



Great Missenden Church of England Combined School

School background

Great Missenden Church of England Combined School is a primary school in the village of Great Missenden, in the Chiltern Hills, in Buckinghamshire. 382 children attend the school, along with 60 staff members. Children range from age four up to age eleven. The school was graded “outstanding” in all categories in its last Ofsted inspection.

“It opens up a new variety of choices that children may not have considered before – that can only be a good thing. To have less meat but of a better quality has gone down well with the whole school community.”

Mrs. Addis, Deputy Head

Healthy/environmental achievements

Great Missenden School is committed to changing food culture within the school and the local community. In addition to being a “Healthy School”, Great Missenden has achieved the “Green Flag” award from Eco Schools, the RHS (Royal Horticultural Society) level 3 for school gardening and, in December 2011, the Food For Life Gold Award.

School food policy

The school is aware of the important connection between healthy eating and a pupil’s ability to learn effectively and achieve high standards in school. The school also recognises the role it can play, as part of the larger community, to promote family health and sustainable food. It seeks to provide a high quality food education and food service, and ensure consistency in food messages throughout the school day.

Lunchtime provision

The school aims to create an enjoyable dining experience for pupils and a lively food culture in the school and its wider community. All foods are freshly prepared and cooked on site and 80% of pupils regularly eat school meals. Every half-term newsletters and menus are sent out to promote school meals. There are also promotional “Opt-In” days for children who usually bring packed lunches so they too can try a hot meal. The children eat in the hall, at lunchtime called “Truly Scrumptious”, and tables and benches are provided outside for dining in the summer. The school chef cooks at least one meat-free dish every day and three meat-free dishes on Mondays.

“The pesto pasta and organic bread are delicious.”

Noah David, Year 2



Price of meals:

£2.20

Percentage of pupils eating school meals:

80%

Initiatives

The school has a popular "Tutti Frutti Bar" which serves fresh fruit every day. Prepared by volunteers, the "Tutti Frutti Bar" encourages children to get their "5 a day" or more during school hours. The school also organises "'Growing Great' Missenden Farmers Markets" every half term. These markets, organised by the children, attract parents, grandparents and the local community. The children sell homemade produce baked by themselves and their parents, fresh local bread, local free-range eggs and yoghurt, produce grown in the school gardens and homemade preserves and jams.

"Meat Free Mondays are an excellent way to encourage children to do their bit for the environment and think about the food they eat. We should not eat meat every meal time, there is a variety of foods that are healthier and the planet cannot sustain the vast amount of meat eaten daily."

Victoria Greaves, Former School Nutritionist



Meat Free Monday launch

The school started Meat Free Monday in April 2010 in order to teach children that cutting down on meat helps the environment and that meat is not an essential part of the daily diet. Taking part in MFM also means the school can purchase higher welfare/better quality meat on the days meat is served, including organic and free range.

"Sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds."

From Great Missenden School's Food Policy

Meat Free Monday was initially promoted through a school assembly and cooking workshop. The reasons behind Meat Free Monday were outlined in the assembly and the children learnt how to make guacamole in the cooking workshop. The school also sent letters to parents and encouraged the children to voice their opinions through the SNAG team (School Nutrition Action Group) and the School Council.

Meat Free Monday evaluation

Meat Free Monday is going well, the children welcome it and it has become part of the culture. The project was also much easier to implement than the school first thought. The school is now seeking more ideas for vegetarian dishes that do not rely on cheese and would also like to get a chef on board to run a Meat Free Monday cookery course.



School contact details

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Example menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Pesto pasta with cheese topping	Stir fried chicken (free-range) chow-mein with noodles	Outdoor reared roasted pork, apple sauce, roast potatoes & gravy	Lasagne & organic garlic bread	Salmon fish fingers, chips & beans with ketchup
Vegetarian option	Veggie omelette & new potato salad	Vegetable loaf & wedges	Ratatouille with a parmesan and herb crumble topping	Root vegetable & red lentil casserole with herby dumplings	Oriental stir-fried vegetable spring rolls with chips
Jacket potato fillings	Beans, cheese or houmous	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo
Vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables
Additional extras served daily	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Cheese & tomato pizza with potato wedges	Organic bolognese sauce with pasta shells	Free range roast chicken dinner with stuffing & roasted potatoes	Outdoor reared sausages with a Yorkshire pudding gravy & new pots	Breaded fishcakes with lemon mayo & veggie couscous
Vegetarian option	Penne pasta Carbonara	Mild Thai vegetable & lentil curry with rice & naan bread	Vegetable puff pastry pie with roast potatoes	Cheese, onion & tomato quiche with herby new potatoes	Vegetable & beanie hot wraps with couscous
Jacket potato fillings	Beans, cheese or egg mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo
Vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables
Additional extras served daily	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Macaroni cheese & organic garlic bread	Homemade chicken & veg pie with puff pastry topping	WK 3 – Roast beef WK 6 – Roast lamb with roast potatoes & gravy	Cottage pie made with organic mince	Pollock in breadcrumbs with potato wedges, peas & ketchup
Vegetarian option	Veggie sausage roll with mash and gravy	Potato, pepper and cheese frittata	Broccoli & cauliflower bake with organic garlic bread	Beanie burger in a brown roll with salad and tomato sauce	Vegetable lasagne, & organic garlic bread
Jacket potato fillings	Beans, cheese or cheese coleslaw	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo
Vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables	2x seasonal vegetables
Additional extras served daily	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar	Water, wholemeal bread, fresh fruit & salad bar