



## **Great tasting food that your children will love**

Miquill is the company chosen by your school to provide the meal service for its pupils. We specialise in providing catering to schools in the Midlands.

The food children eat at school plays an important role in their wellbeing and eating a well-balanced diet will not only maintain and improve their health but will also set them on the right track for later life. We understand this and that's why we are passionate about serving fresh, high quality and locally sourced food that is cooked in our kitchen.

## **Responsible catering**

At Miquill - we take our responsibility of catering for today's children and young adults seriously. All of our dishes are prepared everyday using quality, fresh and seasonal ingredients that are responsibly sourced.

As well as ensuring the food on the plate is healthy, we want our customers to understand the importance of eating the right foods and help them with their food and nutrition journey.

## **Special diets and food allergens**

Don't think that your child can't enjoy our great food if they have a special diet - they are an important part of our catering service. We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs.

Legislation requires caterers to provide allergen information on food sold that is served 'unpackaged'. Miquill already cater for lots of children with allergies and we regularly check the information from suppliers to see if there have been any ingredient changes. It is still important that our customers talk to us so we can work together and continue to provide meals that are safe for them to eat.



## Free School Meals

All children that are in Reception, Year 1 and Year 2 are entitled to receive UNIVERSAL FREE SCHOOL MEALS! We think it's a fantastic idea so please make sure you support this initiative. Not only will you be saving money, but you will also be giving your child a nutritionally balanced meal to fuel their bodies for the rest of their learning day.

Please note this is not to be confused with FREE SCHOOL MEALS which is an entitlement that some children can receive due to their parents/carers circumstances. If you feel you may be entitled to receive FREE SCHOOL MEALS, you should request the relevant forms from your school office. [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

## Our Menus

We operate a three-week menu cycle that is varied offering a choice of a hot meat dish, hot vegetarian dish, jacket potato and a range of desserts. We also offer a packed lunch option with a selection of sandwiches and cold desserts available.

We understand that some parents may wish to give their child a hot meal for their evening meal and therefore choose to give their child a sandwich for their lunch. This is why we offer a range of freshly filled sandwiches, some veggie bites, a home bake and a piece of fruit as an alternative to a hot meal. This is available every day so if there is something on the menu that your child does not like, let them know they can choose one of our packed lunches instead.



We are passionate about serving fresh, locally sourced food that is cooked in our kitchen.



	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>WEEK ONE</b>	<b>Turkey Sausages (H)</b> with Mash & Gravy  <b>Sweet Potato &amp; Chickpea Curry</b> with Wholegrain Rice  <b>Carrot Cake</b>	<b>Lamb Spaghetti Bolognaise</b> with Garlic Bread  <b>Shepherdess Hotpot</b> and Gravy  <b>Berry Cheesecake</b>	<b>Roast Chicken</b> with Roast Potatoes & Gravy  <b>Cheese &amp; Tomato Bake</b> with Potatoes  <b>Fruit Tart</b> with Vanilla Custard	<b>Cheesy Pasta Bake</b> with Wholemeal Pasta  <b>Vegetarian Hot Dogs</b> with Potato Wedges  <b>Sticky Toffee &amp; Banana Pudding</b>	<b>Battered Fish</b> with Chips  <b>Homemade Vegetable Burger</b> with Chips & Tomato Sauce  <b>Chocolate &amp; Beetroot Surprise</b>	<b>WEEK ONE</b>
<b>WEEK TWO</b>	<b>Chicken Stry Fry (H)</b> with Noodles  <b>Cheesy Pasta Bake</b> with Garlic Bread  <b>Jam Roly Poly</b> with Custard	<b>Shepherds Pie</b> with Gravy  <b>Macaroni Cheese</b> with Herby Bread  <b>Iced Sponge</b>	<b>Roast Turkey (H)</b> with Gravy, Potatoes & Cranberry Sauce  <b>Roasted Tomato &amp; Red Pepper Lasagne</b>  <b>Shortbread Biscuits</b> with Fruit Slices	<b>Sweet &amp; Sour Chicken (H)</b> with Rice & Prawn Crackers  <b>Roasted Vegetable &amp; Bean Chilli</b> with Wholegrain Rice  <b>Chocolate Crunch</b> with Chocolate Sauce	<b>Cod Fish Fingers</b> with Chips  <b>Cheese &amp; Tomato Pinwheel</b> with Chips  <b>Raisin Flapjack</b>	<b>WEEK TWO</b>
<b>WEEK THREE</b>	<b>Chicken Tikka Masala</b> with Rice & Naan Bread  <b>Cheesy Pasta Bake</b> with Garlic Bread  <b>Jam Roly Poly</b> with Custard	<b>Pizza Day</b>  Choose from a Range of Toppings  <b>Fruit Jelly</b> with Ice Cream	<b>Roast Chicken (H)</b> with Roast Potatoes & Gravy  <b>Quorn Roast</b> with Roast Potatoes & Gravy  <b>Apple &amp; Sultana Sponge</b>	<b>Turkey Burger (H)</b> with Potato Wedges  <b>Quorn Sausage Toad in the Hole</b> with Mash  <b>Chocolate Krispie</b>	<b>Salmon &amp; Cod Fish Fingers</b> with Chips  <b>Baguette Slice</b> with Chips  <b>Steamed Ginger Sponge</b> with Custard	<b>WEEK THREE</b>

Two seasonal vegetables, a range of salads, fresh bread and a choice of desserts including a hot pudding, yoghurt or fruit are available daily. Filled jacket potatoes and freshly made sandwiches are also available.

## Get in touch

Miquill Catering Services is a specialist school catering company established in 2009. If you have any questions about our service, or any special dietary requirements - please get in touch. You can contact us via email on [info@miquillcatering.co.uk](mailto:info@miquillcatering.co.uk) or call on 0800 043 6604. You will also find a host of information on our website - [www.miquillcatering.co.uk](http://www.miquillcatering.co.uk)

