

Change 4 Life Shake Up Games



Have you tried 10 Change4Life and Disney's new Shake Up games? They're 10 minutes of active fun to try with your friends and family.

Being active for an hour every day and eating a nutritious school dinner keeps our heart healthy, our muscles and bones strong, and gives us lots of energy. Playing active games for at least an hour every day is the perfect way to spend more time having fun with our friends and making new ones.

Food For Life: Gold Award for Thurrock

Thurrock Catering Services is passionate about, and dedicated to, the service they deliver, serving more than 7000 meals every day to Thurrock children and adults. Each school contains a loyal and motivated team who not only deliver quality school meals with over 75% homemade, but also provide unique frontline customer care, we value the feedback from our customers.

We encourage healthy eating and the teams different strengths and expertise ensure we continue to improve the standards of school meals in Thurrock.

Allergen Awareness

For further information on allergens in this menu please contact your school for an allergen report or contact Thurrock Catering Services.

Helping the future of our environment

Every year, 400 million tonnes of plastic is produced and 40% of that is single use which means it's not recycled and only used once before being thrown away. Because plastic is not biodegradable and rot like food or paper it takes hundreds of years before it's gone. It can also potentially leak pollution into the soil and water.

What can we do? Thurrock Catering Services have made some changes to the produce we purchase to reduce the use of single use plastic by buying our yoghurt in bulk to eliminate the use of individual pots and replaced disposable cutlery where it's used, with wooden. We have also stopped using individually wrapped cheese portions and other plastic containers.

Watch out
for our
theme days!



Get in touch with us

Email: cateringservices@thurrock.gov.uk
Visit: thurrock.gov.uk/school-meals



Thurrock School Menu

Autumn/Winter Term



 thurrock.gov.uk

Week 1

Week commencing - 30th Oct, 20th Nov, 11th Dec, 1st Jan, 22nd Jan, 12th Feb, 4th Mar, 25th Mar

Monday	Chicken Meatballs in Tomato Sauce with Pasta	Omelette with Diced potatoes	Jacket Potato with a Choice of Filling	Fresh Cauliflower	Mixed Vegetables	Fruit Smoothie
Tuesday	Chicken Paella	Spanish Style Quorn Fillet with Rice	Jacket Potato with a Choice of Filling	Fresh Broccoli	Sweetcorn	Pineapple Upside Down Cake
Wednesday	Roast Chicken Fillet with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a choice of filling	Fresh Cabbage	Fresh Carrots	Fruit Jelly
Thursday	Cheese and Tomato Pizza with Potato Wedges	Tomato and Vegetable Pasta Bake	Jacket Potato with a Choice of Fillings	Sweetcorn	Green Beans	Angel Delight
Friday	Fish Fingers with Chips	Vegetable Fingers with Chips	Jacket Potato with a Choice of Filling	Peas	Baked Beans	Carrot Cake

Week 2

Week commencing - 6th Nov, 27th Nov, 18th Dec, 8th Jan, 29th Jan, 19th Feb, 11th Mar

Monday	Burger in a Bun with Herby Diced Potatoes	Meat Free Sausage Roll Herby Diced Potatoes	Jacket Potato with a Choice of Filling	Sweetcorn	Baked Beans	Frozen Yoghurt
Tuesday	Spaghetti Bolognese	Vegetable & Bean Fajitas	Jacket Potato with a Choice of Filling	Fresh Broccoli	Mixed Vegetables	Cocoa Sponge and Cocoa Sauce
Wednesday	Roast Gammon with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a Choice of Filling	Fresh Cauliflower	Fresh Carrots	Fruit Jelly
Thursday	Cheese and Tomato Pizza with Potato Wedges	Tuna Pasta Bake	Jacket Potato with a choice of Filling	Green Beans	Sweetcorn	Oat Cookie
Friday	Fish Fingers with Chips	Vegetable fingers with Chips	Jacket Potato with a Choice of Filling	Peas	Baked Beans	Banana Sponge

Week 3

Week commencing - 13th Nov, 4th Dec, 25th Dec, 15th Jan, 5th Feb, 26th Feb, 18th Mar

Monday	Pork Sausages with Mashed Potato	Macaroni Cheese	Jacket Potato with a Choice of Filling	Fresh Broccoli	Baked Beans	Mixed Berries and Ice Cream
Tuesday	Creamy Chicken Curry with Rice	Sweet Potato and Spinach Dahl with Naan Bread	Jacket Potato with a Choice of Filling.	Mixed Vegetables	Fresh Cauliflower	Lemon Drizzle Cake
Wednesday	Roast Chicken Fillet with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a Choice of Filling	Fresh Carrots	Fresh Cabbage	Fruit Jelly
Thursday	Cheese and Tomato Pizza with Potato Wedges	Tomato and Vegetable Pasta	Jacket Potato with a Choice of Filling	Sweetcorn	Green Beans	Ice Cream Roll
Friday	Fish Fingers with Chips	Quorn Dippers with Chips	Jacket Potato with a Choice of Filling	Peas	Baked Beans	Syrup Sponge and Custard

Additional daily foods available: Seasonal salad bar
Wholemeal bread • Alternative desserts (yoghurt or fruit)

Our **Roast Dinners** are also served with a Yorkshire Pudding!

