

JOIN THE FOOD ADVENTURE

ALL RECEPTION, YEAR 1 AND YEAR 2
EXPLORERS ARE ENTITLED TO FREE MEALS



AUTUMN/WINTER MENU 2022/23

FOOD EXPLORER LUNCHES

At this time of year it's more important than ever that Food Explorers fuel up at lunchtime with a hot nutritious meal. Our Food Explorers' lunches offer at least 3 of their 5 a day, provide over 90% of their recommended daily intake of Vitamin C and are simply delicious!

Food Explorer meals are cooked fresh on site or at a hub kitchen every day by our catering teams using high quality ingredients such as: eggs from free range hens, British and Farm assured meat, MSC Certified fish and Organic beef from Lower Hurst Farm, Buxton.

For extra choice we've added a balanced daily pasta bowl option on this menu and most of our schools can also provide a jacket potato or sandwich meal.

Vegetarian options are always available and a vegan menu is available on request.

Remember Food Explorers in Reception, Year 1 and 2 are entitled to free school meals regardless of household income. This could save a family up to **£470 per year per child!**

For older children make sure you've applied for Free School Meals by visiting:
www.derbyschire.gov.uk/freeschoolmeals

TUESDAY 29TH NOVEMBER: WORLD CUP CELEBRATION

To celebrate what the World Cup is all about pupils can explore dishes from England's opposing countries in Group B. Which dish will come out on top?



DECEMBER: CHRISTMAS PARTY

A day of festive fun for Food Explorers to enjoy, making lunchtime a real highlight of the school day.



DECEMBER: FESTIVE FEAST

The classic Christmas Dinner that everyone knows and loves, make sure to place your order with school before the big day.



THURSDAY 19TH JANUARY: SUPER HERO SUPER FOODS

Some foods have superpowers and our Food Explorers can discover them today!



TUESDAY 14TH FEB: WE LOVE FOOD DAY

We think that everyone should love food as much as we do so today's menu celebrates everything there is to love about food.



THURSDAY 2ND MARCH: FANTASTICAL FOOD DAY

Taking inspiration from World Book Day we've created a fantastical feast for Food Explorers to enjoy. Elves, fairies, dragons and wizards have all been consulted to create this menu...



Try out our Food Explorer recipe and serve up a delicious chocolate & pear cake.

TRY THIS AT HOME Chocolate & pear cake

12 Servings

METHOD

- Preheat the oven to 180°C/Gas 4. Lightly grease the base and sides of a 20cm square cake tin.
- In a large mixing bowl, beat the margarine/butter and sugar together until they appear light and fluffy.
- Add the beaten egg to the mixture and beat everything together until thoroughly mixed.
- Sieve in the flour and cocoa powder and fold lightly into the mixture.
- In a separate bowl, blend the pears with a blender or mash to a smooth pulp with a potato masher.
- Stir in the pears into the cake mixture then pour into the greased tin.
- Bake for approx. 25 mins, until the top is firm to the touch.
- Serve with custard for a fruity winter warmer dessert!

Due to the amount of fruit in this recipe it will be more similar to a brownie than a light sponge.

INGREDIENTS

- 180g Self-raising flour
- 160g Margarine/butter
- 160g Caster sugar
- 3 Eggs
- 30g Cocoa powder
- 800g Pears - tinned in juice (drained)

ALLERGEN INFORMATION
(Please check ingredients used for allergen information.)

Comments/Customer Feedback

We welcome all enquiries and feedback on our service. If you would like to contact us we can be reached in a number of ways:

Email: catering@derbyschire.gov.uk

Phone: 01629 536704

Post: Derbyshire County Council, Stable Block, County Hall, Matlock, Derbyshire DE4 3AG

Visit our website to find out our latest good news stories.

www.myschoolmeal.co.uk/derbyschire

Side dishes (potatoes, rice etc), bread & seasonal vegetables or salad served with every meal

ORDER A SCHOOL MEAL AND START THEIR FOOD ADVENTURE TODAY

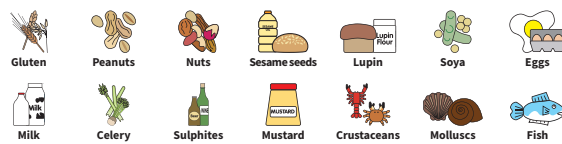
Daily - organic yoghurt & fresh fruit

Dates	Options	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 31.10.22 21.11.22 12.12.22 *16.01.23 06.02.23 06.03.23 27.03.23	Main Choice 1	Chicken curry 🍗 with rice & naan 🌱	Veggie cottage pie 🥕🍌🌱	Roast pork with creamed potatoes 🍌, stuffing 🍌 & gravy	Big breakfast with local sausages 🍌🥓	Breaded fish fillet 🐟 with chips
	Main Choice 2	Vegetable curry 🍌 with rice & naan 🌱	Vegetable quesadilla 🥕🍌🌱 with pasta 🍝	Roast Quorn fillet 🍌 with creamed potatoes 🍌, stuffing 🍌 & gravy 🌱	Veggie breakfast 🥕🌱	Cheese & tomato Pinwheel 🧀🍌🌱 with chips
	NEW Pasta Bowl Option	Italian pasta bowl 🍝🍌🌱	Neapolitan pasta bowl 🍝🍌🌱	Roasted tomato ragu pasta bowl 🍝🍌🌱	Popeye pasta bowl 🍝🍌🌱	Creamy macaroni cheese 🍝🧀🌱
	Dessert Option	Apple oat biscuit 🍏🍌	Jam tart 🍌	Fruit jelly 🍏	Fresh fruit with bitesize chocolate cracknel 🍌🍏	Berry sponge 🍌🍌 with custard 🍌
Week 2 07.11.22 *28.11.22 19.12.22 23.01.23 *13.02.23 13.03.23	Main Choice 1	Cheese & tomato pizza 🍕🧀🌱	Organic beef & potato pie 🍌 with potatoes & gravy	Organic beef meatballs 🍌 with creamed potatoes 🍌 & gravy	Hunters chicken 🍌 with rice	Fish fingers 🐟 with chips
	Main Choice 2	Veggie bolognese 🥕 with pasta 🍝🌱	Veggie sausage rolls 🍌 with potatoes & gravy 🌱	Vegan meatballs 🍌 with creamed potatoes & 🍌 gravy 🌱	Hunters Quorn 🍌 with rice 🌱	Vegetable fingers 🥕 with chips 🌱
	NEW Pasta Bowl Option	Popeye pasta bowl 🍝🍌🌱	Roasted tomato ragu pasta bowl 🍝🍌🌱	Italian pasta bowl 🍝🍌🌱	Creamy macaroni cheese 🍝🧀🌱	Neapolitan pasta bowl 🍝🍌🌱
	Dessert Option	Cornflake bar 🍌	Sticky fruit sponge 🍌🍌🍌🍌 with custard 🍌🍌	Fresh fruit with bitesize chocolate crunch 🍌🍌🍌	Carrot cake muffin 🍌🍌	Bakewell 'no nut' tart 🍌🍌
Week 3 14.11.22 05.12.22 09.01.23 30.01.23 *27.02.23 20.03.23 *Theme Day Weeks	Main Choice 1	Beef lasagne 🍌🍌 with homemade bread 🍌🍌	Organic beef burger 🍌 in a bun with potato puffs	Roast turkey with Yorkshire pudding 🍌, creamed potatoes 🍌 & gravy	Quorn dippers 🍌 with sweet & sour sauce 🍌🍌 with rice	Salmon fishcake 🐟 with chips
	Main Choice 2	Mediterranean Quorn fillet 🍌 with sunshine rice	Vegetarian burger 🍌 in a bun with potato puffs 🌱	Cheese flan 🍌 with creamed potatoes 🍌 & gravy 🌱	Not so hot chilli 🥕 with rice 🌱	Margherita pizza 🍕🍌 with chips
	NEW Pasta Bowl Option	Italian pasta bowl 🍝🍌🌱	Neapolitan pasta bowl 🍝🍌🌱	Popeye pasta bowl 🍝🍌🌱	Roasted tomato ragu pasta bowl 🍝🍌🌱	Creamy macaroni cheese 🍝🧀🌱
	Dessert Option	Cookie 🍌	Sprinkle cake 🍌🍌	Fresh fruit with bitesize flapjack 🍌🍌	Shortbread slice 🍌	Chocolate & pear cake 🍌🍌 with chocolate custard 🍌

Drinking water available daily. Some schools may offer jacket potatoes and sandwiches with various fillings as an alternative to the pasta bowl option. Menus are planned to comply to the current Government School Food Standards. We endeavour to serve food as specified on the menu, however there are some circumstances when this isn't possible. You can be assured that these instances will be kept to an absolute minimum.

All desserts are suitable for vegetarians

ALLERGY ICONS



This dessert contains 50% fruit
This meal is suitable for vegetarians
This meal is suitable for vegans

For those children with medical diet requirements, we offer a tailored menu. Please contact Katie Woods 07990 664775 or catering@derbyshire.gov.uk for more information.



*Marine Stewardship Council compliant

Every Food Explorer lunch offers at least 3 of their 5 a day



WORLD CUP CELEBRATION
Tuesday 29th November
Let's explore foods from all the different countries in Group B!

Menu
American hot dogs
English mini roast potatoes
Iranian Shirazi salad
Welsh cakes

Which dish will come out on top?

Christmas Party
December
A fun filled lunch for Food Explorers to enjoy.
A selection of party dishes
Served with vegetable crudites
Selection of festive desserts

It's time for good food and lots of fun

Festive Feast
December
Order a Christmas dinner and join us for the favourite lunch of the year.

Menu
Roast turkey with chipolata sausage
Or
Seasonal vegetable galette
Stuffing & gravy
Seasonal vegetables
Festive desserts

Join in the fun!
SUPER HERO SUPERFOODS
Thursday 19th January
Superfoods can give you super powers

Menu
Spider-Man spaghetti with Iron Man meatballs
Wonder Woman super salad
Gladiator garlic bread
Batman berry boost muffin

Let's fuel up with superfoods

WE LOVE FOOD DAY
Tuesday 14th February
A day to celebrate Food Explorers' love of food with a menu filled with their favourite dishes. There's so much to love about food!

Menu
Chicken or Quorn wrap
Potato wedges
Scrumptious salad selection
Chocolate sponge with custard

Fantastical Food Day
Thursday 2nd March
To celebrate World Book Day we've created a fantastical feast for Food Explorers to enjoy.

Menu
Phoenix burger or Voldemort veggie sausages
Stuffed cauldrons
Elven bread
Fresh vegetables from the Enchanted Garden
Sorcerer's slime