TASTE with MIQUILL

MIQUILL School Catering Services

Hello from Miquill!

We're thrilled to be your school's new caterer!
At Miquill, we love good food and are dedicated to making your child's lunchtime both tasty and fun. We cook fresh, wholesome meals from scratch every day because we care about our food and our customers. This commitment shines through in every delicious bite.
We're here to keep high standards and make sure every child looks forward to lunchtime.

Our Mission

We want to give every child a nutritious meal that fills them up and that they love to eat. We want to give them a food experience that rivals the high street and teaches them about different flavours and cuisines from around the world! Lunchtime is a really important time of the school day - it allows your children to relax and socialise and gives them the energy to get through their afternoon classes. We take pride in making this important part of the day the best it can be.

Our Menus

Your menu features meat and vegetarian choices which are all freshly cooked with love. We source top quality ingredients from regional farmers to make sure everything that goes into our meals is fresh, environmentally friendly and of course, delicious.

Your child's health plays a huge role in the way we develop menus and cook our food. We meet the Government's standards when it comes to food in schools and our menus are analysed to check they are balanced and healthy. We have a commitment to healthy, sustainable meals.

- We source locally and seasonally wherever possible including fruit, vegetables, dairy, meat and bakery items
- We don't use undesirable additives, and limit the amount of fat, salt and sugar in our meals
- We enrich our recipes with fruits & vegetables - even where you wouldn't expect, such as in carrots in our sauces or fruit in our brownies
- We use whole grains in most cases as they are better for your child's health.

Learning about healthy eating

Our menus are carefully balanced and reviewed by a nutritionist to support healthy growth and learning.

But it's not just about what's on the plate – we also teach children about healthy lifestyles through assemblies, fun events like smoothie bike days, cooking sessions and food competitions.

We want every child to enjoy eating well and learn that healthy food can be exciting, tasty, and fun!



Free School Meals

Have You Checked If You're Eligible?

Every child deserves a healthy, filling meal to fuel their learning – and for many families, this support is available for **free.**

All children in Reception, Year 1 and Year 2 automatically receive a free school meal each day. But from Year 3 onwards, it's not automatic – and you may need to apply. **Many families are eligible without realising it!**

Even if you're unsure, it's worth checking – claiming free school meals can help with:

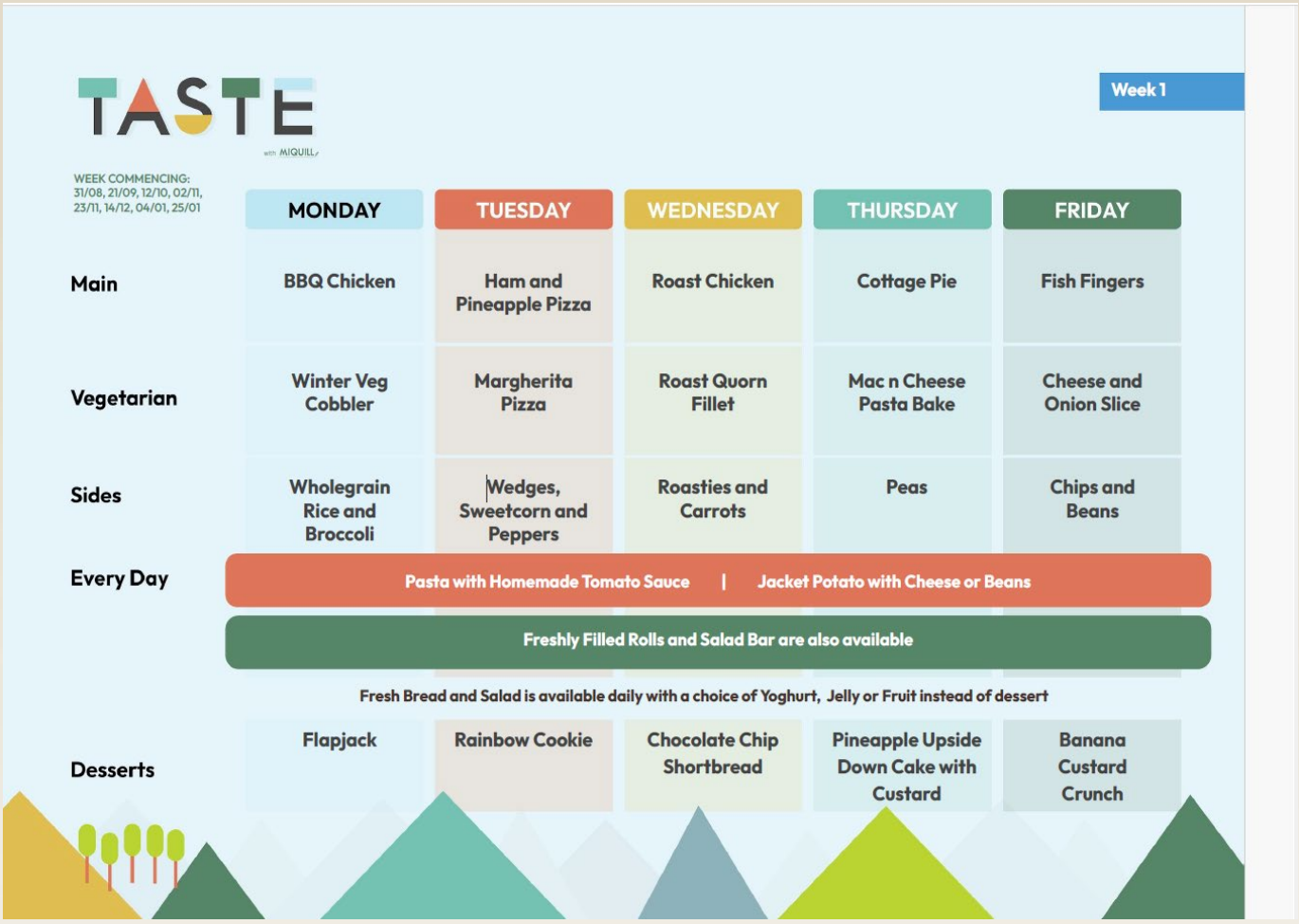
- Building healthy habits
- Supporting focus and learning
- Bringing extra funding into school

You're not alone - many families apply every year. It's easy to do, and we're here to guide you if you want.

🔗 Find out more and check your eligibility here: https://www.gov.uk/apply-free-school-meals

Let's work together to make sure every child has what they need to eat well and learn well.

MENU



Each day there is a vegetarian option available for pupils.

For lighter options, we have jacket potatoes, sandwiches, salad, fresh bread, yoghurt and fruit available daily.

Allergens & Special Diets
If your child has any dietary requirements, please get in touch so we can provide menus to meet their needs. We can cater for a wide variety of special diets including gluten-free, Halal, medical diets and more.

We have a nut-free policy in all of our kitchens.

Our teams are fully trained to cater for special diets so you can be confident that your child's needs will be met safely.

All allergen information for every dish we serve is available on request from the kitchen team so do get in touch if you would like more information.

Special dietary requirements
If your child has been advised by a GP or other Healthcare Professional to follow a specific medical diet due to allergies or otherwise, please contact our kitchen team to request a meeting to discuss your options.

All allergen information relating to our menus is available on request.

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Week 2

WEEK COMMENCING: 07/09, 28/09, 19/10, 09/11, 30/11, 21/12, 11/01, 01/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	All Day Brunch with Sausage	Chicken Pasta Bake	Roast Gammon	Mild Chicken Curry	Fishcake
Vegetarian	All Day Veg Brunch with Veggie Sausage	Margherita Pizza and Wedges	Roasted Vegetable Crown	Spinach and Potato Curry	Cheesy Bean Wrap
Sides	Hash Brown and Beans	Rainbow Slaw	Mash, Carrots and Gravy	Wholegrain Rice and Cauliflower	Chips and Peas
Every Day	Pasta with Homemade Tomato Sauce | Jacket Potato with Cheese or Beans or Salmon Mayonnaise (on Tuesday)				
	Freshly Filled Rolls and Salad Bar are also available				
	Fresh Bread and Salad is available daily with a choice of Yoghurt, Jelly or Fruit instead of dessert				
Desserts	Marbled Shortbread	Apple Crumble with Custard	Carrot Cake	Jam and Coconut Sponge with Custard	Oaty Biscuit

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Week 3

WEEK COMMENCING: 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01, 08/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Beef Burger	Bolognese Pasta Bake	Roast Chicken	Chicken Pitta	Fish Fingers
Vegetarian	Homemade Veg Burger	Cheese and Tomato Pizza and Wedges	Roast Quorn Fillet	BBQ Veg Pitta	Cheese and Potato Pasty
Sides	Diced Potatoes and Green Salad	Sweetcorn	Roasties, Cabbage and Gravy	Rainbow Rice and Carrots	Chips and Peas
Every Day	Pasta with Homemade Tomato Sauce | Jacket Potato with Cheese or Beans				
	Freshly Filled Rolls and Salad Bar are also available				
	Fresh Bread and Salad is available daily with a choice of Yoghurt, Jelly or Fruit instead of dessert				
Desserts	Lemon Cookie	Banana Sponge with Custard	Lime and Courgette Cake	Shortbread	Chocolate Brownie



THEME DAYS

School Meals with a Side of Fun!
We've got a calendar full of exciting theme days, special menus and food events throughout the year – This will be shared in September with dates.

Don't let your child miss out – school meals are more than just tasty, they're an experience!



NO PLANET B

Sustainability is one of our core values - we recognise that our activities can affect the environment and so we make sure that everything we do minimises our impact. We believe that lots of small changes can add up to make a big difference and so we have a multi-faceted approach including:

- using environmentally friendly cleaning chemicals and disposables wherever possible across all our sites.
- phasing out single use plastics and giving preference to products made of recycled materials
- reducing food miles and carbon output by selecting local suppliers wherever possible.
- conscious consumption - providing low impact food choices such as plant based proteins, seasonal fruit and vegetables and zero waste recipes.





