



Eat Well Live Well

Action on Sugar

This year Public Health England have released new recommendations for industry to reduce sugar in food. Autograph are committed to supporting pupils to achieve a healthy diet and our Eat Well Live Well strategy includes the following commitments to reduce sugar;



Our homemade desserts are developed by our Executive Chef to reduce the amount of sugar and include healthy ingredients such as wholegrain cereals, fruits and vegetables



All drinks are compliant with the School Food Standards Healthy Drinks List



We do not serve any confectionery



We work closely with our suppliers to source nutritionally preferable ingredients which are lower in sugar

FREE SCHOOL MEALS

Don't forget that all Reception, Year 1 and Year 2 pupils can enjoy a school meal without charge every day irrespective of income. However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!

FREE SCHOOL MEALS - LOW INCOME

To check free school meal entitlement visit www.cornwall.gov.uk/schoolmeals or contact your school office.

A WORD FROM YOUR LOCAL TEAM

This menu is full of tasty, healthy, good quality meals produced from scatch by our dedicated team of catering staff; they are all passionate about giving your children the best start in life and understand that the food we provide can do this. Meals are nutritionally balanced and will help your children with their learning and concentration as well as exciting their tastebuds.

Powered by

ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerance's can enjoy safe and suitable school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office. Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact your local office:

> Autograph, Unit 9, City Business Park Easton Road, Bristol BS5 OSP









All of our eggs are free range from happy chickens in British farms; all of our meat is British and Red Tractor certified; we use some Fairtrade certified ingredients; and only use sustainably sourced fish!



Your school catering team love cooking dishes from scratch using fresh ingredients!



We are delighted to share with you Autograph's new Autumn/Winter menu! We have focused on including lots of favourite dishes so that there is a choice your child will enjoy each day. Our chefs have been hard at work developing recipes so that they are as healthy as possible to support your child to eat well. We would love to hear your feedback, so please email us at autograph.schools@interserve.com



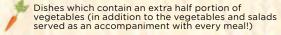
| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|---|---|---|---|---|--|
| | WEEK 1 - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February, 19th March | | | | | |
| THE MAIN EVENT | Chicken and Sweetcorn Pasta with Freshly Made Bread | Pasta Bolognaise with Herby Bread | Roast Chicken with Stuffing, Gravy and Roast Potatoes | Beef Pizza with Potato Salad | Fishfingers with Tomato Ketchup and Chips or Pasta Twists | |
| | Cheese and Tomato Pizza with Potato Wedges | Vegetable Pie with Mash Potato and Gravy | Vegetable Loaf with Stuffing, Gravy and Roast Potatoes | Jacket Potato with a Selection of Toppings | Cheese and Tomato Quiche with Chips or Pasta Twists | |
| | Baked Beans and Coleslaw | Carrots and Green Beans | Carrots and Broccoli | Sweetcorn and Coleslaw | Baked Beans and Peas | |
| TO FINISH | Custard Biscuit with Fruit Salad | Honey Cake with Custard | lce Cream and Fruity Sauce | Chocolate Cake with Chocolate Sauce | Crunchy Orange Cookie with Fruit Wedges | |
| | WEEK 2 - 6th November, 27th November, 18th December, 15th January, 5th February, 5th March, 26th March | | | | | |
| THE MAIN EVENT | Farm Assured Sausages with Mash Potato and Gravy | Chicken Curry with Rice | Roast Beef with Yorkshire Pudding, Gravy and Roast Potatoes | Chicken Wrap with New Potatoes | Battered Fish Fillet with Lemon Mayonnaise and Chips or Pasta Twists | |
| | Vegetarian Cottage Pie with Gravy | Macaroni Cheese with Freshly Made Bread | Vegetable Parcel with Gravy and Roast Potatoes | Jacket Potato with a Selection of Toppings | Vegetarian Burger in a Bun with Tomato Ketchup and Chips or Pasta Twists | |
| | Broccoli and Peas | Vegetable Sticks and Salads | Cauliflower and Carrots | Sweetcorn and Coleslaw | Baked Beans and Peas | |
| TO | Lemon Drizzle Cake | Apple Syrup Sponge with Custard | Jelly with Fruit | Jam Sponge with Custard | Chocolate Shortbread with Fruit Wedges | |
| | WEEK 3 - 13th November, 4th December, 1st January, 22nd January, 19th February, 12th March | | | | | |
| THE MAIN EVENT | Beef Burger in a Bun with Mayonnaise and Potato Wedges | Chicken Pie with Mash Potato and Gravy | Roast Loin of Pork with Apple Sauce, Gravy and Roast Potatoes | Beef Lasagne with Garlic Bread | Fishfingers or Salmon Fishfingers with Tomato Ketchup and Chips or Pasta Twists | |
| | Tomato and Vegetable Pasta with Homemade Bread | Vegetable Pasty with Mash Potato and Gravy | Vegetable Crumble with Gravy and Roast Potatoes | Jacket Potato with a Selection of Toppings | Vegetarian Sausages with Tomato Ketchup and Chips or Pasta Twists | |
| | Sweetcorn and Green Beans | Carrots and Broccoli | Cabbage and Carrots | Sweetcorn and Coleslaw | Baked Beans and Peas | |
| TOFINISH | Apple Crumble with Custard | Rice Pudding with Fruit Sauce | Chocolate Arctic Roll | Mixed Berry Sponge with Custard | Shortbread with Fruit Wedges | |
| Served Daily Freshly Baked Bread Seasonal Vegetables/Salads Fresh Fruit Organic Yeo Valley Yoghurt | | | | | | |



Our menu development team have created nutritionally enhanced recipes to offer a great balance of nutrients for pupils, including:



Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!



Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.

This is a

Gold Catering

Mark menu

which guarantees we
serve high quality fresh

food which is better for British farming and animal welfare!



We champion our British and local suppliers who supply us with fantastic high quality, seasonal produce.

