



*Always Fresh, Fun and Personal*



## Ordering school meals at Hopelands Preparatory School

We are pleased to announce that from the 25th April our school meals will be provided by CaterCater. Based in Highnam they are a small local company that cater for 10 primary schools in Gloucester.



Within this booklet you will find their menus for the summer term, and information on special diets.

If you have any questions, please contact the school office [admin@hopelands.org.uk](mailto:admin@hopelands.org.uk) and we will help with any questions.

**"WE ARE THRILLED TO BE PROVIDING THE CATERING FOR HOPELANDS PREPARATORY SCHOOL AND LOOK FORWARD TO CREATING GREAT TASTING, NUTRITIOUS MEALS FOR YOUR CHILDREN."**

Paul Holmes  
CaterCater Director



Our new freshly prepared meals will be delivered in Reiber boxes, keeping hot meals to temperature until they are served to children. Reiber are experts in food transport & serving, enabling CaterCater to transport delicious meals fresh from the oven.

### *Contact Us*

If you have any questions, or would like to discuss any special diets, please contact the school office via email: [admin@hopelands.org.uk](mailto:admin@hopelands.org.uk)



## CaterCater Allergies and Special Diets Parent's Guide

### SAFETY IS OUR NUMBER ONE PRIORITY

Every member of our management team is also a parent so we understand the intricacies of ensuring your child has a healthy and balanced diet. This becomes even more pressing when a child has allergies or food intolerances.

We are here to help and are able to create safe meals for your child so that they can enjoy safe, nutritional meals alongside their friends. Our team adapt our menus and can create specific dishes to accommodate your child's needs including gluten free and vegan.

If you have any questions or would like a copy of our allergen brochure, or gluten free menu, please contact school office on 01453 822164.

### Ordering Meals:

Please order meals termly in advance.

## Nutrition

Our Nutritionist, Claire Saunders works with our team of development chefs ensuring compliance with the school food plan and packing our menus with nutritional goodness.

School meals provide a well considered balance of carbohydrates, fats and proteins; ideal to keep children with steady fuel for the task of learning.

Wholesome home cooked meals, full of fresh fruit and vegetables to give your child the energy they need.





# SCHOOL DINNER MENU

Child's name.....

Class.....

Please tick boxes below next to your choice.



## MONDAY

Macaroni Cheese & Garlic Slice   
Or  
Vegetarian Sausage, Mash, Peas & Gravy   
Or  
Jacket Option   
& Freshly Baked Cookie

**Packed Lunch**  
Ham  Jam  Cheese

## TUESDAY

Chicken Tikka Served With Rice   
Or  
Fresh Tomato Soup & Baguette   
Or  
Jacket Option   
& Fresh Fruit Pot

**Packed Lunch**  
Ham  Jam  Cheese

## WEDNESDAY

Meatballs In Tomato Sauce Served With Fusilli   
Or  
Cheese & Broccoli Quiche & New Potatoes   
Or  
Jacket Option   
& Chocolate Brownie

**Packed Lunch**  
Ham  Jam  Cheese

## THURSDAY

Roast Turkey, Roast Potatoes & Fresh Veg   
Or  
Cheese & Onion Pasty   
Roast Potatoes & Fresh Veg   
Or  
Jacket Option   
& Lemon Drizzle Cake

**Packed Lunch**  
Ham  Jam  Cheese

## FRIDAY

Battered Fish, Chips & Peas   
Or  
Quorn Burger, Chips & Peas   
Or  
Jacket Option   
& Fruity Yoghurt

**Packed Lunch**  
Ham  Jam  Cheese

### AVAILABLE DAILY:

#### PACKED LUNCH:

A choice of Ham, Cheese or Jam Sandwich  
**ALSO WITH:**  
Pom Bears  
Apple Juice  
Yoghurt  
Fresh Fruit

WEEK ONE

Creamy Chicken Korma & Rice   
Or  
Creamy Vegetable Korma & Rice   
Or  
Jacket Option   
& Vanilla Ice Cream

**Packed Lunch**  
Ham  Jam  Cheese

Red Tractor Beef Bolognaise & Garlic Slice   
Or  
Lentil & Sweet Potato Curry & Rice   
Or  
Jacket Option   
& Chocolate Sponge & Sauce

**Packed Lunch**  
Ham  Jam  Cheese

Cheese, Tomato & Basil Pasta Bake And Garlic Slice   
Or  
BBQ Jackfruit Taco & Bean & Rice   
Or  
Jacket Option \*   
& Strawberry Jelly Pot

**Packed Lunch**  
Ham  Jam  Cheese

Roast Chicken, Roast Potatoes & Fresh Veg   
Or  
Vegetable Lattice, Roast Potatoes & Fresh Veg   
Or  
Jacket Option   
& Iced Carrot Cake

**Packed Lunch**  
Ham  Jam  Cheese

Fish Cake, Chips & Peas   
Or  
Fishless Finger, Chips & Peas   
Or  
Jacket Option   
& Fruity Yoghurt

**Packed Lunch**  
Ham  Jam  Cheese

### ALSO AVAILABLE DAILY:

Freshly Baked Jacket Potato:  
With a choice of Fillings:  
Cheese  
Beans  
Tuna  
\*Smoked Salmon  
& Cream Cheese

WEEK TWO

Beef Meatballs, Mash, Peas & Gravy   
Or  
Vegetarian Meatballs, Mash, Peas & Gravy   
Or  
Jacket Option   
& Freshly Baked Cookie

**Packed Lunch**  
Ham  Jam  Cheese

Roasted Vegetable & Tomato Pasta Bake And Garlic Slice   
Or  
Vegetarian Chili & Rice   
Or  
Jacket Option   
& Apple Sponge & Custard

**Packed Lunch**  
Ham  Jam  Cheese

Hot Dog With New Potatoes & Coleslaw   
Or  
Vegi Hot Dog With New Potatoes & Coleslaw   
Or  
Jacket Option   
& Chocolate Brownie

**Packed Lunch**  
Ham  Jam  Cheese

Roast Gammon Roast Potatoes & Fresh Veg   
Or  
Vegan Bean Lasagne   
Roast Potatoes & Fresh Veg   
Or  
Jacket Option   
& Orange Flavoured Jelly

**Packed Lunch**  
Ham  Jam  Cheese

Chicken Nuggets, Chips & Peas   
Or  
Vegan Nuggets, Chips & Peas   
Or  
Jacket Option   
& All Butter Flapjack

**Packed Lunch**  
Ham  Jam  Cheese

### A SELECTION OF FRESH SALADS OR CRUDITIES AVAILABLE DAILY



**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of staff for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination. **Contact [kitchen@catercater.co.uk](mailto:kitchen@catercater.co.uk)**



WEEK THREE