

School Lunches

Lunchtimes are an important social focus of the day and good table manners are encouraged alongside healthy eating. Meals are cooked on site by our chef, and carefully planned to provide a balanced, healthy diet. We are able to cater for pupils with allergies, religious or other special dietary requirements and our chef is happy to work with parents to provide an appropriate menu for those children with specific needs.

At Ashley Park we rotate our lunches over a three-week period. At the beginning of term students make their choices from a hot menu or baguettes. We also have fresh fruit and a salad bar available daily.

Ashley Park School follows the recommendations of the School Food Plan – an agreed plan originally published by the Department for Education in July 2013 that has the support of the Secretary of State for Education. The plan aims to significantly increase the number of children eating good food in schools, to determine the role of growing, cooking and eating proper food in schools and to improve children's academic performance and the health of the nation.

Packed Lunches

We are happy for your student to bring in a packed lunch if they prefer. The NHS Change4Life website has some great ideas for inspiration for a healthy packed lunch.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The school will provide storage for packed lunches in the most convenient place for each class. We cannot provide cooled storage areas and therefore cannot take responsibility for foods prepared at home and then brought into school. We are also unable to heat any food brought from home.

All uneaten food and waste will be kept in your child's lunchbox and returned home so that parents are able to monitor their child's food consumption

Nut free school

Ashley Park is a nut free school. Please check that the food in your child's packed lunch does not include nuts, traces of nuts or are made in an environment that cannot be guaranteed to be nut free.

Please note that the following items must not be included as part of your child's packed lunch:

Products that contain nuts, traces of nuts or are made in an environment that cannot be guaranteed to be nut free must not be brought into school. This includes nut sandwich spreads such as peanut butter and Nutella, and nut-based snack and protein bars. Please check all ingredients before sending anything in with your child.

MENU

WEEK 1	MAINS	DESSERT
MONDAY	<i>Margherita Pizza (2,7)</i> <i>Garlic Bread</i> <i>Salad Bar</i>	<i>Marble Cake (2,4,7)</i>
TUESDAY	Chicken Curry with Fluffy white rice (7,9) Seasonal Vegetables	Lemon Sponge Cake (2,4,7)
WEDNESDAY	Roasted Chicken with stuffing, Roast Potatoes, Gravy and Seasonal Vegetables (2)	Fresh Fruit and Yoghurt (7)
THURSDAY	Beef Spaghetti Bolognese with Wholemeal Pasta. Salad Bar (2)	Vanilla Shortbread (2,7)
FRIDAY	Fish Fingers and Chips with Baked Beans or Peas (2,5,7)	Oaty Cookie (2,7)
EVERYDAY	<i>*Baguettes</i>	<i>*Salad Bar</i>

**Ham, Cheese and Tuna Mayo Baguettes Everyday (2,4,5,7)*

**Multiple different Salad dishes Everyday*

MENU

WEEK 2	MAINS	DESSERT
MONDAY	<i>Cheese and Tomato Pasta Bake Salad Bar (2,7)</i>	<i>Chocolate Brownie (2,4,7)</i>
TUESDAY	<i>BBQ Chicken with Lightly Spiced Wedges Seasonal Vegetables</i>	<i>Orange Cheesecake (2,7)</i>
WEDNESDAY	<i>Pork sausage with Mashed Potato, Gravy and Peas</i>	<i>Apple Crumble and Cream (2,7)</i>
THURSDAY	<i>Beef Lasagne (2,4,7) Salad Bar</i>	<i>Fruit Platter</i>
FRIDAY	<i>Battered Fish Fillet with Chips, Baked Beans and Peas (2,4,5)</i>	<i>Strawberry Jelly</i>
EVERYDAY	<i>*Baguettes</i>	<i>*Salad Bar</i>

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**Multiple different Salad dishes Everyday*

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WEEK 3	MAINS	DESSERT
MONDAY	<i>Pesto Pasta (1,2,) Salad Bar</i>	<i>Chocolate Shortbread (2,7)</i>
TUESDAY	Stir Fry, Chicken and Egg Noodles Salad Bar (1,4,13)	Eves Pudding (2,4,7)
WEDNESDAY	Roasted Chicken, Roast Potatoes, Gravy, Yorkshire Pudding with Seasonal Vegetables (2,4,7)	Fruit and Yoghurt (7)
THURSDAY	Beef Burgers in Buns Salad Bar (2)	Fruit Platter
FRIDAY	Fish Fingers, Chips with Baked Beans and Peas (2,4,5)	Eton Mess (4,7)
EVERYDAY	<i>*Baguettes</i>	<i>*Salad Bar</i>

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ALLERGENS

1= Celery

2 = Cereals

3 = Crustaceans

4 = Eggs

5 = Fish

6 = Lupin

7 =Dairy

8 =Mollusks

9= Mustard

10 = Nuts

11 = Peanuts

12 = Sesame Seeds

13 = Soya

14 = Sulphur Dioxide.