

AUTUMN 2016 LUNCH MENU WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Italian Meatball Bake Three Cheese Tortellini	Chicken Casserole Vegetable & Chickpea Curry	Roast Turkey & Stuffing Roast Vegetable Quesadilla	Savoury Sausage Pie Cheese, Leek & Potato Pie	Baked Battered Cod Ciabatta Pizza
And to go with	Herby Bread Tossed Salad Corn on the Cob Broccoli	Pilau Rice Green Beans Mixed Vegetables	Roast Potatoes Red Cabbage Honey Roast Parsnips & Squash	New Potatoes Carrots Cauliflower	Baked Wedges Baked Beans Garden Peas
Pudding	Black Cherry Brownie	Fruit Crumble & Custard	Honeydew Melon Grape Pots	Fruit Jelly	Milkshake & Cookies

Also available daily : A vegetarian main course dish – Fresh fruit or yoghurt as an alternative to the pudding.

All of our menus and recipes have been nutritionally analysed and meet the legally required Food Standards for School Food. We aim to reduce sugar, salt and fat in our food, while increasing fruit, vegetables and fibre. We will encourage children to choose a healthy hot meal, ensuring they have a nutritionally balanced school lunch. Much of the seasonal fruit and vegetables used in our kitchen are organically grown on our allotment by The King's Park Allotment Project – (A community training project for adults with disabilities)

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