

## 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](mailto:cateringservices@thurrock.gov.uk)  
Visit: [thurrock.gov.uk/school-meals](http://thurrock.gov.uk/school-meals)



# Thurrock School Menu

Autumn/Winter Term



 [thurrock.gov.uk](http://thurrock.gov.uk)

## Week 1

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Week 2

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Week 3

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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

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



Analyse by: Per Portion  
Food Labelling: Default

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Daily Reference Intake (%)		11.3%	0.4%	0.3%	7.8%	3.9%	-	3.4%	5.2%	-	-	-	-	-	-	-	-	-	-	-	
Fresh Broccoli	0.20	0.2	0.0	0.0	0.0	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		0.0%	0.0%	0.0%	0.0%	0.0%	-	0.0%	0.0%	-	-	-	-	-	-	-	-	-	-	-	
Sweetcorn	50.00	155.8	0.7	0.2	0.0	4.1	-	5.8	1.3	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		7.8%	1.0%	1.0%	0.2%	4.5%	-	2.2%	2.5%	-	-	-	-	-	-	-	-	-	-	-	
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-	
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-	
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-	
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-	
Pineapple upside down cake	2310.00	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Wednesday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)







[illegible]

Green Beans	50.00	37.5	0.0	0.0	0.0	0.0	-	1.0	0.6	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		1.9%	0.0%	0.0%	0.2%	0.0%	-	0.4%	1.2%	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn	50.00	155.8	0.7	0.2	0.0	4.1	-	5.8	1.3	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		7.8%	1.0%	1.0%	0.2%	4.5%	-	2.2%	2.5%	-	-	-	-	-	-	-	-	-	-	-
Angel Delight	60.00	115.8	0.9	0.5	0.1	2.8	-	2.8	2.1	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		5.8%	1.3%	2.7%	1.2%	3.1%	-	1.1%	4.2%	-	-	-	-	-	-	-	-	-	-	-
Butter portions	6.20	184.8	5.0	3.2	0.1	0.0	-	0.0	0.0	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		9.2%	7.1%	16.2%	1.8%	0.0%	-	0.0%	0.1%	-	-	-	-	-	-	-	-	-	-	-
Cheese (dessert)	40.00	652.0	12.8	7.9	0.7	0.1	-	0.1	10.4	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		32.6%	18.3%	39.6%	12.0%	0.1%	-	0.0%	20.8%	-	-	-	-	-	-	-	-	-	-	-
Cream crackers	16.67	308.5	2.3	1.0	0.2	0.2	-	11.3	1.7	-	-	-	-	-	-	-	-	-	-	-
Daily Reference Intake (%)		15.4%	3.2%	5.2%	3.7%	0.3%	-	4.3%	3.3%	-	-	-	-	-	-	-	-	-	-	-
Yoghurt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Friday																					
Menu Item	Portion Weight (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Salt (g)	Total Sugar (g)	Free Sugar (g)	Carbohydrate (g)	Protein (g)	NSP (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Riboflavin (mg)	Vitamin D (µg)



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## Tudor winter menu 23 24 Week 2

Analyse by: Per Portion

## Food Labelling: Default

[illegible]

[illegible]

[illegible]

[illegible]



[illegible]



[illegible]

Thursday

[illegible]

[illegible]

[illegible]

[illegible]

Analyse by: Per Portion  
Food Labelling: Default

[illegible]





[illegible]

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[illegible]



[illegible]

## Weekly Menu: Tudor winter menu 23 24 Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Chicken Meatball in Tomato sauce	Chicken Paella	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Pasta	Spanish Style Quorn Fillet	Roast Quorn Fillet	Potato Wedges	Omelette
Macaroni Cheese	Rice	Roast Potatoes	Tomato Vegetable pasta bake	Chips
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Cheese	Cheese	Gravy	Cheese	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Tuna Mayo	Tuna Mayo
		Cheese		
		Tuna Mayo		
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Fresh Cauliflower	Fresh Broccoli	Fresh Carrots	Sweetcorn	Peas
Mixed Vegetables	Sweetcorn	Fresh Cabbage	Green Beans	Baked Beans
Baked Beans	Baked Beans	Baked Beans	Baked Beans	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Fruit Smoothie	Pineapple upside down cake	Fruit Jelly	Angel Delight	Carrot cake
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Butter portions	Butter portions	Butter portions	Butter portions	Butter portions
Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers

### Allergens

Chicken Meatball in Tomato sauce: **Celery**; Pasta: **Cereals containing gluten**; Macaroni Cheese: **Celery, Cereals containing gluten, Milk, Mustard**; Jacket Potato with a Choice of Filling: **No allergens**;

Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Fresh Cauliflower: **No allergens**; Mixed Vegetables: **No allergens**; Baked Beans: **No allergens**; Fruit Smoothie: **No allergens**; Yoghurt: **Milk**; Butter portions: **Milk**; Cheese (dessert): **Milk**; Cream crackers: **Cereals containing gluten**; Chicken Paella: **Celery**; Spanish Style Quorn Fillet: **Celery, Cereals containing gluten**; Rice: **No allergens**; Fresh Broccoli: **No allergens**; Sweetcorn: **No allergens**; Pineapple upside down cake: **Cereals containing gluten, Eggs**; Roast chicken: **Celery**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Fresh Carrots: **No allergens**; Fresh Cabbage: **No allergens**; Fruit Jelly: **No allergens**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Wedges: **No allergens**; Tomato Vegetable pasta bake: **Celery, Cereals containing gluten**; Green Beans: **No allergens**; Angel Delight: **Milk**; Fish Fingers: **Cereals containing gluten, Fish**; Omelette: **Eggs, Milk**; Chips: **No allergens**; Peas: **No allergens**; Carrot cake: **Cereals containing gluten, Eggs**

## Weekly Menu: Tudor winter menu 23 24 Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Quorn Hot Pot	Chilli con carne	Roast Gammon	Cheese & Tomato Pizza	Salmon Fingers
Meat Free Sausage Roll	Vegetable & Bean Fajitas	Roast Quorn Fillet	Potato Wedges	Vegetable Fingers
Herby Diced Potatoes	Rice	Roast Potatoes	Tuna Pasta Bake	Chips
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Cheese	Cheese	Gravy	Cheese	Cheese
Tuna Mayo	Tuna Mayo	Jacket Potato with a Choice of Filling	Tuna Mayo	Tuna Mayo
		Cheese		
		Tuna Mayo		
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Sweetcorn	Fresh Broccoli	Fresh Cauliflower	Sweetcorn	Peas
Baked Beans	Mixed Vegetables	Fresh Carrots	Green Beans	Baked Beans
	Baked Beans	Baked Beans	Baked Beans	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Frozen Yoghurt	Cocoa Sponge	Fruit Jelly	Oat Cookie	Banana Sponge
Yoghurt	Cocoa sauce	Yoghurt	Yoghurt	Yoghurt
Cheese (dessert)	Yoghurt	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)
Butter portions	Cheese (dessert)	Butter portions	Butter portions	Butter portions
Cream crackers	Butter portions	Cream crackers	Cream crackers	Cream crackers
	Cream crackers			

## Allergens

Quorn Hot Pot: **Celery, Eggs**; Meat Free Sausage Roll: **Cereals containing gluten**; Herby Diced Potatoes: **No allergens**; Jacket Potato with a Choice of Filling: **No allergens**; Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Sweetcorn: **No allergens**; Baked Beans: **No allergens**; Frozen Yoghurt: **Milk**; Yoghurt: **Milk**; Cheese (dessert): **Milk**; Butter portions: **Milk**; Cream crackers: **Cereals containing gluten**; Chilli con carne: **Celery**; Vegetable & Bean Fajitas: **Cereals containing gluten**; Rice: **No allergens**; Fresh Broccoli: **No allergens**; Mixed Vegetables: **No allergens**; Cocoa Sponge: **Cereals containing gluten, Eggs**; Cocoa sauce: **Milk**; Roast Gammon: **No allergens**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Fresh Cauliflower: **No allergens**; Fresh Carrots: **No allergens**; Fruit Jelly: **No allergens**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Wedges: **No allergens**; Tuna Pasta Bake: **Celery, Cereals containing gluten, Fish, Milk**; Green Beans: **No allergens**; Oat Cookie: **Cereals containing gluten**; Salmon Fingers: **Fish**; Vegetable Fingers: **Cereals containing gluten**; Chips: **No allergens**; Peas: **No allergens**; Banana Sponge: **Cereals containing gluten, Eggs**

## Weekly Menu: Tudor winter menu 23 24 Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Pork Sausages	Creamy Chicken Curry	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Vegan Sausage	Sweet Potato & Spinach Dhal	Roast Quorn Fillet	Potato Wedges	Quorn Dippers
Mash Potatoes	Naan Bread	Roast Potatoes	Tomato and Basil Pasta	Chips
Jacket Potato with a Choice of Filling	Rice	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Tuna Mayo	Jacket Potato with a Choice of Filling	Gravy	Tuna Mayo	Tuna Mayo
Cheese	Tuna Mayo	Jacket Potato with a Choice of Filling	Cheese	Cheese
	Cheese	Tuna Mayo		
		Cheese		
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Fresh Broccoli	Mixed Vegetables	Fresh Carrots	Sweetcorn	Peas
Baked Beans	Fresh Cauliflower	Fresh Cabbage	Green Beans	Baked Beans
Fresh Fruit	Baked Beans	Baked Beans	Baked Beans	Fresh Fruit
	Fresh Fruit	Fresh Fruit	Fresh Fruit	
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Mixed Berries and Ice Cream	Lemon Drizzle Cake	Fruit Jelly	Ice Cream Roll	syrup Sponge
Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Cheese (dessert)	Custard
Butter portions	Butter portions	Butter portions	Butter portions	Cheese (dessert)
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Butter portions
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Cream crackers

Monday	Tuesday	Wednesday	Thursday	Friday
				Yoghurt

#### Allergens

Pork Sausages: **Cereals containing gluten, Soya**; Vegan Sausage: **Cereals containing gluten**; Mash Potatoes: **No allergens**; Jacket Potato with a Choice of Filling: **No allergens**; Tuna Mayo: **Eggs, Fish**; Cheese: **Milk**; Fresh Broccoli: **No allergens**; Baked Beans: **No allergens**; Fresh Fruit: **No allergens**; Mixed Berries and Ice Cream: **Milk**; Cheese (dessert): **Milk**; Butter portions: **Milk**; Cream crackers: **Cereals containing gluten**; Yoghurt: **Milk**; Creamy Chicken Curry: **Celery, Mustard**; Sweet Potato & Spinach Dhal: **Celery, Mustard**; Naan Bread: **Cereals containing gluten**; Rice: **No allergens**; Mixed Vegetables: **No allergens**; Fresh Cauliflower: **No allergens**; Lemon Drizzle Cake: **Cereals containing gluten, Eggs**; Roast chicken: **Celery**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Fresh Carrots: **No allergens**; Fresh Cabbage: **No allergens**; Fruit Jelly: **No allergens**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Wedges: **No allergens**; Tomato and Basil Pasta: **Celery, Cereals containing gluten**; Sweetcorn: **No allergens**; Green Beans: **No allergens**; Ice Cream Roll: **Cereals containing gluten, Eggs, Milk, Soya**; Fish Fingers: **Cereals containing gluten, Fish**; Quorn Dippers: **Cereals containing gluten**; Chips: **No allergens**; Peas: **No allergens**; syrup Sponge: **Cereals containing gluten, Eggs**; Custard: **Milk**