



matters

We're mad about your school food and have great news to tell you every term...

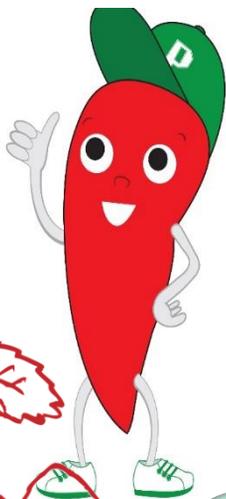
It's Christmas Term and the Turkey is getting fat! ...



Our Christmas Lunch is on Monday 17th December. Mrs Peck would love you to join her and all of the teachers for a special, end of term celebration lunch!

Look out for the posters around school inviting you to a special, end-of-term Christmas lunch!

Meet Pedro!



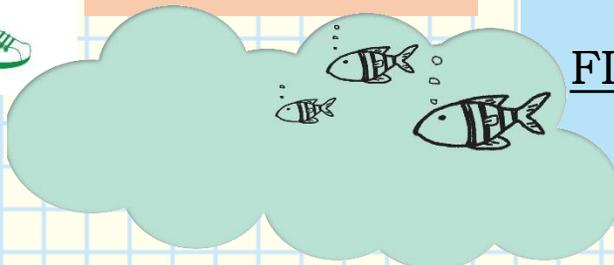
Pedro is our resident pepper. He loves bringing you new food ideas, colouring competitions, fun activity sheets and fantastic theme days to celebrate. We hope you enjoy seeing him pop up all of the time!

SUPERFOOD TIPS



Unlike many other vegetables, carrots are more nutritious when cooked!

THE MEAT WE USE ON OUR MENUS IS RED TRACTOR ASSURED, OUR EGGS ARE FREE-RANGE AND OUR FISH CARRIES THE MARINE STEWARDSHIP

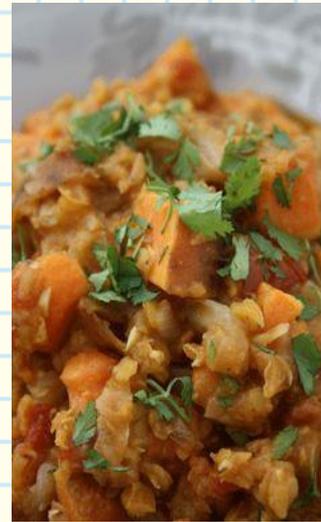


Relish! Matters

Recipe of the month

Next Term's Menus...

It's hard to believe Christmas is around the corner. Log into ParentPay to activate your lunch account and sample our great new autumn menu! www.parentpay.com
Log into the parent portal to see menus, recipes and allergen information. www.relishschoolfood.co.uk/parents



Packed with protein and deliciously healthy! This dish appears on our new menus – why not cook together and try it at home

WEEK 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from... Meat or Fish option	Beef and Sausage	Keema Beef	Roast Chicken with Stuffing	Chicken and Sausages Pie	Cod in Batter
Veggie option	Quorn Fingers	Big Bean Chili	Quorn Pilaf	Autumn Vegetable Stew	Red Lentil & Cheese Bolognese
Classic Combo option	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes
To go with Vegetables / Salad	Baked Beans Sausages	Beetroot Carrots	Mixed Veg Cabbage	Green Beans Carrots	Baked Beans Peas
Then add	Homemade Garlic Bread	Mixed Rice	Roast Potatoes	New Potatoes	Chips
...and to finish! Choose from a tasty selection of puddings	Sticky Pears and Chocolate Pudding and Chocolate Sauce	Apricot Slice	Raspberry Yogurt Ice Cream	Rose Flan Cake	Chocolate Malt Biscuits
<small>Bread and Salad will be available at Lunch Times</small>	Cheddar & Biscuits Fresh Fruit & Yogurt				

WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from... Meat or Fish option	Chicken Babi	Beef & Chorizo Stew	Roast Pork	Turkey Pastry	Fish Fingers
Veggie option	Tikka Mass Wraps	Baked Bean Goulash	Quorn Pilaf	Water Vegetable Cabbage	Cheddar & Biscuits Pie
Classic Combo option	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes
To go with Vegetables / Salad	Sausages Beetroot	Green Beans Cauliflower	Carrots Cabbage	Green Beans Sausages	Baked Beans Peas
Then add	New Bread Mixed Rice	Method Potatoes	Roast Potatoes	Homemade Garlic Bread	Chips
...and to finish! Choose from a tasty selection of puddings	Apple & Banana Crisp	Chocolate & Banana Cake and Chocolate Sauce	Vanilla Rice Pudding with Fruit and Zest	Blackberry Sponge and Custard	Chocolate Mousse
<small>Bread and Salad will be available at Lunch Times</small>	Cheddar & Biscuits Fresh Fruit & Yogurt				

WEEK 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from... Meat or Fish option	Turkey Chili Tacos	Chicken & Peas Bake	Beef and Yorkshire Pudding	Lamb Stew	Turkey Burger
Veggie option	Beef & Bean Veggie	Brent Potato & Lentil Taglio	Quorn Pilaf	Leek, Squash & Tomato Strata	Vegetable Burger
Classic Combo option	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes	Baked Beans, Grated Cheese, Tuna & Sausages, Cucumber, Salads & Tomatoes
To go with Vegetables / Salad	Carrot On The Stick Beetroot	Peas Sausages	Mixed Veg Cabbage	Green Beans Carrots	Baked Beans Peas
Then add	Savory Mixed Rice	Homemade Bread	Roast Potatoes	Method Potatoes	Chips
...and to finish! Choose from a tasty selection of puddings	Apple Caramel and Custard	Chocolate Out Cake	Autumn Cheesecake	Apple & Nougat Strudel and Custard	Cherry Cake
<small>Bread and Salad will be available at Lunch Times</small>	Cheddar & Biscuits Fresh Fruit & Yogurt				

Preparation notes – 12 portions

1. Pre-heat oven to 180c.
2. Place the 250g lentils, stock (making up to 2 litres for 12 people, more stock is needed towards the end of the cooking process than the beginning) and 3 cloves of garlic in a large pan. Bring to the boil, stirring, reduce heat and simmer for 20 mins.
3. In a separate pan fry 300g onions, 300g peppers in the oil. Add 1kg diced sweet potato, 1kg tomatoes, ground coriander, ginger and cayenne pepper. Season to taste.
4. Add the potato mix to the lentils and continue cooking for a further 20 mins until the potato is tender.
5. Garnish with fresh herbs.

