

Journey to Good Health



Nutritionally balanced and tasty meals for secondary school customers

Sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Chilli Con Carne with Boiled Rice	Calypso Chicken with Pasta Spirals	Roasted Beef with Roasted or Mashed Potatoes	Moussaka served with Tomato & Herb Bread Wedges	Oven Baked Battered Cod Portion with Chips or Jacket Wedges
Vegetarian Option	Trio of Vegetables Mornay with Champ Mash	Chick Pea Aloo Ghobi with Pilau Rice	Roasted Vegetables Toad in the Hole with Roast or Mashed Potatoes	Spicy Bean & Vegetable Wrap with Herb Baked Wedges	Quorn & Vegetable Pasty with Chips or Plain Jacket Wedges
Vegetable and Salad Selection	Sweetcorn or Seasonal Daily Salad	Baked Beans or Seasonal Daily Salad	Green Beans or Seasonal Daily Salad	Stir Fried Fresh Veggies or Seasonal Daily Salad	Garden Peas or Seasonal Daily Salad
Desserts	Dorset Apple Cake with Vanilla Sauce or Fresh Fruit Pieces	Fruit Fool or Fresh Fruit Pieces	Rhubarb & Ginger Pudding with Custard or Fresh Fruit Pieces	Chocolate Orange Fudge Cake or Fresh Fruit Pieces	Toffee Apple Oaty Crumble with Custard or Fresh Fruit Pieces
Drink	Chilled Water	Chilled Water	Chilled Water	Chilled Water	Chilled Water

Sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Lasagne with Jacket Wedges	Chicken and Sweetcorn Pie with Mashed Potatoes	Roasted Pork with Roasted or Boiled Potatoes	Lamb Kebab Pitta Pockets with Chips or Tomato Rice	Crunchy Topped Fish Pie with Champ Mash
Vegetarian Option	Sweet and Sour Quorn with Rice	Cheese & Pepper Salsa Tortilla with Cajun Wedges	Veggie Bolognese with Pasta	Macaroni Cheese Bake with Garlic & Herb Bread Wedge	Quorn & Sweet Potato Curry with Rice
Vegetable and Salad Selection	Baked Beans or Seasonal Daily Salad	Green Beans or Seasonal Daily Salad	Carrots or Seasonal Daily Salad	Stir Fried Fresh Veggies or Seasonal Daily Salad	Garden Peas or Seasonal Daily Salad
Desserts	Dutch Apple Pie with Custard or Fresh Fruit Pieces	Milk Jelly or Fresh Fruit Pieces	Rhubarb & Lemon Cake with Custard or Fresh Fruit Pieces	Firecracker Cake with Vanilla Sauce or Fresh Fruit Pieces	Peach & Pineapple Crumble with Custard or Fresh Fruit Pieces
Drink	Chilled Water	Chilled Water	Chilled Water	Chilled Water	Chilled Water

It's time to give school meals a try . . .

Did you know that healthy eating can boost physical and intellectual wellbeing? At Scolarest we've been working hard to develop healthy new menus that will give young people the energy to cope with the demands of a busy school schedule.

Not only have we developed an exciting new range of nutritionally balanced, home cooked meals that our customers will love, we've also introduced a range of other tantalising offers that will appeal to students throughout the day.

In addition to the menu, our range of offers include:*



Hot and Cold Sandwiches

Traditional and speciality breads with fresh and tasty fillings including popular choices such as tuna mayonnaise and cheese and cucumber alongside Mexican bean wraps, chicken tikka in sundried tomato baguettes and a range of paninis, hot sandwiches and sub rolls.



A.M Offers

To keep our customers satisfied until lunch we offer a range of hand held snacks such as healthy fruit bags, cereals, yoghurts, popping corn, bread based snacks such as all day breakfast muffins and bagels, nachos and spicy tortilla chips, savory and sweet bread infusions, toasted teacakes and Quesadillas.



Hot and Tasty Soups

A range of mouth watering homestyle soups served with a variety of chunky breads.



Salads

Fresh and crispy salads, including our trendy shaker style salad pots offering toppings such as spicy noodles and jerk chicken, tuna nicoise with cherry tomatoes, italian pasta, chicken tikka, prawn and melon.



Food Concepts

A range of food concepts such as 'hot wok', Filling Station, Simply Express, chicken, omelette and noodle bars, pasta and jacket potatoes with a variety of healthy toppings, pizza and much more.



Yoghurt and Fruit Bars

Our yoghurt offer includes a home made cultured bio yoghurt, served with a variety of toppings including fruit coulis, cereals and fresh fruit. The fruit bar serves a range of freshly prepared fruit as a grab and go offer in fruit bags and fruit jellies or as a platter or individual pieces.

We actively promote the importance of a balance diet and our menus represent value for money. All of our menu offers meet the 2007 Food Based Standards for both school lunch and food other than lunch.

*Offers may vary