



Menu Selector- September 2015

Creating the perfect menu

Every school, child, parent and cook likes different foods and different geographical areas can have different tastes. A school menu is one of the most important menus that can be produced. Every day a child visits school and sits down to lunch with their friends. On average a child will attend school and eat around 190 lunches per academic year. We have the best job in the world to feed and nourish these children.

Providing a tasty, nutritious lunch that is attractively presented every day is a tough task, we have put this selector together to add structure to our Mellors menus. We want you and the school to still have flexibility with choice and understand that different kitchens have different equipment to produce certain items.

We want to exceed the school food standards and be proud of the food we serve on the counter.

The next few pages provide top tips for the perfect menu and the selector will help you to create the perfect menu for your school in September.

With the school food plan in full swing, schools are being encouraged to work together and get children involved more with food based projects. We want you to start trying new dishes and encourage you to work with different ingredients to enhance the taste of your menus. If your school have a vegetable plot or a grow your own scheme, see if they are interested in producing something for the school kitchen or ask the school to grow certain things that you can use in the kitchen. Herbs are always a good place to start, they can be added to most dishes and can be easily grown by the children.

It is your hard work and enthusiasm that makes the service a success, we dinner ladies are superhero's and we are remembered throughout children's lives. I still bump into my dinner ladies now, let's be the reason a child smiles today ☺

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