



## HEALTHY EATING

Parents can be assured that students can only make healthier food and drink choices in our school canteen. The Government Guidelines, in accordance with the School Food Plan ensure we are proactive in this area. We pride ourselves in meeting these stringent guidelines.

### How we do this?

Some choices may seem not so healthy but it's surprising what you can pack in unnoticed!! We puree vegetables and add lentils to dishes such as Bolognese and Pizzas. We reduce the sugar in all our baking. All main courses have very little added fat.

~~~~~  
Students have a "Gold Star" system that depicts which foods are healthier & they add up healthy points via our Cashless tills to win a Termly Prize



## BREAKFAST CLUB

7.45 to 8.45 am.

Fruit Juices, Hot Beverages  
Cereals and Yoghurts  
And a Rotary Toaster  
for Bread Products

## OUTDOOR FOOD CUBE

To help reduce queues we have an external food outlet offering a "reduced" canteen menu at break. We are hoping to trial opening at lunchtime very soon

### VENDING

*We have Vending Machines which supply the same style of goods as the Canteen, for a fast or out of hours service*

### The Catering Team



## Queen Elizabeth's Grammar School

Horncastle

CATERING  
2019/2020

---

We are pleased to be providing our own award winning catering service.

Our aim is to provide a good choice of healthy food and drinks for students at affordable prices.



Winner of Food Hygiene  
Award 5 Stars  
\*\*\*\*\*  
EXCELLENT



## Available Daily....

---

We are very aware of the need to encourage good eating habits and wise choices. A wide range of hot meals and snacks are on the menu daily. Our students can choose from traditional, freshly made main meals, vegetarian dishes, hot and cold snacks and salads. We still serve traditional puddings, biscuits and cakes (with reduced sugar!) but to keep the balance, there will always be fresh fruit and yoghurt available daily.

### CASHLESS CATERING....

**OPENING HOURS**  
11.00-11.20 am  
and  
1.10-1.50 pm

Vending Available out of Hours

We operate Cashless Catering which is designed to provide a fast, efficient point of sale process and keep queuing to a minimum so that students can make the most of their social time. The system includes our Vending Machines, for an extra quick service. Through Parent Pay, daily reports are visible so that you can view purchases made, see the menu choices, check the account balance and make safe, secure on line payments.

All items are individually priced. However, for your guidance, approximately £3.00 should adequately cover your child's daily needs. The menu below is not intended to be comprehensive but gives an idea on choice.

---

## Menu....

### MAIN DISHES - From £1.80

Such as Curries; Pasta Dishes; Mexican Specialities and Traditional Roasts.

---

### VEGETARIAN DISHES - From £1.50

E.g. Oriental Chow Mein & Stir Fries; Veggie Enchiladas; Pasta Dishes

---

### VEGETABLES - From 35p to £1.20

Filled Jacket Potatoes; Fresh Seasonal Vegetables; and their weekly treat of Chips on a Friday and Baked Beans!

---

### SALAD BOXES -

A range of freshly prepared salads are boxed and ready to Grab and Go, ranging from Pasta Salads, Rices, Cous Cous and Mixed Side Salads from 85p each Plus Trendy Larger Salads such as Chicken Caesar Salad; Greek Feta Pasta Salad; Chicken Ranch Salad; all at £1.80

---

*SPECIAL DIETS ARE ACCOMODATED WHERE WE CAN. PLEASE SPEAK TO THE CATERING MANAGER IF YOU HAVE ANY QUESTIONS.*

---

## Improving what we do....

We are keen to receive suggestions and comments from Students & Parents on our catering, the success of our operation is based on their satisfaction. We have an active Food Sub Committee in Student Council and they play a key part in the decisions about new developments.

---

## Snacks....

### Hot Filled Panini £1.45

Chicken Tikka; Tuna Melt; BBQ

Chicken; Ham & Cheese

plus Specials of the Day

**Baguettes & sandwiches £1.10-£1.45**

**Pizza Slices & Pitta Pizzas from 85p**

---

## PUDDINGS AND CAKES

Puddings from 65p, with Custard 75p

A favourite is Chocolate Sponge with Choccie Sauce; Sticky Toffee Pudding & Apple Crumble.

Cakes and Cookies 55p-90p

Our School Baker's Oatie cookies are loved; plus Chocolate Biscuit Cake, Shortcakes, Fruity Flapjack and much more!

---

## DRINKS-From 45p to £1.30

Juice Cartons; Bottled Water; Flavoured Water (Juice Based)

---

## ALLERGENS

We follow the law's guidelines and label all allergens on every item sold. If your child suffers with a food allergy our Catering Manager can assure you of the systems in place. Please get in contact.

---

**MORE DETAILS ARE AVAILABLE ON THE SCHOOL WEBSITE**