | |
| THURSDAY | Chilli Con Carne with Rice, Green Beans and Carrots | Maccaroni Cheese with Garlic Bread v | Chocolate Cake and Custard | |
| FRIDAY | Salmon Nuggets, Chips and Peas or Beans MSC | Cheese and Tomato Pizza with Chips, Peas or Beans | Fruit and Ice Cream | |

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All dietary requirements are catered for and we have a stringent approach to managing food allergies. A variety of fresh produce is delivered daily and meals are prepared fresh each day. Fresh drinking water is freely available along with other drink options.

If you would like to make any suggestions or have any feedback for our kitchen please email us at enquiries@bydales.outwood.com

Yours faithfully



Alexandra Todd
Business Manager