FREE for every Gastronaut in Reception and Years 1 and 2! (worth £437 per school year)

OR

ONLY £2.35

Outstanding quality prepared by award winning Chefs

Reduced sugar and salt recipes

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

Food. Health. Earth.

www.itsTwelve15.co.uk

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WEEK 1

Week starting: 4 Nov | 25 Nov 16 Dec | 20 Jan | 10 Feb | 9 Mar | 30 Mar

MONDAY

BBQ chicken fillet with not so spicy rice
Seashell pasta pesto
Homemade tomato soup & croutons
SIDE: Help yourself salad bar
DESSERT: Melon sails*

TUESDAY

Beef enchilada with garlic bread
Red dragon pie
French bread margherita pizza
SIDE: Selection of seasonal vegetables
DESSERT: Fruit yoghurt selection

WEDNESDAY

Classic roast pork with apple sauce, stuffing, roast potatoes & gravy
Squash-age roll with roast potatoes & gravy
Roast in a roll with apple sauce & stuffing
SIDE: Selection of seasonal vegetables
DESSERT: Oaty orange finger†

THURSDAY

Veggie quarter pounder with potato wedges
Margherita mac 'n' cheese
Southern style wrap with crispy lettuce & lemon mayo
SIDE: As much as you can eat veg bar
DESSERT: Fresh fruit salad*

FRIDAY

Breaded fish fillet with home (non fried) fries
Veggie hotdog with home (non fried) fries
Pepperoni pasta pot
SIDE: Baked beans & fresh carrot slaw
DESSERT: Chocolate & beetroot muffin with crème fraîche

Suitable for Vegetarians. *Desserts highlighted with an asterix contain a minimum of 50% fruit. †Desserts highlighted with a cross are made with no added refined sugar. 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.

WEEK 2

Week starting: 11 Nov | 2 Dec 6 Jan | 27 Jan | 24 Feb | 16 Mar

MONDAY

Spaghetti beef meatballs
Veggie bean taco with savoury rice
BBQ chicken bao bun with rainbow noodle salad
SIDE: Selection of seasonal vegetables
DESSERT: Cheese 'n' crackers with apple slices*

TUESDAY

Loaded vegetable pizza topped with slices of Quorn frankfurter
Lentil pasta bolognese
Cowboy hot pot
SIDE: As much as you can eat veg bar
DESSERT: Homebaked banana loaf† with custard

WEDNESDAY

Yorkshire pud filled with British beef & gravy with roast potatoes
Roasted vegetable filled Yorkshire pud with roast potatoes & gravy
Hot roast beef loaded bun
SIDE: Selection of seasonal vegetables
DESSERT: Fruit yoghurt selection

THURSDAY

Oven baked fish fingers & fries
Seashell pasta bake
Loaded potato boats with cheddar cheese & ham
SIDE: Baked beans & garden peas
DESSERT: Fresh fruit selection*

FRIDAY

Lincolnshire pork sausages with mashed potato & gravy
Veggie sausage roll with mashed potato & gravy
Cheese & red pepper panini
SIDE: Selection of seasonal vegetables
DESSERT: Twelve15 chocolate & orange biscuit with a glass of milk

WEEK 3

Week starting: 18 Nov | 9 Dec 13 Jan | 3 Feb | 2 Mar | 23 Mar

MONDAY

Cheese & tomato pizza with herby diced potatoes
Glamorgan sausage with herby diced potatoes
Homemade carrot soup with homemade bread
SIDE: Winter vegetable slaw & baked beans
DESSERT: Great balls of fruit*†

TUESDAY

Fishwich (oven baked crispy pollock in a soft roll) with potato wedges
Vegetable fingers with potato wedges
One pot tuna pasta
SIDE: Selection of seasonal vegetables
DESSERT: Fruit yoghurt selection

WEDNESDAY

Roast British chicken with sage & onion stuffing, roast potatoes & gravy
Quorn fillet with sage & onion stuffing, roast potatoes & gravy
Hot chicken bap with sage & onion stuffing
SIDE: Selection of seasonal vegetables
DESSERT: Cheese 'n' crackers

THURSDAY

Build a burger with baked tortilla chips
Margherita pizza with garlic dough balls
Classic beef meatball sub either naked or in a homemade tomato sauce
SIDE: Selection of seasonal vegetables
DESSERT: Fresh fruit with crème fraîche*

FRIDAY

Roast gammon served with home (non fried) fries
Vegan nuggets with home (non fried) fries
Fish finger & crushed pea wrap
SIDE: Baked beans & sweetcorn
DESSERT: Rainbow sponge with custard

NEW NAME, NEW LOOK
NEW MENU!

Commercial Services is now Twelve15!
We've been feeding Surrey's children for 70 years and 2019 has been an incredible year for us. We have taken the opportunity to reflect upon our rich heritage, taken all the wonderful things from it and added a sprinkle of culinary magic to launch a new approach and an even better menu.

We care passionately about food, health and our planet and this is reflected in our vision. We encourage children to discover how exciting food can be and how it can influence life-long health and wellbeing. We always take care with the resources we use to ensure we have a positive impact on the world around us.

Our themed menus will help bring fun and magic to food throughout the year. This term we'll be celebrating the festive season with all the flavours and smells of Christmas. In January, we'll bring a little Chinese gastro culture to our menu to celebrate Chinese New Year.

Our Autumn/Winter 2019-20 menu has been developed by our Food Development Team and award-winning chefs and tested by our customers, the children. It makes the most of seasonal ingredients, meaning food is at its healthiest and tastiest.

Find out more and how to become one of us at **www.itsTwelve15.co.uk**

WE ARE SUPER PROUD OF THE THINGS WE DO

We bake bread from scratch every single school day. We really do! Your child has unlimited access to our delicious, fresh bread.

80% of our ingredients are sourced from the UK. That's amazing support of British farming. Meet our suppliers, visit our social channels. You'll love them too!

We only oven bake or steam, no more frying, much healthier and it's so tasty!

Our menus are free from undesirable additives, aspartame, MSG, GM ingredients, trans fats and mechanically recovered meat.

We never use fish on the Marine Conservation Society 'fish to avoid' list.

We have replaced refined sugar with natural fruit-based sugars in many of our desserts.

Our eggs are free range and laid in Elstead, Surrey.

The flour used in our desserts is traditionally milled by Marriages of Essex and has been awarded two great taste gold stars.

All our meat, poultry and cheese is Red Tractor Farm Assured. We can trace our meat and poultry back to the farm of origin.

SPECIAL DIETS

We support therapeutic and religious dietary requirements which are considered on the completion of a dietary request form which is available via the school office. We currently provide the following diets: **gluten free, dairy free, egg free, soya free, allergen aware (free from) and a vegan menu.**

DIABETICS

We publish the carbohydrate and non milk extrinsic sugar levels in our dishes on our website at **www.itsTwelve15.co.uk**

Disclaimer: Information regarding the carbohydrate content of dishes is provided to assist dieticians and parents calculate intake for diabetic children. This information, whilst as accurate as possible, should be considered advisory. Product labels, which are available in the kitchen, should be referred to for source data. The menu may be subject to change to meet local needs.

ALLERGENS

You can find out more information about the allergens contained in the dishes on this menu, including a list of the 14 key allergens and the dishes they appear in by visiting our website: **www.itsTwelve15.co.uk**

Twelve15 is a trading name of SURREY COUNTY COUNCIL

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Twelve15

Food. Health. Earth.

MENU

AUTUMN/WINTER 2019-20

FREE meals for every Gastronaut in Reception, Year 1 and Year 2, **worth** £437 per school year!

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