

The Contract Dining Company is extremely proud to announce that we have been awarded the Soil Association's Gold Food for Life Catering Mark.



We are the first caterer in Kent to provide this for all our schools. This means that at least 15% of the menu is organic, including milk, yoghurts, mince, burgers and meatballs, plus 5% of meat is Free Range, as are our eggs. All seasonal fruit and vegetables are bought locally and are sourced from the SE of England. We are passionate about the quality of food we provide and the effect food has on the environment and on children's health. Having this award also rubber stamps our commitment to buying ethically and supporting local suppliers and farmers.

Recipes

These favourite recipes are available to download from our website.

- Beef Nacho Bake
- Chickpea & Vegetable Loaf
- Lemon & Blueberry Cake
- Roasted Vegetables & Hummus Flatbread



Free School Meals

All pupils in Reception, Year 1 and 2 are entitled to free school meals.



Don't forget we are a local company based in West Malling.

LOOK OUT FOR OUR FUN DAYS



A study published in the British Journal of Nutrition in February 2016 showed that organic milk and meat contains around 50% more beneficial Omega-3 fatty acids than non-organic. There is strong evidence that Omega-3 fatty acids reduce the risk of heart disease and dementia.

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SCHOOL FOODTRUST
Eat Better Do Better

INVESTORS IN THE ENVIRONMENT

THE CONTRACT DINING COMPANY

LET'S BE
FOOD
SMART
FOR BODY AND BRAIN

Winter Menu
2020



WEEK 1 6th Jan, 27th Jan, 17th Feb, 9th Mar, 30th Mar

Monday Planet Earth Day	Tuesday World Food Day Italian	Wednesday Originals	Thursday Street Food Day	Friday Friday Favourites
Macaroni Cheese	Italian Meatballs in Homemade Tomato Sauce served with Pasta	Roast Gammon with Roast Potatoes and Gravy	Chicken Pitta with Vegetable Rice	Oven Baked Fish Fingers and Chips
Chickpea and Spinach Curry with Rice (v)	Roast Vegetable Pasta Bake (v)	Veggie Sausage with Roast Potatoes and Gravy (v)	Vegetable and Bean Moroccan Tagine with Vegetable Rice (v)	Veggie Fajitas with Chips (v)
Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese
Peas Sweetcorn	Roasted Seasonal Vegetables	Carrots Green Cabbage	Broccoli Sweetcorn	Peas Baked Beans
Chocolate and Pear Cake with Custard	Raspberry and Coconut Flapjack	Jelly with Fresh Oranges	Fruit Cookie	Fruit Cheesecake and Fresh Fruit Salad

WEEK 3 20th Jan, 10th Feb, 2nd Mar, 23rd Mar

Monday Planet Earth Day	Tuesday World Food Day American	Wednesday Originals	Thursday Street Food Day	Friday Friday Favourites
Vegetable Bolognese Pasta Bake	Beef Burger with New Potatoes	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese with Spaghetti	Oven Baked Fish Fingers and Chips
5 Bean Mild Chilli Non Carne with Rice	Veggie Burger with New Potatoes	Cheese and Potato Pie	Sweet Potato and Lentil Dahl with Naan	Cheese and Tomato Pinwheel with Chips
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Salmon Mayo
Peas Carrots	Sweet Red Onions Sweetcorn	Roasted Root Vegetables	Cauliflower Broccoli	Peas Baked Beans
Fruit Crumble & Custard	Flapjack	Fruit Jelly	Tropical fruit Sponge and Custard	Fruit Cheesecake and Fresh Fruit Salad

WEEK 2 13th Jan, 3rd Feb, 24th Feb, 16th Mar

Monday Planet Earth Day	Tuesday World Food Day Great British	Wednesday Originals	Thursday Street Food Day Asian	Friday Friday Favourites
Pizza Bar—A Selection of Homemade Vegetable Pizza on	Pork Sausage with New Potatoes and Onion Gravy	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka Curry with Rice	Oven Baked MSC Fish and Chips
Vegetable Nacho Bake with Rice (v)	Lentil and Vegetable Shepherdess Pie (v)	Vegetable Wellington with Roast Potatoes and Gravy (v)	Sweet Chilli Noodles (v)	Cheese and Tomato French Bread Pizza with Chips (v)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Pasta Bar with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayo
Roasted Peppers Peas	Roast Parsnips Broccoli	Carrots Cabbage	Sweetcorn Whole Green Beans	Peas Baked Beans
Oaty Carrot Cake	Cinnamon Apple Crumble with Custard	Chocolate Crispy Cake	Berry Fruity Jelly	Shortbread and Fresh Fruit Salad

Fresh seasonal salad and bread available daily.

Fresh fruit & Yoghurt also available daily as an alternative to the dessert of the day.

Allergens

A Gluten free and Dairy free menu is available on request, please email allergens@thecontractdiningcompany.co.uk with the name of the school which your child will be attending. You will then be sent the Gluten or Dairy Free standard menu for that school. For any further additional allergen requirements please email allergens@thecontractdiningcompany.co.uk with the name of the school your child will be attending.

All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. Full allergen information is available on request.

Coconut

Coconut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use coconut in our kitchens.