

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	Margherita Pizza, Garlic Bread & Salad (2,7)	Fresh Fruit/Flapjack (2)
TUESDAY	Roasted Chicken with Roast Potatoes, Yorkshire Pudding, Gravy and Seasonal Vegetables (2,4,7)	Fresh Fruit/Jam Tart (2)
WEDNESDAY	Mac 'n' Cheese with Salad/Crudities	Fresh Fruit/Cookies
THURSDAY	Fish Fillet and Chips With peas (2,5)	Fresh Fruit/Iced Sponge Cake & Custard (4,7)
FRIDAY	Packed lunch: Sandwich (Ham, Cheese or Tuna) Crisps	Fresh Fruit/Biscuits (2,4,7)

**Ham, Cheese or Tuna Baguettes/Sandwich daily on pre-order (2,7)*

MENU

WEEK 2	MAINS	DESSERT
MONDAY	Spaghetti & Meatballs with Salad (2,9)	Fresh Fruit/Flapjack (2)
TUESDAY	Roasted Beef with Roast Potatoes, Yorkshire Pudding, Gravy and Seasonal Vegetables (2,4,7)	Fresh Fruit/Jam Tart (2)
WEDNESDAY	Chicken Curry and Rice with Naan & Salad (2)	Fresh Fruit/Cookies
THURSDAY	Sausage & Mash with Beans and Veggie Sticks	Fresh Fruit/Iced Sponge Cake & Custard (4,7)
FRIDAY	Packed lunch: Sandwich (Ham, Cheese or Tuna) Crisps	Fresh Fruit/Biscuits (2,4,7)

**Ham, Cheese or Tuna Baguettes/Sandwich daily on pre- order (2,7)*

MENU

WEEK 3	MAINS	DESSERT
MONDAY	Jacket Potato with either Tuna, Cheese or Beans and Salad (2)	Fresh Fruit/Flapjack (2)
TUESDAY	Roasted Chicken with Roast Potatoes, Yorkshire Pudding, Gravy and Seasonal Vegetables (2,4,7)	Fresh Fruit/Jam Tart (2)
WEDNESDAY	Sweet Chilli Chicken with Wedges & Corn on the Cob (1,2)	Fresh Fruit/Cookies
THURSDAY	Chicken Burgers and Chips with Salad (2,4)	Fresh Fruit/Iced Sponge Cake & Custard (4,7)
FRIDAY	Packed lunch: Sandwich (Ham, Cheese or Tuna) Crisps	Fresh Fruit/Biscuits (2,4,7)

*Ham, Cheese or Tuna Baguettes/Sandwich daily on pre- order (2,7)

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.*