



## School Menu Proposal

prepared by





### Aim

To establish and implement a whole school approach to food and healthy eating

### Definition of Healthy Eating

Healthy eating is about maintaining a balanced diet. This means eating food from all the major 5 food groups in the right amounts

Bread, Cereals, and Potatoes

Fruit and Vegetables

Milk & Dairy

Meat, Poultry, Fish & alternatives

Fat & Sugar



Our menus have been designed to ensure that with a full uptake of all components a balanced diet is achieved.

This is especially important with children and young adults to ensure that all the necessary nutrients are gained that are essential for the body's growth, energy and the body's maintenance.

THE BRITISH INTERNATIONAL SCHOOL, CAIRO



Why choose a school meal ?

- ✓ Can provide one third of the daily nutrients a child requires for growth and development
- ✓ Encourages healthy eating from an early age
- ✓ Eating a nutritionally balanced meal at lunch time has been shown to aid concentration during afternoon lessons
- ✓ Helps develop the social skills of eating within a safe supervised dining room environment
- ✓ Convenient - Qualified Staff prepare and cook lunch saving parents time preparing a packed lunch
- ✓ Represents excellent value for money

Why choose Cilantro Catering ?

- ✓ Provides nutritious, well presented meal choices daily
- ✓ Promotes the healthy options and encourages their uptake
- ✓ Provides a service that meets the highest health and safety standards
- ✓ Proactive in recipe development and introduces new menu items
- ✓ Work in partnership with School principals, Teaching staff, Parents, pupils and other external partners to encourage positive changes in eating patterns over time
- ✓ Provides a service that meets the needs of our customers
- ✓ Strives for continuous improvement in all aspects of service

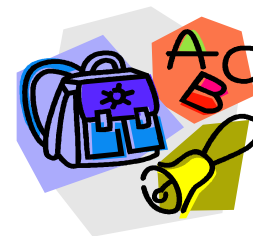
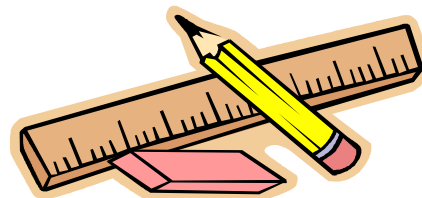




Proposed School Meals Term One

Week One & Three

	Sunday	Monday	Tuesday	Wednesday	Thursday
Main Meal	Lasagne	Chicken Sandwich	Picatta Mushroom	Roast Turkey with Gravy	Tuna Vegetable Casserole
Starch	Potato Wedges	Macaroni Cheese	White Rice	Roasted Potatoes	Penne Pasta
Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad
Bread	White Bread roll	Wholemeal roll	White Bread roll	Wholemeal roll	White Bread roll
Dessert	Fruit Salad	Jelly	Chocolate Mousse	Piece of Fruit	Crème Caramel





Proposed School Meals Term One

Week Two & Four

	Sunday	Monday	Tuesday	Wednesday	Thursday
Main Meal	Beef Burger	Chicken Kofta	Meatballs	Oven Baked Chicken Nuggets	Baked Fish
Starch	Penne Pasta	Khalta Rice	White Rice	Potata Wedges	Farfelle Pasta
Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad
Bread	White Bread roll	Wholemeal roll	White Bread roll	Wholemeal roll	White Bread roll
Dessert	Strawberry Mousse	Fruit Jelly	Chocolate Cup Cake	Piece of Fruit	Rice Pudding

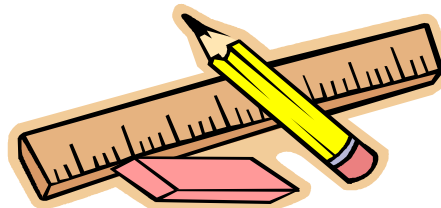




Proposed School Meals Term Two

Week One & Three

	Sunday	Monday	Tuesday	Wednesday	Thursday
Main Meal	Margarita Pizza	Beef Kofta	Chicken Provencale	Roast Beef with Gravy	Tuna Sandwich
Starch	Potato Wedges	Khalta Rice	Farfelle Pasta	Roasted Potatoes	Penne Pasta
Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad
Bread	White Bread roll	Wholemeal roll	White Bread roll	Wholemeal roll	White Bread roll
Dessert	Jelly	Fruit Salad	Vanilla Custard	Piece of Fruit	Swiss Roll





Proposed School Meals Term Two

Week Two & Four

	Sunday	Monday	Tuesday	Wednesday	Thursday
Main Meal	Negresco	Penne Bolognaise	Shish Tawook	Cheese Sandwich	Baked Fish Goujons
Starch	Potato Wedges	Penne Pasta	White Rice	Penne Pasta	Roasted Potatoes
Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad
Bread	White Bread roll	Wholemeal roll	White Bread roll	Wholemeal roll	White Bread roll
Dessert	Rice Pudding	Piece of Fruit	Jelly	FlapJack	Mixed Berry Mousse

