

# IN FOCUS:

## HEALTH, NUTRITION, FLAVOURS

This Spring and Summer our menu will support staying healthy and having a balanced diet with good nutrition and of course, since it's lunchtime, we also emphasise how we use flavours from different gastrocultures to please one of your 5 senses: Taste.

We now offer vegetarian options for everyone with special dietary requirements with amazing food on the plate, as featured on our website [www.itsTwelve15.co.uk](http://www.itsTwelve15.co.uk)

Good news for meat eaters too, by introducing new ideas and flavours to make sure your tastebuds stay excited!



### Visit us on our social channels

We'll be sharing super useful information on nutrition and how we put the menu together. You'll see behind the scenes stories, learn where the ingredients come from and read about all the amazing people doing the cooking and filling up 45,000 hungry tummies every day! You can also access some easy recipes from our diverse army of chefs.

Look out for us and follow us on **Facebook, Twitter, Instagram** and **Tiktok**: @itsTwelve15



### Saving time and money for you!

We offer two tasty and healthy hot meal choices every day. Our team of experts ensure the legal standards and incredible nutritional values throughout the term. Our chefs provide the love and professional skills to produce the tasty dishes, ensuring children look forward to enjoying their lunch with us every day. We take the hassle away for you by preparing delicious, nutritious lunches every day.



Visit our website to meet this term's chefs, learn more and get in touch with us!  
[www.itsTwelve15.co.uk](http://www.itsTwelve15.co.uk)



### Less sugar!

We make desserts consciously, reducing refined sugar and adding fresh fruit. Did you know our delicious yoghurts were developed with our pupils and we use stevia to make them delicious?



### Golden Wholegrain to support an active brain

Our bread, desserts and pizza are not only tasty but made using top quality, healthy Golden Wholegrain flour from Marriages' Millers who have been milling since the Victorian times. The ingredients are something we are super proud of. To check out our high quality standards in sourcing, visit [itstwelve15.co.uk/marks-of-quality](http://itstwelve15.co.uk/marks-of-quality)



### All inclusive

Special diets are something that we excel at too. We offer Dairy Free, Gluten Free, Soya Free, Egg Free, Allergen Aware and a Vegan menu. Get all the details on key allergens, carbohydrates and sugar levels in our dishes on our website: [itstwelve15.co.uk](http://itstwelve15.co.uk)

### Are you one of us? Work with us!

#### Love good food? Want to make a difference, have ideas and enthusiasm?

Join our passionate and talented team at Twelve15! We are great people to work with!

#### Want a rewarding job that provides the opportunity for a good work-life balance?

We offer you a great term time only opportunity to have a good work-life balance that suits young families.

#### Want to develop and gain new professional skills?

We are the right team for you! You can develop new skills and we will be right

behind you with the help and encouragement you need to enter industry competitions, win awards, get recognised. Our training & development and apprenticeship programme gives you amazing opportunities to gain professional qualifications.

#### Interested? We'd love to hear from you!

Visit [itstwelve15.co.uk/work-for-twelve15](http://itstwelve15.co.uk/work-for-twelve15) to check out our current vacancies. Come on board, APPLY NOW!

Twelve15 is a trading name of



02.22.CS4859.



**Food. Health. Earth.**

# MENU

**SPRING / SUMMER 2022**

**FREE**

meals for every  
Gastronaut in  
Reception, Year 1  
and Year 2,  
worth  
£460 per  
school year!



[www.itsTwelve15.co.uk](http://www.itsTwelve15.co.uk)

Follow us @itsTwelve15

# FREE

for every Gastronomist in Reception and Years 1 and 2! (worth £460 per school year)

OR

# ONLY £2.45



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudites or salad bar every day

# Food. Health. Earth.

www.itsTwelve15.co.uk



Follow us @itsTwelve15

## WEEK 1

Week starting: 18 Apr  
9 May | 6 June | 27 June  
18 July | 12 Sept | 3 Oct

**MONDAY** Saccottini pomodoro in tomato & basil sauce (little pasta sacks filled with mozzarella, tomatoes & basil) with garlic dough balls & peas ✓

Veggie bolognese with penne pasta & sweetcorn ✓

**DESSERT:** Cheese & biscuits ✓

**TUESDAY** Pork & apple grill with creamed potato & broccoli florets

Home-made squashage roll with creamed potato & baked beans ✓

**DESSERT:** Peach & carrot muffin with crème fraiche\* ✓

**WEDNESDAY** Roast British chicken with sage & onion stuffing, roast potatoes, spring cabbage & gravy

Quorn fillet with sage & onion stuffing, roast potatoes, baton carrots & gravy ✓

**DESSERT:** Yoghurt selection ✓

**THURSDAY** Ham & cheese pasta bake with sweetcorn & wholegrain bread

Pizza swirls with spicy potato wedges & chef's salad ✓

**DESSERT:** Fruity flapjack with a fresh apple wedge\* ✓

**FRIDAY** Breaded 'Flipper Dippers' with oven chips & peas

Vegetable quesadilla with oven chips & vegetable medley ✓

**DESSERT:** Chocolate ice cream roll ✓

## WEEK 2

Week starting: 25 April  
16 May | 13 June | 4 July  
29 Aug | 19 Sept | 10 Oct

**MONDAY** Loaded cheese & tomato pizza with oven baked potato wedges & home-made slaw ✓

Margherita mac & cheese with oven baked potato wedges & vegetable medley ✓

**DESSERT:** Chilled Melon Slice ✓

**TUESDAY** Chicken & butternut squash curry with wholegrain rice & broccoli florets

Creamy Quorn korma with wholegrain rice & sweetcorn ✓

**DESSERT:** Yoghurt selection ✓

**WEDNESDAY** Roast British beef with roast potatoes, cauliflower florets & gravy

Glamorgan sausage with roast potatoes, carrot roundels & gravy ✓

**DESSERT:** Cheese & biscuits with fresh apple slices\* ✓

**THURSDAY** BBQ Lincolnshire sausages with crispy herb potatoes & baked beans

Home-made Quorn sausage & tomato roll with crispy herb potatoes & green beans ✓

**DESSERT:** Strawberry mousse ✓

**FRIDAY** Pollock or salmon fish finger wrap with oven chips & chef's salad

Vegetable fingers with oven chips & crushed peas ✓

**DESSERT:** Vanilla ice cream ✓

## WEEK 3

Week starting: 2 May  
23 May | 20 June | 11 July  
5 Sept | 26 Sept | 17 Oct

**MONDAY** Vegan sausage roll with crispy herb potatoes & green beans ✓

Chilli non carne filled jacket potato with carrot roundels ✓

**DESSERT:** Yoghurt selection ✓

**TUESDAY** Beef burger in a bun with sweet potato wedges & chef's salad

Country vegetable burger in a bun with sweet potato wedges & salad bar ✓

**DESSERT:** Banana muffin with crème fraiche\* ✓

**WEDNESDAY** Roast British gammon with roast potatoes, broccoli florets & gravy

Home-made Quorn lattice slice with roast potatoes, baton carrots & gravy ✓

**DESSERT:** Chilled melon slice\* ✓

**THURSDAY** Chicken & thyme meatballs in a tomato sauce with pitta bread, couscous & sweetcorn

Mediterranean pasta bake with chef's salad ✓

**DESSERT:** Cheese & biscuits ✓

**FRIDAY** Breaded fish fillet with hash browns & peas

Veggie brunch - mini omelette, hash brown, veggie sausage, baked beans ✓

**DESSERT:** Home-made chocolate & beetroot brownie with crème fraiche ✓

✓ Suitable for Vegetarians.  
\*Desserts highlighted with an asterix contain a minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



### JOIN OUR SOCIAL CHANNELS!

We have so much more to show, to say, to talk about and we do just that on our social channels regularly! So join us and be a part of the conversation.

facebook.com/itsTwelve15

instagram.com/itsTwelve15

twitter.com/itsTwelve15

pinterest.com/itsTwelve15