

## **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 veggie sticks 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

<b>WEEK 1</b>	<b>MAINS</b>	<b>DESSERT</b>
<b>MONDAY</b>	Margherita Pizza Garlic Bread & Veggie Sticks (2,7)	Fresh Fruit/Flapjack (2)
<b>TUESDAY</b>	Roasted Chicken, Roast Potatoes, Yorkshire Pudding, Gravy & Seasonal Vegetables (2,4,7)	Fresh Fruit/Jam Tart (2)
<b>WEDNESDAY</b>	Mac 'n' Cheese with Veggie Sticks (2,7,9,13)	Fresh Fruit/Cookies (2)
<b>THURSDAY</b>	Fish Fingers & Chips with peas (2,5)	Fresh Fruit/Iced Sponge Cake & Custard (4,7)
<b>FRIDAY</b>	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

<b>WEEK 2</b>	<b>MAINS</b>	<b>DESSERT</b>
<b>MONDAY</b>	Pasta in Tomato & Basil Sauce with Veggie Sticks (2,9,13)	Fresh Fruit/Flapjack (2)
<b>TUESDAY</b>	Roasted Beef with Roast Potatoes, Yorkshire Pudding, Gravy & Seasonal Vegetables (2,4,7)	Fresh Fruit/Jam Tart (2)
<b>WEDNESDAY</b>	Chicken Curry & Rice with Naan & Veggie Sticks (2)	Fresh Fruit/Cookies (2)
<b>THURSDAY</b>	Sausage Roll with Chips, Spaghetti Hoops & Veggie Sticks (2)	Fresh Fruit/Iced Sponge Cake & Custard (4,7)
<b>FRIDAY</b>	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

<b>WEEK 3</b>	<b>MAINS</b>	<b>DESSERT</b>
<b>MONDAY</b>	Breaded Chicken, Potato Wedges & Corn on the Cob (2)	Fresh Fruit/Flapjack (2)
<b>TUESDAY</b>	Roasted Chicken with Roast Potatoes, Yorkshire Pudding, Gravy & Seasonal Vegetables (2,4,7)	Fresh Fruit/Jam Tart (2)
<b>WEDNESDAY</b>	Sausage & Mash with Beans (1,2)	Fresh Fruit/Cookies (2)
<b>THURSDAY</b>	Chicken Nuggets & Chips with Veggie Sticks (2,4)	Fresh Fruit/Iced Sponge Cake & Custard (4,7)
<b>FRIDAY</b>	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.

