



WHAT'S ON THE MENU?

Who are we?

We're Miquill, a small, local catering business and quite simply, we love food! Your children will have met our fabulous catering team at your school and have probably seen some of our central team, including our Managing Director, walking around the school on their visits. We're here to make your child's lunchtime experience tasty and fun.

Our mission

We want to give every child a nutritious meal that fills them up and that they love to eat. We want to give them a food experience that rivals the high street and teaches them about different flavours and cuisines from around the world! Lunchtime is a really important time of the school day - it allows your children to relax and socialise and gives them the energy to get through their afternoon classes. We take pride in making this important part of the day the best it can be.

Our menus

Your menu features meat and vegetarian choices which are all freshly cooked with love. We source top quality ingredients from regional farmers to make sure everything that goes into our meals is fresh, environmentally friendly and of course, delicious.

Your child's health plays a huge role in the way we develop menus and cook our food. We meet the Government's standards when it comes to food in schools and our menus are analysed to check they are balanced and healthy. We have a commitment to healthy, sustainable meals.

- We source locally and seasonally wherever possible including fruit, vegetables, dairy, meat and bakery items
- We only use Red Tractor assured meat and MSC assured fish
- We don't use undesirable additives, and limit the amount of fat, salt and sugar in our meals
- We enrich our recipes with fruits & vegetables - even where you wouldn't expect, such as in carrots in our sauces or fruit in our brownies
- We use whole grains in most cases as they are better for your child's health.

Special dietary requirements

If your child has been advised by a GP or other Healthcare Professional to follow a specific medical diet due to allergies or otherwise, please contact our kitchen team to request a meeting to discuss your options.

All allergen information relating to our menus is available on request.

Free school meals

The Free School Meals scheme is a fantastic initiative by the Government to ensure that all children are able to 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.

Learning about healthy eating

All our menus are created to be balanced and healthy. We have a nutritionist who checks our menus to be absolutely sure that we meet this goal.

However, we know that it's not enough to just give your children healthy food; we want to also teach them about how to live a healthy lifestyle. We make sure that we talk to and engage with the pupils in our schools to show them how important it is to eat good food.

We often hold assemblies and talks to do this but we can even organise fun events like smoothie bike days, cooking classes and competitions. Most importantly, we need to stop the stigma that healthy food is bland and boring. Our delicious meals are full of flavour so we're sure your children will love eating our healthy lunches.

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DINE WITH MIQUILL					
WEEK ONE	DINE Main Meal	MONDAY Margherita Pizza Cheesy Tomato and Sweetcorn Topped Pizza with Potato Wedges	TUESDAY Beef Lasagne The Italians Favourite Dish and Ours Too! Served with Garlic Bread	WEDNESDAY Roast Chicken Tender Boneless Chicken with New Potatoes and Gravy	THURSDAY Wraptastic Marinated Chicken Wraps and You Get to Make Them! Served with Wedges
	DINE Vegetarian	Crispy Topped Vegetarian Pie Perfectly Crispy & Packed Full of the Best Fresh Vegetables in the World!	Tomato Pasta Bake Wholemeal Pasta with Fresh Basil Tomato Sauce and Cheese with a Garlic Slice and Chef's Salad	Cheddar Quiche Wholemeal Pastry with Cheese and Onion Filling with New Potatoes	Super Wraptastic The Best Seasonal Veggies, Marinated & Roasted, and You Get to Make Them! Served with Wedges
	Dessert Sweet Options	Deconstructed Apple Crumble Crunchy Crumble Served Separately, Make Your Own Choice	Sticky Orange Cake Zingy Orange Cake	Cheesecake Factory We Will Let You Build Your Own!	Cocoa Beetroot Brownie The Best Brownie You Will Ever Taste. How Do We Do It?
Fresh Bread, Yoghurt and Fruit are available daily					

SAMPLE MENU

NO PLANET B

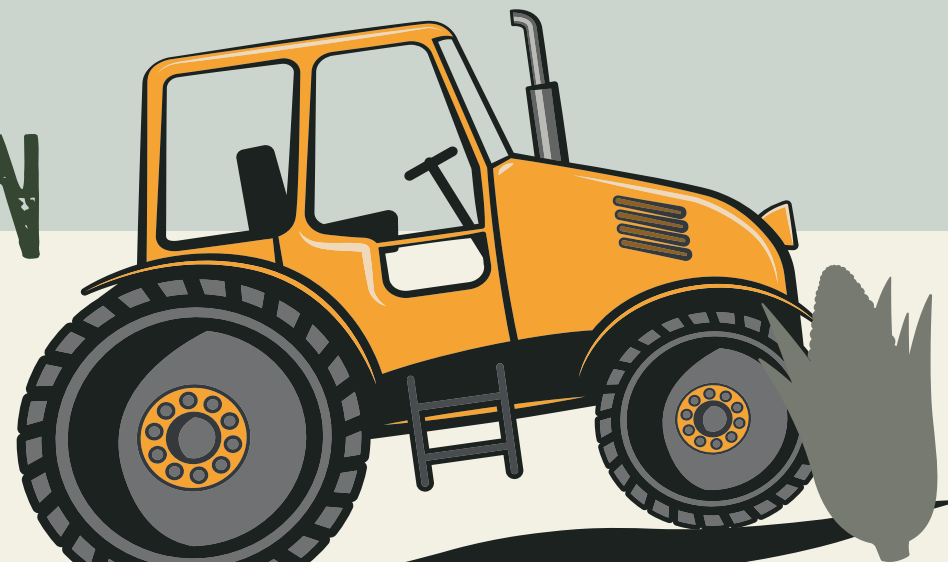
Sustainability is one of our core values - we recognise that our activities can affect the environment and so we make sure that everything we do minimises our impact. We believe that lots of small changes can add up to make a big difference and so we have a multi-faceted approach including:

- using environmentally friendly cleaning chemicals and disposables wherever possible across all our sites.
- phasing out single use plastics and giving preference to products made of recycled materials
- reducing food miles and carbon output by selecting local suppliers wherever possible.
- conscious consumption - providing low impact food choices such as plant based proteins, seasonal fruit and vegetables and zero waste recipes.



GOING GREEN

Playing our part to care for the environment!



FARM TO TABLE

Supporting regional farmers!



Each day there is a vegetarian option available for pupils.

For lighter options, we have jacket potatoes, sandwiches, salad, fresh bread, yoghurt and fruit available daily.

ALLERGENS & SPECIAL DIETS

If your child has any dietary requirements, please get in touch so we can provide menus to meet their needs. We can cater for a wide variety of special diets including gluten-free, Halal, medical diets and more.

We have a nut-free policy in all of our kitchens.

Our teams are fully trained to cater for special diets so you can be confident that your child's needs will be met safely.

All allergen information for every dish we serve is available on request from the kitchen team so do get in touch if you would like more information.



FARM FRESH

SEASONALITY CALENDAR

January
LEEKS

February
BEETROOT

March
CARROTS

April
RHUBARB

May
CHILLIES

June
COURGETTE

July
GARLIC

August
AUBERGINE

September
TOMATOES

October
PUMPKIN

November
PEARS

December
PARSNIPS

