

## WELCOME TO THE SUMMER HAF MENU!

The HAF programme is a fantastic opportunity for children to enjoy an active and fun filled Summer holiday, whilst spending time with their friends. The programme is completely FREE for families in receipt of benefit related Free School Meals.

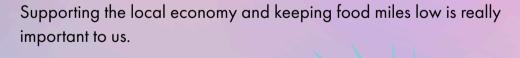
With a variety of fantastic activities and sports on the agenda, the children are going to need all the energy they can get. We're here to provide just that.

The lunch menu has been designed to meet the compulsory school food standards, which are intended to help children develop healthy eating habits, and ensure that they get the energy and nutrition they need, across the whole day.

#### **ABOUT US**

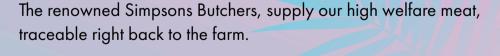
Ideal supply almost six thousand healthy and delicious school meals, to education settings across Lincolnshire & Lecesitershire, every day. We are honoured to be the main suppliers of the HAF food provision within Lincolnshire, and we look forward to working in partnership with club providers, to ensure a fun and active Summer holiday for your children, with yummy lunches, to keep them fuelled.







We're fortunate to work with some fantastic, local suppliers.



Jonathon Hull provides a large proportion of the fresh vegetables and potatoes used in our meals, many of which are grown in Lincolnshire.



This wonderful Grantham based company, managed by a Father and son, have been trading for over 30 years. 100% fresh and delicious bread, baked daily.



## YOUR MENU

#### Week 1

w.c 25th July & 15th August

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch Option 1	Tomato & Mozarella Pasta Bake	Breaded Fish Fingers	Roast Pork	Beef Bolognese Pasta	Marinated Chicken, Minty Yoghurt Dip & Rice	
Lunch Option 2	Jacket Potato with Cheese & Coleslaw	Quorn Sausages	Cheese, Spinach & Tomato Omelette Muffins	Mild Quorn & Vegetable Chilli & Rice	Creamy Tomato Pasta	
served with	Mixed Vegetables	Mashed Potato, Baked Beans & Cucumber Slices	Roast Potatoes & Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	
Dessert Option D	Fruit Jelly with Melon Wedge	Banana Smoothe Muffin & Milk	Cheese, Crackers & Fruit	Chocolate Pear Sponge & Custard	Peaches & Ice Cream or Fresh Cream	
Week 2						
	w.c 1st August & 22nd August					
	Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch Option 1	Jacket Potato with Cheese, Baked Beans & Coleslaw	Simpsons Lincolnshire Sausages	Breaded Fish Fingers & Homemade Tomato Salsa	Beef & Vegetable Lasagne	Garlic & Herb Chicken	
Lunch Option 2	Jacket Potato with Mild Mexican Beans & Cheese	Linda McCartney Vegan Sausages	Vegan Fishless Fingers & Homemade Tomato Salsa	Quorn & Vegetable Lasagne	Mild Mexican Bean Wrap	
served with	Mixed Salad	Mashed Potato & Mixed Vegetables	Wholemeal Roll, Potato Wedge & Summer Crudites	Mixed Vegetables	Rainbow Rice & Mixed Vegetables	
Dessert Option D	Chocolate Date Brownie	Apple Crumble & Ice Cream or Fresh Cream	Mango & Vanilla Sponge with Fresh Cream	Oat & Raisin Cookie	Banana & Chocolate Custard	
	Week 3					
	W.c 8th & 29th August					
	Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch Option 1	Cheese & Tomato Pizza	Minced Beef Bolognese	Roast Pork	Chicken Fajita	Salmon & Broccoli Pasta	
Lunch Option 2		Bean & Lentil Bolognese	Chickpea & Sweetcorn Fritter	Cheesey Bean & Veggie Burrito	Creamy Tomato Pasta	
served with	Herby Baby Potatoes & Mixed Vegetables	Rice & Mixed Vegetables	Roast Potatoes & Mixed Vegetables	Potato Wedge & Crduites	Mixed Vegetables	

Fruit Salad & Ice

Cream or Fresh

Cream

Apple Cake & Milk

Dessert Option D

Fruity Flapjack

**Iced Carrot Cake** 

Peaches &

Custard

# WE LOVE TO TALK ABOUT WHAT WE CAN OFFER YOUR CHILDREN

We are always on hand to answer any questions in relation to our service.

Contact us at any time using the details below.

TELEPHONE **01522 246424** 

### EMAIL ENQUIRIES@IDEALSCHOOLMEALS.CO.UK

Follow us on social media. It's a great way to see some of the meal options on offer.





