



### **Life at ACE Tiverton: Our School Food**

We pride ourselves on our school food; we offer a varied, interesting, and balanced menu of hot and cold lunches, snacks, and other refreshments to our students. We know that our students have a range of food preferences and needs, we seek to meet these through our comprehensive school meal offer. We can provide personalised meal plans including types, colours, and textures of food as well as how the food is served. The cost of our school lunch is £2.50 and is two courses, a main meal and dessert. We also offer a snack to all students at breaktime and other refreshments are available to students as needed throughout the school day. If students are unsure about school lunches, we can provide taster plates and opportunities to talk about how meals are prepared and served to encourage students to try new foods and extend their palate and sensory profiles.

#### **School Food Standards:**

We are fully compliant with the School Food Standards and ask that all food provided to students by families, outside of special occasions, follows the same standards. This allows us to ensure that every student has a fair and consistent experience and means that food provided represents a healthy balanced meal. You can find out more about the healthy eating plate and Eatwell guidance here: [NHS Eatwell Guide](#) Information about the School food Standards is included in this section of our website but can also be found here: [School Food Standards](#)

#### **Packed Lunches and Family provided refreshments:**

It is important that our students have access to regular refreshments that they are happy to eat and drink. It enables staff to help students recognise their body's signals and feelings linked to being hungry or thirsty. Increasing students' knowledge of their bodies needs and responses, enables them to remain regulated, engaged and learning successfully.

To remain within the School Food Standards, we ask that packed lunches and refreshments provided by families **do not** include the following:

- 1) Carbonated drinks except fizzy water.
- 2) High sugar drinks such as energy drinks e.g. Monster, Gatorade; fruit juices or sports drinks such as Lucozade or Irn Bru.
- 3) High sugar foods such as chocolate or sweets – these are welcome as occasional treats for birthdays or end of term events however they should not be part of a daily diet.

#### **Meal Payment:**

Payment for school meals is done via School Money as we are a cashless school, on arrival to ACE Tiverton you will be sent registration details to sign up for this service. If you have any questions, please don't hesitate to contact your child's learning family leader or our school office.

## Example Menu

	<p><b>Week Commencing</b> 07/09/2020, 28/09/2020, 19/10/2020, 16/11/2020, 07/12/20</p> <p>Chicken Burger Quorn Vegetable Burger Potato Wedges Coleslaw, Salad &amp; Peas Oat &amp; Raisin Cookies Cottage Pie with Gravy Roasted Mediterranean Vegetables &amp; Sweet Potatoes Carrots &amp; Broccoli Fruit Yogurts and Tinned Pears</p>	<p><b>Week Commencing</b> 14/09/2020, 05/10/2020, 02/11/2020, 23/11/2020, 14/12/2020</p> <p>Pasta Bolognise Quorn &amp; Mushroom Stroganoff Garlic Bread Green Beans &amp; Sweetcorn Brownies Toad in the Hole with Gravy Vegetable Bake Creamed Potatoes Broccoli &amp; Carrots Berry Cheesecake</p>	<p><b>Week Commencing</b> 21/09/2020, 12/10/2020, 09/11/2020, 30/11/2020</p> <p><b>Big Baked Breakfast</b> Sausage, Quorn Sausage, Bacon, Hash Browns, Baked Beans, Grilled Tomatoes, Mushrooms Jam Doughnuts Mild Chicken Curry Vegetable and Quorn Curry Steamed Rice Broccoli &amp; Carrots Ice Cream with Tinned Fruit</p>
<b>Monday</b>	<p>Cheese and Tomato Pizza Diced Potatoes Corn on the Cob &amp; Vegetable Sticks Ice Cream</p>	<p>Cheesy Wheels Potato Wedges Baked Beans &amp; Peas Honey Cake</p>	<p>Macaroni Cheese Garlic Bread Salad and Sweetcorn Lemon Drizzle Muffins</p>
<b>Tuesday</b>	<p>Roast Gammon with Gravy Roasted Root Vegetables with Quorn Pieces Roast Potatoes Carrot/Swede &amp; Cauliflower Chocolate Sponge with Chocolate Custard</p>	<p>Roast Chicken with Gravy Roasted Quorn Fillet Roasted Potatoes Carrots &amp; Cabbage Jam Sponge with Custard</p>	<p>Roasted Leg of Pork with Stuffing &amp; Gravy Stuffed Pepper Roasted Potatoes Cauliflower and Carrots Peach Crumble with Custard</p>
<b>Wednesday</b>	<p>Battered Fish Cheese, Quorn &amp; Bean Pasties Sauté Potatoes Sweetcorn &amp; Baked Beans Apple Flapjack</p>	<p>Salmon Fish Cakes Quorn Nuggets Chipped Potatoes Peas &amp; Baked Beans Apple Scone Cake</p>	<p>Fish Fingers Vegetarian Sausage Roll Diced Potatoes Garden Peas and Sweetcorn Chocolate Biscuits</p>
<b>Thursday</b>			
<b>Friday</b>			

Every day we have seasonal salad, yogurts, fruit juice, milk and water available for every child. Children can also choose from a jacket potato, a sandwich or Pasta - for these there is a filling of Cheese, Tuna, Egg, Mayonnaise or Ham where specified. Special diets & allergies can be catered for. For more information please email our Chef Paul - Paul.Hockham@ATISS.academy.uk

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