

SEPTEMBER AND  
OCTOBER 2019

Our mission is to provide each of our schools with a unique dining experience that is innovative, aspirational, quality assured and excellent value for money.

We can assure you that our ingredients are responsibly, and where possible locally sourced. No ifs, no buts, our menu ingredients are all freshly prepared at your school.

Our vision is to provide amazing and nutritious food where we take fresh raw ingredients and create healthy meals.

The results speak for themselves; access to hearty, wholesome and healthy food every school day.

We are now able to offer an outside catering provision to parents, families and friends. This can range from a private dine to a large wedding or any special occasion. All profits from any catering event are reinvested back into your children's future.

**Rob Stevens**

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[ventruscatering.org.uk](http://ventruscatering.org.uk)

Served daily: Jacket potatoes, bread, salad bar, pasta, fresh fruit, yoghurts and water

**Menu available:**

22nd Apr, 13th May, 10th June, 1st & 22nd July, 2nd & 23rd Sept, 14th Oct

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Turkey meatballs in tomato sauce	Breaded fish	Roast chicken, cranberry stuffing, gravy	Pizza baguettes	Hand made beef burger
Vegetarian	Veggi bolognaise	Haloumi and roasted vegetables	Quorn sausages in tomato casserole	Roasted vegetable frittata	Quorn nuggets
Served with	Pasta and sweetcorn	Potato wedges and peas	New potatoes and chef's fresh veg	Potato cubes and veggie sticks	Chips, coleslaw, tomato ketchup
Dessert	Slices of fresh fruit	St Clement's sponge	Sticky toffee slice	Banana and blueberry muffins	Chocolate orange sponge

**Menu available:**

29th Apr, 20th May, 17th June, 8th July, 9th & 30th Sept, 21st Oct.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Chicken curry	Brunch grill	Roast gammon ham, apple stuffing, gravy	Beef bolognaise	Chicken breast nuggets
Vegetarian	Cheese and tomato pizza baguette	Quorn sausage brunch grill	Sweet potato, spinach and chickpea roast	Mac n cheese	Quorn nuggets
Served with	Rice and sweetcorn	Hash brown, beans and scrambled egg	Roast potatoes and chef's fresh veg	Pasta, focaccia bread, peas	Chips, coleslaw, tomato ketchup
Dessert	Slices of fresh fruit	Raspberry muffin	Peach melba slice	Chocolate cracknel	Banana flapjack

**Menu available:**

6th May, 3rd & 24th June, 15th July, 16th Sept, 7th Oct.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Crunchy chicken	Sausages and yorkshire pudding	Roast turkey, cranberry stuffing, gravy	Ham and cheese potato boats	Breaded fish fingers
Vegetarian	Mozzarella, tomato and basil flan	Sweet and sour Quorn with rice	Cauliflower cheese and broccoli bake	Mediterranean pasta bake	Quorn nuggets
Served with	Potato wedges and summer salad	Creamy mash and peas	Roast potatoes and chef's fresh veg	Pasta and sweetcorn	Chips, coleslaw, tomato ketchup
Dessert	Slices of fresh fruit	Cornflake slice	Orange and carrot muffins	Lemon drizzle	Oat and sultana cookies