## INTRODUCING OUR NEW Twelve 15 SPRING/SUMMER MENU



## 80% OF OUR MENU IS MADE FROM SCRATCH USING FRESH INGREDIENTS

All our menus adhere to the Government Food Standards and are developed with little ones in mind. We have over 70 years experience in providing school meals.

Our meat is Red Tractor approved and our fish carries the MSC accreditation.

Our Primary school kitchens are nut free. We have a range of Special Diet menus and cater for the 14 key allergens identified by the Food Standards Agency.

We reduce salt and sugar whenever possible in our recipes, for example our sponge puddings contain 50% fruit - the natural sugars replace some refined sugar.

Click <u>here</u> to find out more about Twelve15 school meals (including special diets) and see our range of menus.







## We like to make our meals as nutritionally dense as possible.

## For example on our new menu:

- we add carrots and courgette to our homemade tomato sauce.
- our lasagne beef has added vegetables.
- our chicken goujons have 'hidden' cauliflower.
- our chicken meatballs contain sweetcorn and are topped with our homemade tomato sauce.
- our Caribbean Quorn fajitas are a great source of protein, fibre, calcium, folic acid, Vitamin B plus vitamin rich peppers and onions.
- our roasted vegetable parcel is filled with fresh vegetables and a selection of beans wrapped in a light flaky pastry, served alongside our signature tomato sauce.

Not signed-up yet for school meals which are FREE for Reception, Year 1 and Year 2 pupils?
Please speak to your School Office.



