

The school provides an excellent catering service, serving hot food three times a day.

Balcarras has the Healthy School Status and we reinforce the healthy eating message as part of the whole school approach to healthy lifestyles, for example we source all our ingredients from local suppliers and all food is prepared and cooked on the premises.

It is important to remember that tasty and nutritionally balanced school meals, that children love to eat, contribute to general wellbeing and help everyone achieve their full learning potential

“More should be done to spread the message that eating a healthy school meal is a great foundation for a kid’s education and future health”

Jamie Oliver

Why not check out the menus on the schools website



Balcarras
From strength to strength

www.balcarras.gloucs.sch.uk

You will find catering in the about the school section

Balcarras

Catering



Balcarras
From strength to strength

Providing tasty & nutritionally balanced school meals to your child

5 days a week

BREAKFAST

Breakfast is served from 8 –8.45 am

There is a full hot service available:



- ◆ Bacon
- ◆ Sausages
- ◆ Eggs
- ◆ Grilled Tomatoes
- ◆ Baked Beans
- ◆ Mushrooms
- ◆ Hash browns

A cooked breakfast is charged at £2.60 for 5 items or can be purchased individually.

Also available are bacon or sausage baps at £1.25 each

As well as the hot breakfast we offer a range of cold items and a range of fruit juices:

- ◆ Yogurts
- ◆ Fruit Salad
- ◆ Cereals
- ◆ Danish
- ◆ Preserves



TUCK

Tuck is served from 11.00 - 11.20 am

This is a grab and go service due to the time restrictions, but we offer a wide range of hot and cold foods:



- ◆ Pizza
- ◆ Pasta
- ◆ Paninis
- ◆ Toasted Bagels
- ◆ Tuna Melts
- ◆ Bacon Rolls

- ◆ Sandwiches
- ◆ Baguettes
- ◆ Wraps
- ◆ Speciality Rolls
- ◆ Pasta Pots
- ◆ Salad Boxes
- ◆ Fruit
- ◆ Cakes & Muffins
- ◆ Cookies



LUNCH

Lunch is served from 1.20 - 2.10pm

There are 7 serving areas at lunch offering:

- ◆ 2 main meal counters
- ◆ Hot snacks
- ◆ Grab & Go
- ◆ Self Serve Salad Bar
- ◆ 6th Form Service
- ◆ Year 11 Pavilion



The main meal menu is on a three weekly cycle and consists of a choice of a meat or fish option, vegetarian and a pasta choice.

All main meals are served with a selection of fresh vegetables.

The cost of the main meal is:

£2.60 or £3.00 with dessert



What school dinner is complete without a homemade pudding, treacle sponge & apple crumble are every ones favourite !!