

Reddish Vale High School 2018-2019

Meals

We are very happy to supply our quality meals as a money saving meal deal. This is a way of getting real value for money. The meal deal consists of the lunch and a dessert to choose from. It will include ice cream tub or a packet of 3 biscuits. There is also a drink of squash with the meal, this requires you to bring a bottle for us to provide 200ml of juice. We no longer use one usage plastic cups.

Takeaways

If a takeaway meal is required then the teacher will issue you with a pass to state this. It will be required that you provide your own plastic container as we no longer purchase polystyrene boxes. Without a pass from the teacher takeaways will not be given.

Special Diets

If you require a special diet please speak to the catering manager Linda Banks.

Allergen Awareness

We are also very allergen aware. We have all the allergens on file for our meals. If you have any concerns please ask. All wrapped packages such as sandwiches are already pre labelled to show the allergens.

Home baking

All our baking is homemade.

Drinks

All our drinks are School compliant. We supply still fruit drinks and bottled water. **Energy drinks and Lucozade are not allowed in school.**

Meals

We have a good variety of meals that we produce.

Pasta meals with toppings that are homemade.

Baked potato meals

Rolls and sandwiches

Hot filled Paninis.

Main meals of the day.

The meals do not have to be taken as a meal deal, but it is more cost effective to have the meal deal.

Breakfast service

We also offer a breakfast and break service. The breakfast is served from 8am – 8.30am

Reddish Vale High School Price List September 2018

Breakfast Menu

Toast 0.30

Pancakes 0.30

Sausage on roll 0.80

Small bacon roll 0.80

Melted cheese roll 0.80

Cereal box with/without milk 0.70

Beans on 1 toast 0.80p / 2 toast £1.10

Large warm croissant 0.70

Fresh fruit item 0.40

Fresh fruit box £1.50

Butter/jam portion 0.05

Crumpet 0.30 or teacake 0.50

Drink Price Lists

Radnor fruit drinks all flavours 0.80

Mooies milkshakes all flavours 0.60

Cuplets apple and orange 0.35

Water 500ml 0.60

Water small 0.40

Milk 500ml 0.60

Tea 0.40

Hot drinks from the machine, chocolate and a variety of coffee 0.70

Refill your 250ml bottle with juice for just 0.40 Lunchtime only.

Pasta meals

Plain pasta 0.80

Pasta and baked beans £1.30

Pasta and tuna £1.50

Pasta and cheese £1.40

Pasta and homemade tomato and herb topping £1.50

Pasta and meatballs (4) in sauce £1.80

Pasta with bbq chicken £2.00

Salad available

Baked potato meals

Plain potato 0.80

Potato with baked beans £1.30

Potato with tuna £1.50

Potato with homemade tomato and herb topping £1.50

Potato with meatballs in sauce £1.80

Potato with cheese £1.40

Potato with bbq chicken £2.00

Butter 0.05

Bread rolls available

Dessert prices

Homemade pudding and custard 0.80

Crumble, Bakewell, syrup sponge, cornflake tart, sponges, chocolate sponges, baked and steamed.

Homemade flapjack 0.70

Homemade shortbread 0.70

Homemade chocolate crunch 0.70

Homemade large cookies 0.50

Plain or chip

Chocolate

Ginger

Coconut

We are very proud to say that we bake all our desserts from fresh ingredients on site.

Meal deals

We offer a carefully planned nutritious meal and dessert in our meal deal for just £2.25.

The main meal of the day plus a packet of biscuits or tub of ice cream is included in the price. Also we will fill small bottle with juice if an empty bottle is provided. No more than 200ml.

We are working towards stopping one use plastics. If a takeaway box is required please provide this from home as we no longer will be supplying polystyrene boxes. Also a pass is required, signed by the member of staff that has requested it.

We are very allergy aware and all sandwiches have allergy labels. Also on site are all the folders showing the allergens present in the meals. **If in doubt, please ask.**

We hope that you enjoy your experience of our lovely home cooked meals.

We are always happy to help. Feel free to speak to the catering manager Linda Banks if you have any concerns.

All main meals include protein item and carbohydrates and pulses. Also 2 vegetables.

Main meals weekly

Monday

Pizza and spicy wedges with veg or baked beans. Includes drink (if empty bottle is provided, or a drink can be purchased. Also includes ice cream or a packet of biscuits. Also there is always another main meal too. Plus there is always a vegetarian option. Any special diets can also be catered for.

Tuesday

Homemade chicken curry and rice

Naan bread available as an extra

Plus another dish of the day

Wednesday

Roast beef or chicken. This includes chosen meat, mashed potatoes, roasted potatoes, veg, Yorkshire pudding and gravy.

Plus another dish of the day.

Thursday

Spicy or plain chicken on a soft roll with spicy wedges. This can be served as chicken on a bun or as a meal deal.

Plus another dish of the day

Friday

Fish and chip day. Includes either mushy peas or baked beans. Curry sauce is charged at an extra 40p.

Plus another dish of the day

Deli, Rolls and sandwiches, hot Panini's

Sandwich in wedge with/without salad, includes 500ml water or packet biscuits £1.70

Brown roll, Panini, baguette filled with salad and various fillings. This includes 500ml water or packet biscuits. £2.00

Wraps cold filled with chicken tikka or chicken and bacon (both have mayo) includes water 500ml or packet biscuits £1.80

Small Panini or baguette roll £1.10

Ploughman's lunch

Large salad includes 2 meats and roll and butter. If you require different filling please ask. Please note that salads have to be ordered before 9am on the day. Also you can set up certain days that you require.