



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.

The Contract Dining Company

Suite 27, 80 Churchill Square Business Park, Kings Hill, West Malling, Kent ME19 4YU
Telephone: 01622 890922 Email: info@thecontractdiningcompany.co.uk
Web: www.thecontractdiningcompany.co.uk



LET'S BE FOOD SMART FOR BODY AND BRAIN

Summer 2021

Please note that due to the current Coronavirus COVID-19 pandemic this menu may change due to minimised staffing / social distancing measures / supply constraints that may still be in place.



WEEK 1 30th Aug, 20th Sep, 1st Oct

Monday Planet Earth Day	Tuesday World Food Day	Wednesday Originals	Thursday Street Food Day	Friday Friday Favourites
Pizza Bar A Selection of Homemade Veggie Pizza on a Wholemeal Base (V)	Beef Meatballs in Tomato Sauce with Spaghetti	Roast Pork with Roast Potatoes and Gravy	Mild Chicken Korma with Rice	Battered Fish and Chips
Pasta Bar with Cheese Sauce (V)	Vegan Meatballs with Tomato Sauce and Pasta (V)	Seasonal Vegetable Quiche with Roast Potatoes (V)	Sweet Potato Dahl with Naan Bread (V)	Veggie Wrap with Chips (V)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo		Jacket Potato with Baked Beans, Cheese or Tuna Mayo	
Sweetcorn Mixed Peppers	Peas Carrots	Cauliflower Cabbage	Broccoli Sweetcorn	Peas Baked Beans
Chocolate Crispy Cake	Blueberry and Lemon Cake	Mixed Summer Fruit Jelly	Raspberry Shortbread	Ice Cream and Fresh Fruit
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

WEEK 2 6th Sep, 27th Sep, 18th Oct

Monday Planet Earth Day	Tuesday World Food Day	Wednesday Originals	Thursday Street Food Day	Friday Friday Favourites
Sub Day Hot Subs with: Melted Cheese and Summer Tomato or Hummus and Rainbow Vegetables (V)	Pork Sausage with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes and Gravy	Beef Nacho Bake with Mexican Rice	Fish Fingers and Chips
Margherita Pizza Filling served with Coleslaw (V)	Vegan Sausage with Mashed Potatoes and Gravy (V)	Vegetable Cobbler with Roast Potatoes and Gravy (V)	Veggie Quesadilla with Mexican Rice (V)	Cheese and Spinach Prawn/cheel with Chips (V)
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo		Jacket Potato with Baked Beans, Cheese or Tuna Mayo	
Sweetcorn Whole Green Beans	Peas Carrots	Cauliflower Cabbage	Broccoli Sweetcorn	Peas Baked Beans
Fruit Flapjack	Chocolate Berry Cake	Fruit Jelly	Peaches and Cream Cake	Ice Cream and Fresh Fruit
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

WEEK 3 13th Sep, 4th Oct

Monday Planet Earth Day	Tuesday World Food Day	Wednesday Originals	Thursday Street Food Day	Friday Friday Favourites
Pasta Bar Vegetarian Bolognese with Pasta (V) Or Macaroni Cheese Bake with Seasonal Mixed Salad (V)	Burger Bar Organic Beef Burger Or Vegetable Burger (V) In a Bun with Salad and Tomato Relish, served with Wedges	Roast Gammon with New Potatoes and Gravy	Sweet and Sour Chicken with Vegetable Rice	Fish Fingers and Chips with Tomato Sauce
Jacket Potato with Baked Beans, Cheese or Tuna Mayo	Jacket Potato with Baked Beans, Cheese or Tuna Mayo		Jacket Potato with Baked Beans, Cheese or Salmon Mayo	
Carrots Mixed Peppers	Peas Sweetcorn	Cauliflower Cabbage	Str. Fried Seasonal Mixed Vegetables	Peas Baked Beans
Fruit Cookie	Ruby Chocolate Brownie	Fruit Jelly	Lemon Drizzle Cake	Ice Cream and Fresh Fruit
Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit	Mixed Fruit Yoghurts Fruit

Fresh seasonal salad and bread available daily.

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

Special Diets

A dairy free, gluten free and egg free menu is available on request. Please complete the special diets information form available from your school. On return we will issue you with a specific menu for you to make your choices from. For students with multiple allergen requirements or more complex special diets we will liaise with our team of nutritionists.

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.