



## St Bees School Catering Department Mission Statement

**To provide nutritional, balanced and varied meals to the best of our ability, maintaining at all times the very highest of health, hygiene and safety standards to all at St. Bees School**



The team is lead by Catering Manager Melissa Townson, who, with a background in Hotel management, including The Gleneagles and Savoy Hotels, feels that attention to detail and pupil relationships are key.

All the staff are trained in catering for food allergies and intolerances, and special diets including vegetarian, vegan, gluten and dairy free. Training is done "in-house" by Melissa, who is a fully qualified Food Safety and Nutrition Lecturer.

[www.melissatownsontraining.com](http://www.melissatownsontraining.com)

The Team uses the finest quality ingredients with the absolute minimum amount of additives or unnatural enhancements.

The ethos of our catering is fresh home-produced and locally-sourced produce where possible; the amount of processed or frozen food is kept to an absolute minimum

Catering throughout the term for day pupils and boarders alike include:

- Breakfast
- Brunch
- Lunch
- Supper

Lunch and Supper include an extensive self-service salad bar, and all meals include a vegetarian option.

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Themed Meals have proved to be popular events with both staff and pupils alike, and are run several times a term, introducing the school community to “Food from Around the World”

Pupils benefit from a very effective “Food Committee” which meets twice a term with Melissa to ensure that their likes and dislikes are catered for.

## ST. BEES SCHOOL, SAMPLE MENU

**Week beginning:**

|         | Lunch   | Supper   |
|---------|---|--|
| Monday  | <p>* Homemade courgette, tomato and basil soup</p> <p>* Cantonese pan-fried topside of beef with steamed rice</p> <p>Mediterranean vegetable lasagna (the vegetarian option with fresh herbs and mature cheddar)</p> <p>Garlic &amp; herb potatoes    Roasted vegetables with honey</p> <p>Home made chocolate &amp; pear crumble with vanilla custard sauce</p> <p>Raspberry jelly</p> | <p>Freshly baked baguettes</p> <p>Country-style pork loin steak with apple and chives</p> <p>* Sweet chilli and garlic noodles</p> <p>Baked potatoes or cous-cous</p> <p>Home-baked Blueberry muffins</p> <p>Fruit yoghurts    Ice cream</p> |
|         |   |  |
| Tuesday | <p>* Chunky winter vegetable soup</p> <p>Meat and potato pie</p> <p>Smoked haddock, cod &amp; prawn lasagna</p> <p>Vegetable &amp; lentil hot pot</p> <p>Creamed potatoes with chives</p> <p>Carrot &amp; Swede mash    Peas</p> <p>Orange and lemon sponge &amp; citrus sauce</p> <p>Strawberry mousse</p>   | <p>! * Steamed cod with fresh ginger and coconut milk</p> <p>Cumberland sausages with onion gravy</p> <p>Broccoli    Corn on the Cob</p> <p>Mashed potato with chives</p> <p>Rhubarb and ginger crumble with custard</p>                     |

| Wednesday | <p>Spring onion and potato soup</p> <p>Mature cheddar and onion pie</p> <p>!* Pork and pineapple curry with steamed rice</p> <p>Stir fried Chicken Noodles with soy sauce</p> <p>Garlic and coriander naan Popodum</p> <p>Sauté potatoes Fresh broccoli Corn on the cob</p> <p>Sticky toffee parkin with toffee sauce</p> <p>Peaches and cream</p>   | <p>Wild mushroom soup with freshly baked breads</p> <p>Oriental pork and vegetable spring roll with sweet and sour sauce</p> <p>Cauliflower broccoli cheese</p> <p>New potatoes Garden peas</p> <p>Fresh fruit platter with fruit sorbets</p> |
|-----------|--|---|
| Thursday  | <p>Cream of mushroom soup with baked croutons</p> <p>Vegetable balti with steamed mushroom rice</p> <p>Spanish meatballs in a fresh tomato &amp; basil salsa</p> <p>Steamed rice Scallop onion potatoes</p> <p>Green beans Baby carrots</p> <p>Creamy rice pudding with fruits of the berries sauce</p> <p>Chilled melon balls in a mango coulis</p> | <p>Garlic bread</p> <p>* Tender beef stir-fry with mange tout and baby corn</p> <p>Noodles or special rice</p> <p>Fresh fruit platter</p> <p>Greek yoghurt and honey</p>  |
| Friday    | <p>Homemade lentil soup</p> <p>Battered cod with French fries</p> <p>Steamed mussels in white wine &amp; sweet chilli sauce</p> <p>Chicken Kiev Cornish pasties</p> <p>Vegetable spring rolls with egg fried rice</p> <p>Chocolate crunch with chocolate sauce</p> <p>Fresh fruit salad</p>  | <p>Veitnamese sweet chilli chicken with noodles</p> <p>Baked potato with salad bar selection</p> <p>Homemade apple and raspberry pie with custard or ice cream</p>  |

|          |   |  |
|----------|---|--|
| Saturday | <p style="text-align: center;"><u>Brunch</u></p> <p>Omelets    Fried eggs   Kippers   Grilled bacon<br/>Sausages   Hash browns   Mushrooms   Baked beans</p> <p style="text-align: center;">A selection of cold meats and salads</p> <p style="text-align: center;">Mini muffins            Danish pastries</p> | <p>* Fresh salmon steak with sauce hollandaise</p> <p>New potatoes    Mange tout and baby corn</p> <p style="text-align: center;">Lemon meringue pie</p> <p style="text-align: center;">Fresh pineapple slices</p>   |
|          |   |  |
| Sunday   | <p style="text-align: center;">Roast chicken with sage and onion stuffing</p> <p style="text-align: center;">Cauliflower cheese</p> <p>Roast potatoes    Roast parsnips   Peas   Carrots</p> <p style="text-align: center;">Apricot bread and butter pudding with cream</p>                                     | <p>Beef in black bean with stir fry pepper noodles</p> <p>Quorn and pepper stir fry noodles</p> <p style="text-align: center;">Mange tout   Baby corn</p> <p style="text-align: center;">Prawn crackers</p> <p style="text-align: center;">Arctic roll</p> |

## Breakfast

Consists of a wide selection of:

- Cereals or porridge
- Fresh fruit
- Full English breakfast
- Freshly baked rolls and toast
- Hot and cold drinks

## Key

! This dish contains nuts

\* This is the lower fat dish today - or why not try a salad?

\$ Quorn is a high protein, low fat alternative to meat

# This dish is gluten free