

Reddish Vale High School 2019-2020

Meals - FSM allowance is £2.25 per day spend.

We are happy to supply meal deals to save cost to students that are more cost effective. The meals provided are great value for money. The main meal of the day will also include a tub of ice cream or a 3 packet of biscuits. All foods are available to be bought without the meal deal. Also we provide sandwiches, baked potato meals pasta meals and hot Paninis 10". We provide water in the dining room from a machine which is ice cold. Your child will need to provide an empty bottle to fill up. We no longer provide one use plastics for drinks.

Takeout meals

We do not encourage this. If it is required to take to an activity or revision, your child will need a plastic box with lid to put the meal into. Also a note from the teacher will be required or we cannot supply. Hot Paninis can be taken out if necessary.

Allergen Aware

We are very allergen aware and have the meals on file on request. Any concerns please ask Linda Banks the catering manager. All wrapped sandwiches, rolls, will have the allergen sticker printed on the label.

Special diets

We can and will provide any special dietary requests. If this is required please speak to the catering manager beforehand. We also provide meals that are suitable for all students. All of our baking is homemade.

Drinks

All of our drinks are compliant with the government standards. We do not supply fizzy drinks. **Energy drinks ARE NOT allowed in schools.**

Breakfast Service

We also offer a breakfast for any students that wish to take it. The prices vary for the required items. Available 8am to 8.30am in the main dining room.

Break

For yr.7 in U block, the rest of the school in the main dining room.

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Price lists

Breakfast / break Menu

Toast 30p

Pancake 35p

Sausage on a soft roll 85p

Small bacon on a soft roll 85p

Large bacon on large barm £1.30

Melted cheese roll 85p

Cereal box with / without milk 70p

Large warm butter croissant 70p

Fresh fruit 40p

Lge fresh fruit box £1.50p

Jam on toast 40p

Jam pot 10p

Lge toasted fruited tea cake 60p

Sauce sachet free with food.

Drink price list

Radnor fruit drinks all flavours 80p

Milkshake carton 60p

Pure juice cuplet orange / apple 35p

Juice cartons 60p

Hot chocolate / coffee 70p in a lidded cup (breakfast and lunch only) **must not be taken out of the canteen.**

Small water (still) 40p

Large water (still) 60p, when empty can be filled with juice 200ml at lunch with meal deal free.

Milk pint in plastic bottle 60p

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Pasta Meals

Plain pasta twists 90p

Pasta including beans or salad £1.50

Pasta including tuna £1.65

Pasta including homemade hot tomato sauce £1.65

Pasta including homemade sauce with 4 meatballs £2.00

Pasta including cheese £1.50

Hot Paninis

Hot 10" cheese and ham Paninis £2.10

Garlic bread slice 30p

Baked Potatoes

Cooked in a baked potato oven to increase the flavour

Large baked potato plain with butter £1.00

Baked potato filled with homemade tomato and herb topping £1.75

Baked potato filled with homemade sauce and meatballs £2.00

Baked potato and low salt baked beans £1.50

Baked potato and grated cheese £1.60

Baked potato filled with tuna and mayo £1.65

Side salad is free with filled potato meals above.

Portion of

Plate salad

We also do plate salads to order. This includes salad and 2 meats, cheese or tuna and a fresh petit pain and butter. When ordering please state which 2 fillings you req

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Dessert prices

Iced sponge and custard 90p

Plain custard 30p

Homemade cookies large 50p

Slice of flapjack homemade 70p

Shortbread 70p

Chocolate crunch 70p

Ice cream tub 40p

Fresh fruit 40p

Lge fruit box £1.50

Yoghurts 40p (low fat and full fat)

Packet x 3 assorted biscuits 30p

Homemade cookies are plain, choc, choc chip, ginger and also oat.

We are very pleased to say that the biscuits and bar cakes are baked freshly every day from fresh ingredients.

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Meal deals

We offer a carefully planned nutritious meal and dessert in our meal deal and the cost is £2.25.

The main meal plus ice cream tub or packet of biscuits. Provide your small empty bottle and get 200ml diluted fruit juice in your bottle.

We are still working towards stopping all one use plastics. We have recently received a machine from one of our suppliers to recycle plastic bottles. So please post your empty bottle if not re-useable into the machine. Every 25 bottles posted will drop a token that when taken to the counter a lge bottle of water or a homemade cookie will be given to you.

The company that supplies the machine to re cycle plastic, collect the bottles every week and they take them back to their company whom have their own re cycle plant. A very good idea.

If in doubt or are concerned about anything please do not hesitate to ring Linda Banks catering manager.

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

We are always happy to help. Just ask if you are concerned about anything at all. We will happily help you.

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Monday

Main meal pizza and spicy wedges, baked beans or sweetcorn, plus veg choice

Tuesday

Main meal chicken curry and rice also vegetarian option will be available

Wed

Main meal roast lunch. Chicken or veg option with roast, mash, veg and a Yorkshire pud

Thursday

Spicy or plain chicken coated and oven cooked on a 4"soft bun. Spicy wedges or chips, beans or salad. Veg option.

Friday

Ovenable battered cod fillet served with chips and mushy peas. Curry sauce is available for an extra 40p.

If having a meal deal there will be the extra charge for the curry sauce. (40p)

The theme days stay the same for the 3 weeks but the alternative meal of the day will change.

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Hot panini, sandwich or lge filled roll.

Cheese and ham panini

Plain or with salad sandwiches include a 500ml free bottle of water as the deal

Large filled rolls, chicken tikka / mayo, chicken and bacon / mayo or ham or chicken filled with salad include free 500ml water

Hot cheese and ham panini also gets a free bottle of water as the deal

Don't want the water? Then you can have a 3 pkt of biscuits.

