

# 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.

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/>

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 – Spring 2019

**Jacket Potato available as main meal alternative every day but Wednesday and fresh fruit or yoghurt available daily as an alternative pudding. Fresh bread available daily**

<b>08/01, 28/01, 25/02, 18/03</b>	
<b>Monday</b>	<p style="text-align: center;">Meat Free Monday Home Made Cheese and Broccoli Pasta Bake</p> <p style="text-align: center;">Home Made Mixed Pepper and Sweetcorn Pizza (V) with Green Beans and Bread Wedge</p> <p style="text-align: center;">Home Made Sultana Shortbread</p>
<b>Tuesday</b>	<p style="text-align: center;">Complete Meats Beef Burger</p> <p style="text-align: center;">Veggie Burger (V) with Soft Bap, Wedges and Winter Coleslaw</p> <p style="text-align: center;">Home made Fruity Crumble and Custard</p>
<b>Wednesday</b>	<p style="text-align: center;">Complete Meats Roasted Gammon and Fresh Pineapple</p> <p style="text-align: center;">Cheese and Pineapple Muffin (V) with Roasted Potatoes and Fresh Vegetables</p> <p style="text-align: center;">Crackers With Cheddar and Apple Wedge</p>
<b>Thursday</b>	<p style="text-align: center;">Complete Meats Chicken Fajitas</p> <p style="text-align: center;">Quorn Chicken and Pepper Fajitas (V) with Tumeric Rice</p> <p style="text-align: center;">Home Made Lemon Fork Cookie</p>
<b>Friday</b>	<p style="text-align: center;">Davy's Lockers Fishfingers</p> <p style="text-align: center;">Red Pepper and Spinach Quiche (V) with Peas and Chips</p> <p style="text-align: center;">Home Made Iced Sponge Slice and Apple Juice</p>

<b>14/01, 04/02, 04/03, 25/03</b>	
<b>Monday</b>	<p style="text-align: center;">Meat Free Monday Home Made Margarita Pizza Baguette and Fruity Cous Cous</p> <p style="text-align: center;">Roasted Vegetable and Cheese Wrap (V)</p> <p style="text-align: center;">Home Made Chocolate Rice Pudding</p>
<b>Tuesday</b>	<p style="text-align: center;">Home Made Complete Meats Beef Mince Doris Traveller Pie</p> <p style="text-align: center;">Home Made Veggie Mince Dorris Pie (V) with Mixed Vegetables and Gravy</p> <p style="text-align: center;">Home Made Carrot Cake</p>
<b>Wednesday</b>	<p style="text-align: center;">Complete Meats Roasted Turkey with Sage and Onion Stuffing</p> <p style="text-align: center;">Roasted Mixed Veg and Cous Cous (V) with Roast Potatoes, Fresh Veg and Gravy</p> <p style="text-align: center;">Fruity Jelly</p>
<b>Thursday</b>	<p style="text-align: center;">Complete Meats Sausages</p> <p style="text-align: center;">Veggie Sausages (V) with Mashed Potatoes, Peas and Onion Gravy</p> <p style="text-align: center;">Home Made Sticky Toffee Pudding Square</p>
<b>Friday</b>	<p style="text-align: center;">Davy's Locker Fishcake</p> <p style="text-align: center;">Baked Veggie Cake (V) with Sweetcorn and Chips</p> <p style="text-align: center;">Home Made Seeded Flapjack and Apple Juice</p>

<b>21/01, 11/02, 11/03, 01/04</b>	
<b>Monday</b>	<p style="text-align: center;">Meat Free Monday Jacket Potato with Cheese or Beans</p> <p style="text-align: center;">Home Made Vegetable Frittata (V) with Salad and Bread Wedge</p> <p style="text-align: center;">Home Made Chocolate Beetroot Brownie</p>
<b>Tuesday</b>	<p style="text-align: center;">Home Made Complete Meats Chicken and Butternut Squash Curry</p> <p style="text-align: center;">Home Made Sweet and Sour Veg (V) with Wholemeal Rice and Naan Bread</p> <p style="text-align: center;">Home Made Oaty Fruit Crunch</p>
<b>Wednesday</b>	<p style="text-align: center;">Complete Meats Roasted Pork and Apple Sauce</p> <p style="text-align: center;">Homity Pie (V) with Roasted Potatoes, Fresh Vegetables and Gravy</p> <p style="text-align: center;">Peaches with Melba Sauce</p>
<b>Thursday</b>	<p style="text-align: center;">Complete Meats Spicy Meatballs with Spaghetti in Home Made Tomato Sauce</p> <p style="text-align: center;">Pesto Pasta (V) and Garlic Bread</p> <p style="text-align: center;">Home Made Lemon and Poppy Seed Cake</p>
<b>Friday</b>	<p style="text-align: center;">Davy's Locker Fish Suprise</p> <p style="text-align: center;">Home Made Veggie Pasty (V) with Baked Beans and Chips</p> <p style="text-align: center;">Vanilla Ice-Cream Pot and Apple Juice</p>