



Food at Oakwood

At Oakwood we have a dedicated catering team who are proud to prepare balanced, healthy and nutritious meals and snacks that all our children will enjoy. All meals are prepared using fresh ingredients from local suppliers where possible, and are designed to sustain children for an active school day. Use of processed foods is minimal. Menus are prepared in advance and the weekly menu for the following week can be viewed in our weekly newsletter, the Friday Flyer. Information about food allergens can be found weekly on our website in the Parents Zone area in the file marked Allergens.

Our menus take into consideration a balance of proteins, carbohydrates, fruit and vegetables, and although there is an element of choice in the dining room, staff ensure that children make balanced choices and are encouraged to try new foods. In addition to the hot main menu each day, our salad bar offers a range of items to provide additional choices. Puddings and cakes are homemade and a sensible portion control is maintained. Two days a week are fruit days when no other pudding is offered. Children have a choice of at least four fresh fruits each day. A vegetarian and vegan option is offered daily and we are able to accommodate children with special dietary requirements and food intolerances. The latter will be discussed in advance with a child's class teacher and the catering manager, in co-operation with parents to ensure that specific food needs are well understood and accommodated.

We foster excellent table manners and encourage a healthy attitude to food. Children in Kindergarten upwards eat in our dining room in class groups with their class teachers and other members of staff. In Nursery, a hot lunch is delivered by the catering team to the Nursery each day and children sit at tables, eating as a family. Prep School pupils eat in one of two sittings at 12.35pm and 1pm, organised to accommodate timings of lunchtime clubs and matches.

Children who attend breakfast club have a choice of wholesome cereals, fresh fruit, wholemeal bread for toast, with spreads including Marmite, honey and jam. A Friday treat may include homemade pancakes or croissants.

Snacks during the day include a choice of fresh fruits, breadsticks, homemade flapjacks or cookies, biscuits and toast on a Friday.

Children attending Late Prep receive a high tea, which includes a selection of wholemeal bread sandwiches, fresh fruit and a homemade treat such as a flapjack, piece of cake or cookie.

Regular Salad Bar Offering

Sliced ham, grated cheese, tuna in mayonnaise, boiled eggs, pasta, green salad, tomatoes, cucumber, grated carrot, sliced peppers, coleslaw. Other items include smoked fish, cold chicken, olives with feta cheese and couscous salad.

Fruit Selection including seasonal fruits

Apples, Bananas, Oranges/Clementines, Melon, Dates, Strawberries and Pears.

Meat Suppliers

M J Penfold – family butchers, Chichester

Vegetable Suppliers

Horrocks – family greengrocers, Chichester

Processed foods are used occasionally and these typically include sausages (made by Penfold Butchers), ham and breaded fish.

We are proud of our catering at Oakwood and periodically we invite parents to join us for lunch. Our aim to provide healthy, tasty, homemade food that is sufficiently hearty to fuel children throughout a long and active school day.

We welcome any comments or questions you may have and these should be directed via the school office: office@oakwoodschool.co.uk

Sample Menu:

Homemade  **Locally Sourced**

Detailed allergen advice is available from the catering staff, the office and in the Parents Zone section of the school website.

Lunch Menu
Monday 16th – Friday 20th November

Meat Free Monday

Monday	Tuesday	Wednesday	Thursday	Friday
Mac 'n' Cheese with peas	Chicken Casserole with new potatoes and broccoli	Roast Pork with roast potatoes and vegetables	Cottage Pie with mixed vegetables	Breaded Fish, Chips and Beans
▽	▽	▽	▽	▽
Vegan Mac 'N' Cheese	Vegetable Casserole	Vegetable Tart	Vegetable Cottage Pie	Vegan Fish
				
Fruit and Custard	Chocolate Cake	Fruit and Custard	Jam Tart and Custard	Fruit Yoghurts
Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit	Selection of Fresh Fruit
				