

SPRING 2016 LUNCH MENU WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Chicken Kebabs with Curry Sauce Vegetable Croquettes	Beef Bolognese Seafood Lasagne	Grilled Pork Escalope Beef Casserole	Roast Turkey & Stuffing Roast Vegetable Lasagne	Cod Fish Fingers Frankfurters
And to go with	Pilau Rice Sweet corn Broccoli	Herby Bread Garden Salad Mixed Vegetables	Mash Potato Savoy Cabbage French Beans	Roast Potatoes Red Cabbage Carrots Roast Parsnips	Baked Wedges Garden Peas Baked Beans
Pudding	Chocolate Delight	Homemade Cookies	Melon & Pineapple Boats	Fruit Trifle	Cheese N Crackers or Milk Shakes

Also available daily : A Vegetarian Main Course Option. Sandwiches or Plated Salads as an alternative to 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 the Kings Park Allotment Project. **If you would like information regarding ingredients used please speak to our chef. Please inform our staff of any special dietary requirements.**