

AUTUMN 2015 LUNCH MENU WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Mexican Chicken Tacos Beef Enchiladas Vegetable Tacos	Italian Meatballs Ratatouille Pasta Bake	Savoury Sausage Pie Cheese Leek & Potato Pie	Roast Turkey & Stuffing Vegetarian Hotpot	Baked Fish Cakes Hot Dogs Vegetable Chow Mein
And to go with	Rice n Peas Corn on the Cob Broccoli Florets	Pasta Twists French Beans Cauliflower Gratin	Mash Potato Steamed Cabbage Mixed Vegetables	Roast Potatoes Brussels Sprouts Glazed Parsnips Carrots	Baked Wedges Baked Beans Peas
Pudding	Chocolate Sponge Chocolate sauce	Banana & Caramel Delight	Baked Rice Pudding	Cheese & Crackers Melon Boats	Milk Shakes Cookies

Also available daily : A selection of plated salads as an alternative to the main course.
 A selection of fresh fruit or Yoghurts as an alternative to the Pudding

Healthy eating

It is our policy to offer foods that meet national nutritional standards set by The Government. We aim to reduce the amount of sugar, fat and salt in the diet while increasing fruit, vegetables and fibre. We will encourage your child to choose a hot meal, ensuring they have a nutritious and well balanced school lunch. Our fresh meat is supplied by local butchers and carries the Red Tractor Standard Mark. All eggs used in our menus are British free-range eggs. Much of our seasonal fruit and vegetables are organically grown on our own allotment at Kings Park Nurseries.

Food Allergies and intolerances: If you would like information regarding ingredients used please speak to our chef. Please inform our Chef or lunch-time staff of any food allergies or special dietary requirements.