



Lunchtime Meals

@ Heatherside Junior
School

Stir.
let's eat, together

SCHOOL MEALS BY STIR FOOD LTD.
SEPTEMBER 2025

About Us

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Stir Food is delighted to be the chosen caterer that will provide lunchtime meals to the children at Heatherside Junior School. We're really looking forward to welcoming them into the dining room and serving them delicious, home-cooked food.

Full of Flavour and Fun

We pride ourselves on serving food to our customers that they love to eat. We involve them in designing our menus and take feedback into account to make sure that every single dish we create is just right for our young customers.

The food children eat at school plays an important role in their wellbeing, and eating a well-balanced diet not only helps to maintain and improve their health but also sets them on the right track for later life. We really understand this and that's why we're passionate about serving fresh, high quality and locally sourced food that is prepared and cooked in our kitchens, so we can guarantee they are healthy and balanced.

We also love to add some fun to the dining room - most of us have strong memories of our school lunches and we want to make sure those memories are positive. Therefore, we work hard to create dining experiences that are welcoming, warm, social and fun. We want our customers to look back at their school lunches and not only remember eating delicious food, but also having a great time with their friends!



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Fresh and Local

We are proud supporters of local and regional farmers. There are so many incredible producers right on our doorstep so we make the most of it! This has lots of benefits, including supporting the local economy, safeguarding local jobs, telling important stories about local farming families and of course, ensuring we've got the best, freshest ingredients on our menus!



It also helps us to be sustainable - we're passionate about enhancing our customers' lives and that means helping combat climate change to support their futures. We use local, seasonal, traceable ingredients in our menus to reduce the carbon footprint of our services.

Free Lunches!

The Free School Meals scheme is a fantastic initiative by the Government to ensure that all children can eat a delicious, nutritious and filling meal each and every day.

Children in Reception, Year 1 and Year 2 are all entitled to Free School Meals and for pupils in Year 3 and upwards, there is a simple application form if you receive certain benefits. We can provide support through the application process so feel free to get in touch if you have any questions.



Research shows that school meals are consistently more nutritious than packed lunches, giving the children who eat them a better foundation for good health.

www.gov.uk/apply-free-school-meals

Here are just a few benefits to the Free School Meals initiative:

- You know your child will eat a hot, filling meal each school day
- You can be confident that our meals are healthy and balanced thanks to our company nutritionist's support
- You can help your school get extra funding through the Pupil Premium initiative.

Our Menus



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We change our menus twice a year, keeping the children's traditional favourites on but also adding in some new dishes that they might not have tried before.

We also like to introduce our customers to new flavours and textures to help broaden their taste horizons!

We can organise taster sessions before any menu changes to help the children feel more comfortable trying new things on the menu.



We're proud to share that our core school menus have been awarded the Soil Association's prestigious Bronze Food for Life (FFL) Award - a mark of quality that shows our commitment to serving fresh, healthy, and sustainably sourced meals every day.

Lunch Menu

Week 1



w/c: 01/09, 22/09, 13/10,

MONDAY
Mediterranean Chicken
Served with Khobez Bread & Roasted Vegetables

TUESDAY
Homemade Margherita Pizza
Served with Baked Potato Wedges and Coleslaw or Peas

WEDNESDAY
Roast Gammon
Served with Crispy Roasties, Broccoli & Gravy

THURSDAY
Lamb Jollof Rice
Served with a Crunchy Slaw

FRIDAY
Golden Fish Fingers
Served with Chips & Baked Beans

Vegetable Tagine
Served with Khobez Bread & Roasted Vegetables

Homemade Pizza al a Pesto
Served with Baked Potato Wedges and Coleslaw or Peas

Carrot & Stuffing Plait
Served with Crispy Roasties, Broccoli & Gravy

Sweet Potato & Black Bean Curry
Served with Steamed Rice & Crunchy Slaw

Roasted Vegetable Pitta Pockets
Served with Chips & Baked Beans

Penne Pasta with Nut free Spinach and Basil Pesto

Penne Pasta with Nut free Spinach and Basil Pesto

Penne Pasta with Homemade Tomato Sauce

Penne Pasta with Nut free Spinach and Basil Pesto

Penne Pasta with Homemade Tomato Sauce

Jacket Potato
with Cheese or Baked Beans or Tuna Mayo

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Apple Crumble Cake

Jelly & Fruit Slices

Carrot & Cinnamon Cookies

Fruit Salad

Hob Nob Biscuit 50/50 Wholemeal

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key



Lunch Menu

Week 2



w/c: 08/09, 29/09, 20/10,

MONDAY

Char Sui Pork
Served with Noodles & Green Cabbage

TUESDAY

Homemade Pizza Margherita
Served with Paprika Wedges & Coleslaw

WEDNESDAY

Chicken, Sage & Onion Slice
Served With Crispy Roasties, Carrots, Sweetcorn & Gravy

THURSDAY

Bombay Chicken Biryani
Served with Wholegrain Rice & Broccoli

FRIDAY

Golden Fish Fingers
Served with Chips & Baked Beans

Chow Mein Noodles
Served with Green Cabbage

Vegetable Supreme Pizza
Served with Garlic & Herb Wedges and Coleslaw or Peas

Crispy Cheese & Lentil Bake
Served With Crispy Roasties, Carrots, Sweetcorn & Gravy

Malai Koftas (Paneer)
Served with Wholegrain Rice & Broccoli

Sweet Potato, Leek & Cheese Quiche
Served with Chips & Baked Beans

Penne Pasta with Homemade Tomato Sauce

Penne Pasta with Nut free Spinach and Basil Pesto

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Jacket Potato
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Vanilla Sprinkle Sponge

Watermelon Sticks

Chocolate Brick

Fruit Bowls

Oatie Cookie

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key



Lunch Menu

Week 3



w/c: 15/09, 06/10, 27/10

MONDAY

Chicken Tacos
Served with Rainbow Rice & Sweetcorn

TUESDAY

Homemade Sausage Rolls
Served with Wedges & Baked Beans

WEDNESDAY

Roast Chicken Thigh
Served with Crispy Roasties, Carrots & Sweetcorn

THURSDAY

Mac n Cheese with a Crispy Crumb Topping
Served with Green Beans

FRIDAY

Golden Fish Fingers (Salmon Or Pollock)
Served With Chips & Garden Peas

Eat Curious Tacos
Served with Rainbow Rice & Sweetcorn

Homemade Cheese & Onion Rolls
Served with Wedges & Baked Beans

Cheesy Root Veg Crumble
Served with Carrots & Sweetcorn

Vegetable & Bean Chilli
Served with Steamed Rice & Green Beans

Vegetable Fingers
Served with Chips & Baked Beans

Penne Pasta with Homemade Tomato Sauce

Penne Pasta with Nut free Spinach and Basil Pesto

Penne Pasta with Homemade Tomato Sauce

Penne Pasta with Nut free Spinach and Basil Pesto

Penne Pasta with Homemade Tomato Sauce



Jacket Potato
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with Cheese or Baked Beans or Tuna Mayo



Orange & Cinnamon Cake

Fruit Bowls

Vanilla Ice Cream Cup

Jelly & Fruit Slices

Polish Vanilla Cookies

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

Icon Key



Our Menus



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We use simple icons on our menus. These icons show things like if a meal is high in protein, vegetarian, or good for your gut. This analysis is done by qualified Nutritionists. This helps you to easily see what your children are eating, and it helps them to learn about healthy choices in a simple way. We believe knowing what's in your food makes everyone happier and healthier.

Stir:

Added Plant Power

Why it's good?
Dishes with this label are over 50% plants like fruits, vegetables and beans, making them great for your health and the planet too!

Stir:

Full of Fruit

Why it's good?
When a dish is full of fruit, it's packed with over 50% fruit, adding natural sweetness and healthy vitamins to your day!

Stir:

Good for your Gut

Why it's good?
Fibre keeps your tummy healthy, helps you feel full longer, and makes it easier to focus in school!

Stir:

Oily Fish

Why it's good?
Oily fish gives your body vitamin D for strong bones and teeth, plus omega-3 to power your brain and help you grow!

Stir:

Extra Protein Power

Why it's good?
Protein helps you grow strong, build muscles and stay healthy - check for this label to know you're getting extra!

Stir:

Vegan

Why it's good?
A vegan meal has no meat, or dairy, but is full of delicious veggie, fruit, beans and grains that help you grow strong and stay healthy! It gives you all the vitamins and energy you need without any animal products.

Stir:

Vegetarian

Why it's good?
A vegetarian meal doesn't include meat, but it can have dairy or eggs, along with yummy veggie, beans, and grains that help you grow strong and stay healthy! They give you all the vitamins and energy you need.

Stir:

Wholemeal

Why it's good?
Wholemeal foods, like brown bread and pizza, are packed with fibre to help keep your tummy healthy and working well every day!



Lunch Menu					Week 2				
w/c: 03/03, 24/03, 14/04, 05/05, 26/05, 16/06, 07/07									
MONDAY Beef Burger in a Bun Served with Wholegrain Pasta Salad & Side Salad	TUESDAY Chicken Tikka Masala Served with a Wholegrain Rice & Broccoli	WEDNESDAY Roast Chicken Served With Crispy Roasties, Carrots, Sweetcorn & Gravy	THURSDAY Margherita Pizza Served with Baked Potato Wedges and Colestlaw or Peas	FRIDAY Golden Fish Fingers (Salmon Or Pollock) Served with Chunky Chips & Peas					

Week 3		
WEDNESDAY Roast Turkey Served with Crispy Roasties, Carrots & Sweetcorn	THURSDAY Mac n Cheese with a Crispy Crumb Topping Served with Broccoli	FRIDAY Golden Fish Fingers Served With Chunky Chips & Baked Beans
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Food for Everyone

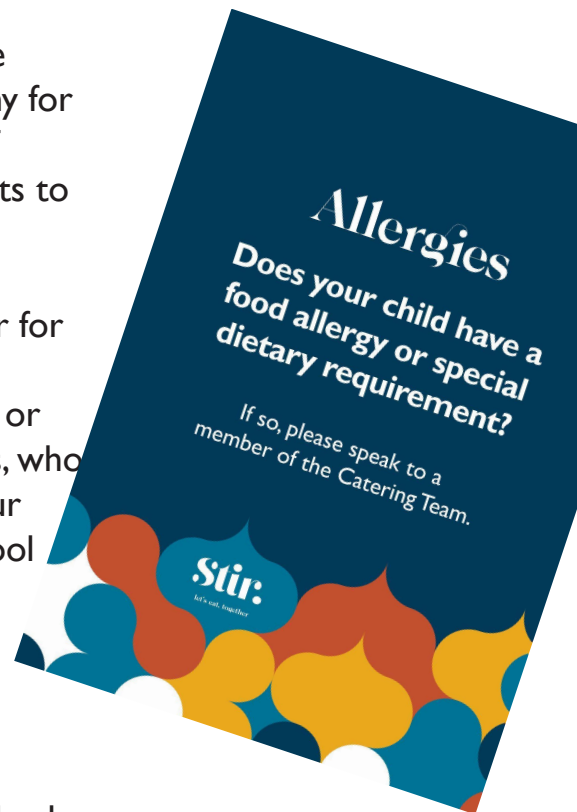
Many parents believe their child can't have school meals because they have a special dietary requirement, such as an allergy or intolerance. We believe that every child should be able to enjoy a delicious school lunch that is safe and healthy for them to eat. We can provide meals for a very wide range of dietary requirements, from cultural or religious requirements to medical requirements.

We have a lot of experience in this area, as we already cater for many children in our schools who need specialised menus, whether it's egg-free, gluten-free, carb counted, vegan, Halal or more. We also cater for children with swallowing difficulties, who need softer foods. Therefore, you can be confident that your child will have a menu available so they can experience school meals alongside their peers!

We have robust food safety procedures, allergy policies and regular training sessions for our staff, to ensure we do this safely. We also have experts within our business who can provide support, from our Health and Safety team to our Head of Nutrition.

It's important that we get a chance to speak to parents or carers of children who require special diets. This helps us understand the child's requirements and means we can work together to create a bespoke menu. It also means you can ask us questions, talk about any concerns and understand how we keep your child safe. We sometimes need details from a medical professional such as a GP, but we will let you know in advance if this is the case.

Please get in touch with the school or our catering team if you would like to discuss a special menu to cater for your child's dietary requirements.



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Food Education

We know we have a responsibility to help our customers develop healthy habits that they can take on into later life. Our menus give children great insight into a healthy, balanced diet, but we know that's not enough.

For that reason, we've worked hard on a plan to help our schools teach their children about food, nutrition and a healthy lifestyle. This takes many forms, including cookery workshops with our catering team, nutritional assemblies and some fun activities during lunchtime and beyond!



We also have regular 'theme days', which enable us to showcase different cuisines and just add some fun! Theme days are fun lunchtime experiences with special menus designed to add some excitement to the day.

We travel the globe, with menus from Mexico to Malaysia, India to Italy, Japan to Jamaica. We also celebrate events like Wimbledon, Easter, Diwali, Eid and much more give children a taste of the traditional foods associated with each celebration.



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Going Green



Care for the communities we work with and respect for the environment we live in is really important to us.

As a school caterer, we have a duty to play a part in educating our young customers about sustainability and setting an example of how we can care for the environment.

We train our teams on how to conserve energy and we reduce food miles through our use of regional suppliers and fresh, seasonal produce.

We ensure that all of our suppliers are also acting sustainably and work with them to introduce new ideas, products and innovations. We seek out suppliers with accreditations such as Red Tractor, British Lion, MSC- approved and Fairtrade, to really drive an environmental focus across all parts of our business.

Some ideas we've introduced over the last few years include:

- Having our used cooking oil collected and converted into bio-fuel
- Reducing our use of single-use plastics and using biodegradable or compostable alternatives wherever possible
- Offering more plant-based options to reduce the environmental strain of the meat industry.

Why choose School Meals



We think there are loads of great reasons to choose school meals for your child:

- Our recipes and menus have been created by passionate, creative and experienced chefs who ensure that they're delicious and full of flavour, whilst still being balanced and healthy.
- Our staff are thoroughly trained in Health and Safety and Food Safety, to prepare meals with your child's wellbeing as the top priority, including if they have special dietary requirements.
- It saves parents and carers hours making packed lunches each week (giving you more quality time with your family!)
- We work in partnership with our schools and their families to make sure that our catering service meets your specific wants and needs.
- Our school meals offer fantastic value for money, as children get hot and filling meals for excellent prices. They could even be free if you are entitled to Free School Meals! Check here - www.gov.uk/apply-free-school-meals
- Children who are entitled to Free School Meals receive exactly the same choice as their peers and no-one will ever know they are eligible - it's easy to apply and our team can provide information and support
- The healthy eating habits and social skills children pick up in our restaurants help to enhance their future as they take this on into their adult lives, setting them up for a healthy, happy life.
- We have experience working with fussy eaters and can help your child in their journey of trying new foods!
- Through the Pupil Premium, you could be supporting your school to get extra funding!



Special Diets/Allergy Form
Please send the completed form to:
info@stirfood.co.uk

The Company is committed to providing meals for children with special diets for medical and cultural requirements.

It is essential that all parties concerned work together when providing a safe, special diet and that this is reviewed with every menu change. Therefore, please ensure this form is fully completed.

If the parents and Head teacher are happy, we will also display a 'Food Allergy Record Sheet' and a photo of the child on the kitchen wall near the server.

It is helpful if forms are accompanied with a referral letter or other information from a medical professional (GP/consultant/dietician), if possible.

Students Details					
School/Academy				Male	Female
Student's Name					
Student's Class					
Diet required or allergy information <i>(please tick)</i>	Peanut	Milk	Crustacean	Soybean	Fish
Can have 'may contain'? YES or NO	Celery	Nuts	Sesame Seeds	Mustard	Lupin
	Eggs	Molluscs	Gluten	Sulphites	*Other
	*Other – Please state				
Please provide details of the nature of the allergy/intolerance					
Has the allergy or intolerance been medically diagnosed? (Please provide evidence. This must be provided for RED students)					

The Company uses a colour coding system to identify student requirements. Please tick which

applies: **RED** – student has had a severe reaction/anaphylactic shock to know food

AMBER – student has an allergy or intolerance

BLUE – student excludes foods due to lifestyle choice

For students that have been identified as **RED** a meeting may be necessary between the Company and Parents to discuss the student's requirements and agreed actions. **Without this meeting we may not be able to cater for the student due to the unknown risk.**

Lifestyle – please provide details for dietary requirements based on lifestyle choices:

March 2020

Parent/Guardian Details			
Main contact name and relationship			
Main contact – phone number and email address			
Second contact – name and relationship			
Second contact - phone number			
Other Information			
Has a photo ID form been completed and issued to the kitchen?		If EpiPen/ medicine is needed, who is the contact in school and is it kept on site?	

Parent/Guardian Acceptance		
Whilst we can provide meals which do not include allergens, we cannot guarantee that dishes may not contain traces of allergens, as these may be stored, prepared & cooked in the same kitchen as well as present in some ingredients from our suppliers due to production techniques. I confirm that the information supplied is correct and will notify of any changes to the school and caterer immediately. I also understand that this information will be shared with others and displayed in the kitchen (photo & allergy)		
Name	Signed	Date

Agreed Actions

RED Category Student

Plated Meal provided

Packed lunch provided by the parent/guardian

Student going home

Other

AMBER & BLUE Student - Please list suitable foods

Any other relevant information

Operations/Area Manager	Signed	Date
Unit Manager Name	Signed	Date



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Consent Form for use of child's photographic image

Please read the following statements below carefully and if you agree please complete and return to: info@stirfood.co.uk

I consent to the use of my child's photograph for the following purposes:	
My child's photographic image will be used solely by catering staff to ensure that my child can be clearly identified during the service of meals, thus helping to ensure that my child is provided with the correct meal.	
I understand that:	
The image will not be on display outside of meal service times. The image will be stored in a physical folder that is kept in a lockable office when not in use. The image will be brought out only at meal service times.	
If I provide the image in electronic form, then that electronic version will be deleted as far as is possible once it has been physically printed.	
The physical image will be disposed of safely once it is no longer required e.g. child has left the school.	
I can ask for the physical image to be destroyed at any point.	
Parent/Carer - Full Name:	
Email address (optional):	
Child's Full Name:	
Name of Child's School:	
Parent/Carer Signature:	Date:





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Thank you for reading our booklet.
If you have any questions, please feel
free to get in touch!

E: info@stirfood.co.uk

W: stirfood.co.uk

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