LUNCHTIME MEALS AT HOLY ROOD CATHOLIC PRIMARY SCHOOL

SCHOOL MEALS BY STIR
APRIL 2025

About Stir.

Stir is delighted to be the chosen caterer that will provide lunchtime meals to the children at Holy Rood Catholic Primary School. We're really looking forward to welcoming the children into the dining room and serving them delicious, home-cooked food.

Full of Flavour and Fun

We pride ourselves on serving food to our customers that they love to eat. We involve them in designing our menus and take feedback into account to make sure that every single dish we create is just right for our young customers.

The food children eat at school plays an important role in their wellbeing, and eating a well-balanced diet not only helps to maintain and improve their health but also sets them on the right track for later life. We really understand this and that's why we're passionate about serving fresh, high quality and locally sourced food that is prepared and cooked in our kitchens, so we can guarantee they are healthy and balanced.

We also love to add some fun to the dining room - most of us have strong memories of our school lunches and we want to make sure those memories are positive. Therefore, we work hard to create dining experiences that are welcoming, warm, social and fun. We want our customers to look back at their school lunches and not only remember eating delicious food, but also having a great time with their friends!

Fresh and Local

We are proud supporters of local and regional farmers. There are so many incredible producers right on our doorstep so we make the most of it! This has lots of benefits, including supporting the local economy, safeguarding local jobs, telling important stories about local farming families and of course, ensuring we've got the best, freshest ingredients on our menus!

It also helps us to be sustainable - we're passionate about enhancing our customers' lives and that means helping combat climate change to support their futures. We use local, seasonal, traceable ingredients in our menus to reduce the carbon footprint of our services.

FREE LUNCHES!

The Free School Meals scheme is a fantastic initiative by the Government to ensure that all children can eat a delicious, nutritious and filling meal each and every day.

Children in Reception, Year 1 and Year 2 are all entitled to Free School Meals and for pupils in Year 3 and upwards, there is a simple application form if you receive certain benefits. We can provide support through the application process so feel free to get in touch if you have any questions.

Research by the Children's Food Trust showed that school meals are consistently more nutritious than packed lunches, giving the children who eat them a better foundation for good health.

www.gov.uk/apply-free-school-meals

Here are just a few benefits to the Free School Meals initiative:

- **You know your child will eat a hot, filling meal each school day**
- **You can be confident that our meals are healthy and balanced thanks to our company nutritionist's support**
- **You can help your school get extra funding through the Pupil Premium initiative.**

LUNCH MENU

Lunch Menu

Week 1

Stir. let's eat. together

w/c: 24/02, 17/03, 07/04, 28/04, 19/05, 09/06, 30/06, 21/07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Curry Served with Wholegrain Rice & Sweetcorn	**Margherita Pizza** Served with Baked Potato Wedges and Coleslaw or Peas	**Roast Gammon** Served with Crispy Roasties, Broccoli & Gravy	**Chicken Meatballs** Served Whole Grain Pasta & Green Greens	**Golden Fish Fingers** Served with Chunky Chips and Baked Beans
Vegetable Curry Served with Wholegrain Rice & Sweetcorn	**Vegetable Pizza** Served with Garlic & Herb Wedges and Coleslaw or Peas	**Vegetable Tart** Served with Crispy Roasties, Broccoli & Gravy	**Chow Mein Noodles** Served with Coconut Green Beans	**Curried Chickpea Fritters** Served with Chunky Chips and Baked Beans
Penne Pasta with Homemade Tomato Sauce	**Jacket Potato** with Cheese or Baked Beans or Tuna Mayo	**Penne Pasta with Nut free Spinach and Basil Pesto**	**Jacket Potato** with Cheese or Baked Beans or Tuna Mayo	**Penne Pasta with Homemade Tomato Sauce**
½ Baguette Filled with Cheese	**½ Baguette** Filled with Tuna Mayo	**½ Baguette** Filled with Ham	**½ Baguette** Filled with Cheese	**½ Baguette** Filled with Tuna Mayo
Chocolate Cake and Custard	**Jelly & Fruit Slices**	**Apple Crumble Cake**	**Fruit Salad**	**Shortbread Biscuits**

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key: Added plant power · Wholemeal · Vegan · Vegetarian · Oily fish · Full of fruit · Nutritionist's Choice · Extra Protein Power · Good for your gut

Lunch Menu

Week 2

Stir. let's eat, together

w/c: 03/03, 24/03, 14/04, 05/05, 26/05, 16/06, 07/07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Cottage Pie Served with Root vegetable Mash & Green Beans	**Chicken Curry** Served with a Wholegrain Rice & Broccoli	**Roast Chicken** Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	**Margherita Pizza** Served with Baked Potato Wedges and Coleslaw or Peas	**Golden Fish Fingers (Salmon Or Pollock)** Served with Chunky Chips & Peas
Vegetable Sausages Served with Root vegetable Mash & Green Beans	**Sweet Potato & Lentil Curry** Served with a Wholegrain Rice & Broccoli	**Spinach & Cheese Swirl** Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	**Vegetable Gnocchi** Served with Mixed Salad	**Vegetable Chilli** Served with Chunky Chips & Peas
Penne Pasta with or without Homemade Tomato Sauce	**Jacket Potato** with Cheese or Baked Beans or Tuna Mayo	**Penne Pasta with or without Nut free Spinach and Basil Pesto**	**Jacket Potato** with Cheese or Baked Beans or Tuna Mayo	**Penne Pasta with or without Homemade Tomato Sauce**
½ Baguette Filled with Cheese	**½ Baguette** Filled with Tuna Mayo	**½ Baguette** Filled with Ham	**½ Baguette** Filled with Cheese	**½ Baguette** Filled with Tuna Mayo
Chocolate Brownie	**Vanilla Ice cream**	**Fruit Bowls**	**Iced Vanilla Sponge**	**Oat Cookie & Melon Stick**

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key: Added plant power · Wholemeal · Vegan · Vegetarian · Oily fish · Full of fruit · Nutritionist's Choice · Extra Protein Power · Good for your gut

Lunch Menu

Week 3

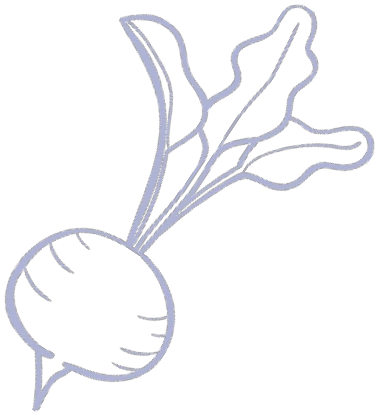
Stir. let's eat, together

w/c: 10/03, 31/03, 21/04, 12/05, 02/06, 23/06, 14/07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken Served with Wholegrain Rice & Green Beans	**Homemade Sausage Rolls** Served with Baked Potato Wedges & Baked Beans	**Roast Turkey** Served with Crispy Roasties, Carrots & Sweetcorn	**Mac n Cheese with a Crispy Crumb Topping** Served with Broccoli	**Golden Fish Fingers** Served With Chunky Chips & Baked Beans
Cheesy Lasagne Served with & Side Salad	**Homemade Cheese & Onion Rolls** Served with Wedges & Baked Beans	**Baked Courgette Gratin** Served with Crispy Roasties, Carrots & Sweetcorn	**Curried Spring Vegetable Rice** Served with Raita & Broccoli	**Crispy Vegetable Fingers** Served with Chunky Chips & Baked Beans
Penne Pasta with Homemade Tomato Sauce	**Jacket Potato** with Cheese or Baked Beans or Tuna Mayo	**Penne Pasta with Nut free Spinach and Basil Pesto**	**Jacket Potato** with Cheese or Baked Beans or Tuna Mayo	**Penne Pasta with Homemade Tomato Sauce**
½ Baguette Filled with Cheese	**½ Baguette** Filled with Tuna Mayo	**½ Baguette** Filled with Ham	**½ Baguette** Filled with Cheese	**½ Baguette** Filled with Tuna Mayo
Sticky Toffee Banana Cake	**Fruit Bowls**	**Fruity Flapjack**	**Lemon & Peach Cake**	**Chocolate Cookies**

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key: Added plant power · Wholemeal · Vegan · Vegetarian · Oily fish · Full of fruit · Nutritionist's Choice · Extra Protein Power · Good for your gut



FOOD FOR EVERYONE

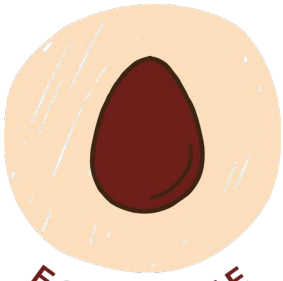
Many parents believe their child can't have school meals because they have a special dietary requirement, such as an allergy or intolerance. We believe that every child should be able to enjoy a delicious school lunch that is safe and healthy for them to eat. We can provide meals for a very wide range of dietary requirements, from cultural or religious requirements to medical requirements.

We have a lot of experience in this area, as we already cater for many children in our schools who need specialised menus, whether it's egg-free, gluten-free, carb counted, vegan, Halal or more. We also cater for children with swallowing difficulties, who need softer foods. Therefore, you can be confident that your child will have a menu available so they can experience school meals alongside their peers!

We have robust food safety procedures, allergy policies and regular training sessions for our staff, to ensure we do this safely. We also have experts within our business who can provide support, from our Health and Safety team to our Head of Nutrition.

It's important that we get a chance to speak to parents or carers of children who require special diets. This helps us understand the child's requirements and means we can work together to create a bespoke menu. It also means you can ask us questions, talk about any concerns and understand how we keep your child safe. We sometimes need details from a medical professional such as a GP, but we will let you know in advance if this is the case.

Please get in touch with the school or our catering team if you would like to discuss a special menu to cater for your child's dietary requirements.



FOOD EDUCATION

We know we have a responsibility to help our customers develop healthy habits that they can take on into later life. Our menus give children great insight into a healthy, balanced diet, but we know that's not enough.

For that reason, we've worked hard on a plan to help our schools teach their children about food, nutrition and a healthy lifestyle. This takes many forms, including cookery workshops with our catering team, nutritional assemblies and some fun activities during lunchtime and beyond!

We also like to introduce our customers to new flavours and textures to help broaden their taste horizons! We change our menus twice a year, keeping the children's traditional favourites on but also adding in some new dishes that they might not have tried before. We can organise taster sessions before any menu changes to help the children feel more comfortable trying new things on the menu.

We also have regular 'theme days', which enable us to showcase different cuisines and just add some fun! Theme days are fun lunchtime experiences with special menus designed to add some excitement to the day. We travel the globe, with menus from Mexico to Malaysia, India to Italy, Japan to Jamaica. We also celebrate events like Wimbledon, Easter, Diwali, Eid and much more give children a taste of the traditional foods associated with each celebration.

GOING GREEN

Care for the communities we work with and respect for the environment we live in is really important to us.

As a school caterer, we have a duty to play a part in educating our young customers about sustainability and setting an example of how we can care for the environment.

We train our teams on how to conserve energy and we reduce food miles through our use of regional suppliers and fresh, seasonal produce.

We ensure that all of our suppliers are also acting sustainably and work with them to introduce new ideas, products and innovations. We seek out suppliers with accreditations such as Red Tractor, British Lion, MSC- approved and Fairtrade, to really drive an environmental focus across all parts of our business.

Some ideas we've introduced over the last few years include:

- Having our used cooking oil collected and converted into bio-fuel
- Reducing our use of single-use plastics and using biodegradable or compostable alternatives wherever possible
- Offering more plant-based options to reduce the environmental strain of the meat industry.

SO, WHY CHOOSE SCHOOL MEALS?

We think there are loads of great reasons to choose school meals for your child. Here are a few of the biggest ones:

- Our recipes and menus have been created by passionate, creative and experienced chefs who ensure that they're delicious and full of flavour, whilst still being balanced and healthy
- Our staff are thoroughly trained in Health and Safety and Food Safety, to prepare meals with your child's wellbeing as the top priority, including if they have special dietary requirements
- It saves parents and carers hours making packed lunches each week (giving you more quality time with your family!)
- We work in partnership with our schools and their families to make sure that our catering service meets your specific wants and needs
- Our school meals offer fantastic value for money, as children get hot and filling meals for excellent prices. They could even be free if you are entitled to Free School Meals!
- Children who are entitled to Free School Meals receive the exact same choice as their peers and no-one will ever know they are eligible - it's easy to apply and our team can provide information and support
- The healthy eating habits and social skills children pick up in our restaurants help to enhance their future as they take this on into their adult lives, setting them up for a healthy, happy life
- We have experience working with fussy eaters and can help your child in their journey of trying new foods!
- Through the Pupil Premium, you could be supporting your school to get extra funding!

stir.

Thank you for reading our booklet!

If you have any questions, please feel free to get in touch!

e: info@stirfood.co.uk
w: www.stirfood.co.uk