



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

THE FOOD ADVENTURE STARTS HERE

AUTUMN/WINTER MENU 22/11/2022

INTRODUCING



Check out the recipe card below for you to follow with your Food Explorer(s) at home. Send a picture of your finished dish to catering@derbyshire.gov.uk along with your child(ren)'s name and school, and we will send a prize to their school for them to collect.

TRY THIS AT HOME Sausage Colcannon Pie

INGREDIENTS

- 8 Pork/Vegetarian Sausages
- 1 tbsp Oil
- 1 Onion – finely sliced
- 1 tsp Castor Sugar
- ½ tsp Dried Thyme
- 600ml Vegetable Stock
- 3tsp Cornflour + Water
- 260g Tomato Puree
- 400g Potatoes – peeled and quartered
- 10g Butter
- ½ a Leek – finely sliced
- 100g Savoy Cabbage – finely shredded
- 1 tbsp Milk
- Seasoning to taste

ALLERGEN INFORMATION
Gluten • Milk • Sulphites

(Please check individual products for further allergen information)

METHOD

4 Servings

- Preheat the oven to 190c/Gas Mark 5.
- Heat ½ tsp of oil in a pan and add the onion. Cook gently for 5 minutes until soft. Sprinkle over the sugar and cook for further 15 minutes on a low heat until the onions are caramelised.
- Meanwhile cook the potatoes in boiling water for 20 minutes until tender.
- Once the onions are caramelised stir in the tomato puree, thyme, vegetable stock and cornflour paste. Then simmer for 5 minutes until the sauce thickens and set to one side.
- Place the sausages on a baking tray, lightly brush with the remaining oil and cook for 12 minutes.
- Drain the potatoes in a colander. Melt the butter in the same pan then add the leeks and cabbage to cook for 5 minutes. Return the potatoes to the pan with the milk and mash until smooth, season to taste.
- Transfer the sausages and sauce to an ovenproof dish.
- Top the pie with the mash and cook for approx. 15 minutes until the topping is golden and the filling piping hot.



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@derbyshire.gov.uk

Phone: 01629 536704

Post: Derbyshire Catering Service, Chatsworth Hall, Block C, Matlock, DE4 3FW

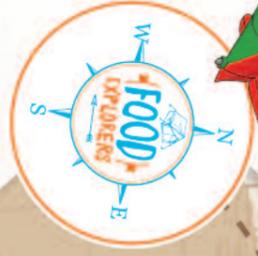
Visit our website to find out our latest good news stories.

www.myschoollunch.co.uk/derbyshire

WHAT IS A FOOD EXPLORER?



Derbyshire Catering Service are asking pupils to become Food Explorers; meaning that they feel confident to try different flavours, ask questions about the food on their plate and are excited to eat a variety of foods. This new campaign aims to help pupils understand the importance of eating a balanced diet and make good food fun! We'll be organising lots of educational and exciting food based activities in school including our theme days, this year we've planned the following.



DECEMBER: CHRISTMAS PARTY

As part of the fun we will present our top 10 foods for Food Explorers to discover in 2022.

This will include ingredients found in our menu and some everyday foods rich in nutrients.

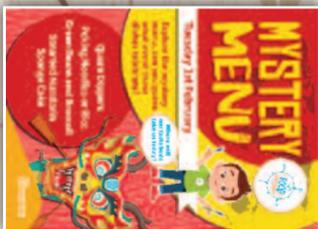
20TH JANUARY: SUNSHINE DAY

A meal to give Explorers a boost! This theme day will focus on teaching Food Explorers which foods are high in vitamins, minerals and full of energy.



1ST FEBRUARY: MYSTERY MENU

A mystery theme day! We'll ask pupils to explore the menu and try to guess what event the dishes on offer celebrate.



3RD MARCH: WORLD BOOK DAY

We know that this day is a favourite across all of our schools. This year we will show that good food is fun with dishes inspired by popular children's books.



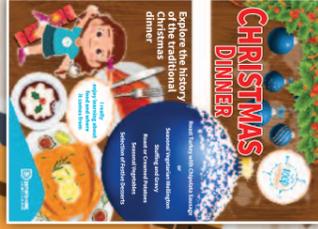
10TH NOVEMBER: THE GREAT BRITISH ROAST DINNER

This day will help children discover their new favourite vegetable with lots of different types to choose from alongside their traditional favourites.



DECEMBER: CHRISTMAS DINNER DAY

Food Explorers will learn the history of the traditional Christmas dinner.



ORDER A SCHOOL MEAL AND START THEIR FOOD ADVENTURE TODAY

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday
Week A 01.11.21 22.11.21 13.12.21 *17.01.22 07.02.22 07.03.22 28.03.22	Chicken Curry 🍗 5 Bean Chilli 🌿 NEW Rice & Naan 🍚 Seasonal Vegetables Apple Oat Biscuit 🍏 Organic Fruit Yoghurt 🍌 Fresh Fruit	Big Breakfast 🍳 Vegetarian Breakfast 🌿 Potato Puffs Seasonal Vegetables Fruit Cobbler 🍏 with Custard 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit	Roast Beef with Yorkshire Pudding & Gravy 🍖 Sweet Pepper Fajitas 🌿 NEW with Savoury Rice Creamed Potatoes 🍌 Seasonal Vegetables Fresh Fruit with Chocolate Cracknel Slice 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit	Cheese & Potato Pie 🍌 Vegetable Fingers 🌿 Creamed Potatoes 🍌 & Gravy Seasonal Vegetables Carrot Cake Muffin 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit	Fish Fingers 🐟 Veggie Mince 🌿 Taco Cups 🌿 NEW Chips Seasonal Vegetables Sticky Chocolate Pudding 🍌 with Custard 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit
Week B *08.11.21 29.11.21 20.12.21 24.01.22 14.02.22 14.03.22 04.04.22	Margarita Pizza 🍷 Veggie Risotto 🌿 Pasta 🍝 Seasonal Vegetables Chocolate Orange Crunch 🍫 Organic Fruit Yoghurt 🍌 Fresh Fruit	Organic Beef 🍖 or Vegan 🌿 Meatballs 🍌 with Creamy Curry 🍌 or Tomato Sauce Rice or Pasta 🍚 Seasonal Vegetables Apple Flapjack 🍏 Organic Fruit Yoghurt 🍌 Fresh Fruit	Roast Pork with Apple Sauce & Gravy Shepherd's Pie Potato 🍌 Roast Potatoes 🍌 Seasonal Vegetables Chocolate & Pear Cake 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit	Honeyed Beef Casserole 🍷 & Yorkshire Pie 🍌 Vegetarian Sausage Roll 🌿 Creamed Potatoes 🍌 Seasonal Vegetables Cookie 🍪 with Fruit Portion Organic Fruit Yoghurt 🍌 Fresh Fruit	Red Pepper & Sweetcorn Tart 🍷 Breaded Fish Fillet 🐟 Chips Seasonal Vegetables Lemon Drizzle Sponge Pudding 🍌 with Custard 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit
Week C 15.11.21 06.12.21 10.01.22 *31.01.22 *28.02.22 21.03.22 *Theme Day Weeks	Organic Beef Burger in a Bun 🍖 Vegetable Burger in a Bun 🌿 Potato Puffs Seasonal Vegetables Shortbread Slice 🍪 Organic Fruit Yoghurt 🍌 Fresh Fruit	Bacon & Sweetcorn Pasta Crunch 🍌 Vegetarian Bolognese 🌿 Pasta 🍝 Seasonal Vegetables Fruit Upside Down Cake 🍌 with Custard 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit	Roast Chicken with Stuffing & Gravy 🍗 Veggie Sausage Colcannon Pie 🌿 Creamed Potatoes 🍌 Seasonal Vegetables Choconana Muffin 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit	Creamy Tomato Lasagne 🍌 Neapolitan Pizza with Saucy Pasta 🍷 Seasonal Vegetables Strawberry Crumble Slice with Custard 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit	Quorn Dippers 🍌 Sweet Potato Fishcakes 🍌 Chips Seasonal Vegetables Fruit Jelly 🍌 Organic Fruit Yoghurt 🍌 Fresh Fruit

Salad, vegetables, bread, fresh fruit and drinking water are available freely. Jacket potatoes and sandwiches with various fillings are available in most schools, please check what the local arrangements are in your school. 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.

ALLERGY ICONS

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

Great British ROAST DINNER DAY
 Wednesday 10th November

A roast dinner of discovery, a day to try new vegetables from around Britain.

Roast Beef with Yorkshire Pudding and Gravy
 or
 Vegetarian Food in the Hole
 Roast Potatoes
 Cauliflower and Carrots
 Blackberry and Apple Cake

Plus lots of extra vegetables to explore on the day!

I'm on a mission to try as many new veggie as possible

CHRISTMAS DINNER

Explore the history of the traditional Christmas dinner

Roast Turkey with Chipolata Sausage
 or
 Seasonal Vegetarian Wellington
 Stuffing and Gravy
 Roast or Creamed Potatoes
 Seasonal Vegetables
 Selection of Festive Desserts

I really enjoy learning about food and where it comes from

CHRISTMAS PARTY

Enjoy a fun party day and discover what new foods will be around in 2022

A Selection of Party Dishes

Served with Vegetable Crudites

Selection of Festive Desserts

Fun theme days at school introduce me to new foods I haven't tried before

SUNSHINE DAY
 Thursday 20th January

Boost your body by learning how to get the vitamins you need from food during winter.

Chicken or Quorn fillet
 Sunbeam Sauce and Rainbow Rice
 Berry Boost Muffin

Vitamins in our food keep us healthy when there isn't much sunshine around

MYSTERY MENU
 Tuesday 1st February

Explore the mystery menu, can you guess what's in it? Where will our table be today?

Quorn Dippers
 Peking Noodles or Rice
 Green Beans and Broccoli
 Steamed Mandarin
 Sponge Cake

WORLD BOOK DAY
 Thursday 2nd March

Treasure Map Pizza
 Potato Wedges
 Pass and Carrots
 Inspired by The Princess and the Pea and Frog Prince
 Mosaic Chocolate Cake with Fruit Platter
 Inspired by The Very Hungry Caterpillar

School dinners are going to be so special today!