

Portlocks' Pantry

Serving school meals to local schools

Our Kitchen

Welcome to our Kitchen at St. Andrew's Primary School, Chardstock

All of our fresh produce is sourced locally and we are proud to be working alongside the following reputable local suppliers to ensure our children have the best possible nutritional start in life:-

Complete Meats, Axminster for all of our meat products which are mostly Free Range and local.

Cains Farm, Bridport for our vegetables and fruit, locally grown where possible.

R.T. Parris, Chardstock for our dairy produce, including Local West Country Cheese and Free Range Eggs.

Davy's Locker, Bridport for our fish.

Paul's Award Winning Bakery, Seaton for all our daily fresh bread.

Food Hygiene Rating

The kitchen at St. Andrew's Chardstock received the maximum hygiene rating of 5 at the last inspection.

Occasionally our local suppliers may not be able to deliver and we reserve the right to make substitutions at short notice.



School Meals – The Standards

All our school meals meet the Government's nutritional based standards for meals in schools. This includes:

- Not less than 2 portions of fruit and vegetables/salad per day
- Oily fish at least once every 3 weeks
- Bread with no added fat or oil
- No added salt
- Starchy food cooked in fat or oil are not provided on more than 3 days a week
- No more than 2 deep fried food items are provided in a single week
- Allergy advice and information is available at each school and on websites



Free School Meals

All children in Reception, Year 1 & 2 are entitled to a free school meal every day.

Children in Key Stage 2 are entitled to free school meals if you are in receipt of:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided they are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue and Customs) that does not exceed £16,190
- Working Tax credit run on Universal Credit

You can apply on line at:

<http://www.somerset.gov.uk/education-learning-and-schools/school-life/free-school-meals/> telephone **0300 123 2224** or ask in the school office for a form.

Pupil Premium Grant

The school can claim £1300 per pupil for all children whose parents who are in receipt of the above benefits.

This money will be used to provide extra support for your child. Please speak to the school office in confidence for further information.

School Meals Menu – Autumn 2018

Limited fresh fruit or yoghurt available daily as an alternative pudding. Fresh bread available daily

05/09, 24/09, 15/10, 12/11, 03/12	
Monday	<p style="text-align: center;">Meat Free Monday Jacket Potato with Beans or Cheese</p> <p style="text-align: center;">Mixed Bean Stew with Salad Bowl</p> <p style="text-align: center;">Sammy's Home Made Autumn Cake</p>
Tuesday	<p style="text-align: center;">Complete Meats Sausage Roll</p> <p style="text-align: center;">Quorn Sausage Roll (V) with Veggie Sticks and Pasta</p> <p style="text-align: center;">Home Made Anzak Cookie</p>
Wednesday	<p style="text-align: center;">CM Roast Beef and Yorkshire Pudding</p> <p style="text-align: center;">Yorkie Stuffed with Spiced Red Lentils (V) Roasted Potatoes, Fresh Local Vegetables and Gravy</p> <p style="text-align: center;">Fruit Jelly</p>
Thursday	<p style="text-align: center;">Complete Meats Chicken Tikka Masala</p> <p style="text-align: center;">Quorn Tikka Masala (V) with Rice and Naan Bread</p> <p style="text-align: center;">Home Made Steamed Apple Sponge and Custard</p>
Friday	<p style="text-align: center;">Davy's Lockers Salmon Fishcakes</p> <p style="text-align: center;">Veggie Fingers (V) with Sweetcorn and Chips</p> <p style="text-align: center;">Home Made Banana and Chocolate Chip Loaf</p>

10/09, 01/10, 29/10, 19/11, 10/12	
Monday	<p style="text-align: center;">Meat Free Monday Secret Veggie Pasta Bake</p> <p style="text-align: center;">Spanish Chickpeas with Mixed Vegetables and Bread Wedge</p> <p style="text-align: center;">Home Made Red Velvet Chocolate Brownie</p>
Tuesday	<p style="text-align: center;">Complete Meats Beef Mince Loaded Skins</p> <p style="text-align: center;">Quorn Mince Chilli Loaded Skins (V) with Rice</p> <p style="text-align: center;">Home Made Sticky Toffee Pudding Square with Custard</p>
Wednesday	<p style="text-align: center;">Complete Meats Roasted Gammon</p> <p style="text-align: center;">Cheese and Pineapple Muffin (V) with Roast Potatoes, Fresh Local Vegetables, and Gravy</p> <p style="text-align: center;">Orange and Mango Smoothie</p>
Thursday	<p style="text-align: center;">Toad In The Hole</p> <p style="text-align: center;">Quorn Sausage In The Hole (V) with Mashed Potatoes, Fresh Local Vegetables and Gravy</p> <p style="text-align: center;">Home Made Carrot Cake</p>
Friday	<p style="text-align: center;">Davy's Locker Coddies</p> <p style="text-align: center;">Roasted Vegetable Quiche (V) with Baked Beans and Chips</p> <p style="text-align: center;">Home Made Raspberry Ripple Ice-Cream Roll</p>

17/09, 08/10, 05/11, 26/11, 17/12	
Monday	<p style="text-align: center;">Meat Free Monday Macaroni Cheese with Tomato</p> <p style="text-align: center;">Mixed Bean Cobbler with Green Beans and Chunky Bread</p> <p style="text-align: center;">Home Made Muesli Slice</p>
Tuesday	<p style="text-align: center;">BLT Bap, Bacon, Lettuce and Tomato</p> <p style="text-align: center;">Home Made Falafel Bap (V) with Potato Croquette</p> <p style="text-align: center;">Pancake with Cinnamon Apple</p>
Wednesday	<p style="text-align: center;">Complete Meats Roast Turkey</p> <p style="text-align: center;">Cheese, Onion and Sage Plait (V) with Roasted Potatoes, Stuffing, Fresh Vegetables and Gravy</p> <p style="text-align: center;">Vanilla Ice Cream Pot</p>
Thursday	<p style="text-align: center;">Complete Meats Beef Lasagne</p> <p style="text-align: center;">Roasted Veg and Bean Lasagne (V) with Vegetable Sticks and Garlic Bread</p> <p style="text-align: center;">Home Made Ginger Cookie</p>
Friday	<p style="text-align: center;">Davy's Locker Fish Fingers</p> <p style="text-align: center;">Breaded Veg Cake (V) with Chips and Peas</p> <p style="text-align: center;">Fresh Banana and Custard</p>

