



2018/2019 Menu Pack




























much
more than
just a **school**

Created by Steven Cross
Head Chef - Park Catering Services
































Lunch Menu Week 1 - 2018/2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 
Main	Jamaican Jerk Chicken Leg (GF)(DF)(O) 	Turkish Lamb Doner served with Garlic Yoghurt (GF) 	Classic Thyme Roasted Pork with Apple Sauce (GF)(DF)(O)	Indian Chicken Korma (GF)(O)  	Bubbly Battered Coley Fillet (DF)  
Vegetarian	Jamaican Vegetable Pattie (DF)(V)(O)  	Chargrilled Vegetable Kebab (GF)(DF)(V)(O)	Mushroom and Caramelised Onion Filo Parcel (V)(O)  	Mixed Vegetable Balti (GF)(DF)(V)(O) 	Mixed Vegetable Balti (GF)(DF)(V)(O)  
Vegetable/Salad	Jamaican Pineapple Salsa and Bean Salad	Chopped Turkish Salad	Seasonal Vegetables	Bombay Aloo, Onion Raita, Onion Salad, Mango Chutney	Garden Peas
Carbohydrate	Jamaican Rice and Beans	Mixed Herb and Orange Cous Cous 	Roasted Maris Pipers	Pilau Rice	Crunchy Oven Chips
Dessert	Coconut and Lime Panna Cotta 	Orange, Melon and Mint Pots	Apple and Mixed Berry Crumble 	Mango and Lime Lassi 	Banana and Toffee Loaf   

Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free (O) Organic




















Lunch Menu Week 2 - 2018/2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 
Main	Mexican Pulled Pork Fajita (DF)(V)(O) 	Portuguese Nando's Style Chicken Breast (GF)(DF)(V)(O)	Classic Sausage with Onion Gravy (GF)(DF)(O) 	Italian Beef Lasagne (GF)(O)   	Thai Fish Cakes with Chilli Sauce (DF)    
Vegetarian	Chargrilled Vegetable Quesadilla (DF)(V)(O) 	Halloumi, Vegetables and Roasted Garlic (GF)(V)(O) 	Vegetarian Sausages with Veggie Gravy (GF)(DF)(V)(O)	Macaroni Triple Cheese (V)(O)  	Thai Red Vegetable Curry (GF)(DF)(V)(O) 
Vegetable/Salad	Chopped Salad	Sweetcorn, Baby Gem and Carrot Salad	Seasonal Vegetables	Sweetcorn, Baby Gem and Carrot Salad	Thai Green Vegetables
Carbohydrate	Mexican Rice	Sweet Potato Fries	Mashed King Edwards 	Garlic Focaccia 	Sticky Jasmine Rice
Dessert	Bionico Fruit Cocktail (GF)(V)(O) 	Portuguese Custard Tart (V)(O)  	Carrot and Sultana Cake (DF)(V)(O) 	Tiramisu (V)(O)  	Mixed Fruit Salad (GF)(DF)(V)(O)



Lunch Menu Week 3 - 2018/2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 	Soup of the Day (GF)(DF)(V)(O) 
Main	Korean Bulgogi Chicken Kebab (GF)(DF)(O) 	Brazilian Lombo Pork Loin Steak (GF)(DF)(O)	Moroccan Lamb Meat Balls in Apricot and Turmeric Sauce (GF)(DF)(O) 	Cajun Cornflake Chicken and Ranch Dressing (GF)(O) 	Teriyaki Salmon Mango, Chilli and Vegetable Glass Noodles (DF)(O) 
Vegetarian	Bulgogi Roasted Vegetables (GF)(DF)(V)(O)	Vegetable and Bean Feijoada (GF)(DF)(V)(O)	Vegetable Tagine (GF)(DF)(V)(O)	Vegetable Jambalaya (GF)(DF)(V)(O)	Teriyaki Rainbow Vegetable Stir Fry (V)(DF)(O)
Vegetable	Kimchi Coleslaw 	Garlic and Chilli Broccoli	N/A	Sweetcorn Cob	Sweet Chilli Green Vegetables
Carbohydrate	Korean Noodle Salad 	Roasted Brazilian New Potatoes 	Pomegranate and Coriander Cous Cous Pitta Bread 	Sweet Potato Wedges	N/A
Dessert	Green Tea Jelly with Lime Cream 	Spiced Brazilian Rice Pudding 	Mixed Melon and Mint	Blueberry and Lemon Cheese Cake 	Cocoa and Cherry Brownie 

Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free (O) Organic



Breakfast Menu - 2018/2019

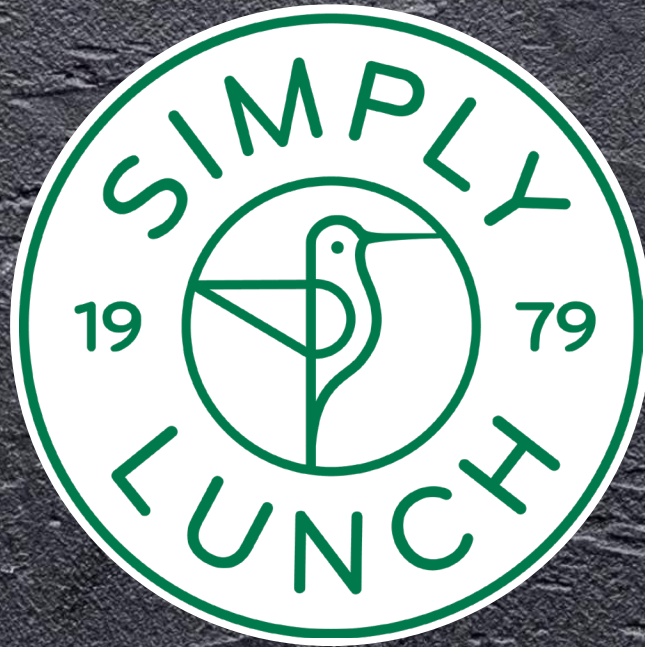
	Monday	Tuesday	Wednesday	Thursday	Friday
Pastries	Selection of warm mixed pastries	Selection of warm mixed pastries	Selection of warm mixed pastries	Selection of warm mixed pastries	Selection of warm mixed pastries
Cereals and Porridge	Selection of cereals in portioned boxes, served with cold/hot milk, porridge	Selection of cereals in portioned boxes, served with cold/hot milk, porridge	Selection of cereals in portioned boxes, served with cold/hot milk, porridge	Selection of cereals in portioned boxes, served with cold/hot milk, porridge	Selection of cereals in portioned boxes, served with cold/hot milk, porridge
Hot Breakfast Sandwiches	Half bacon, sausage bap or bacon and egg muffin	Half bacon, sausage bap or bacon and egg muffin	Half bacon, sausage bap or bacon and egg muffin	Half bacon, sausage bap or bacon and egg muffin	Half bacon, sausage bap or bacon and egg muffin
Hot Extras	Baked hash browns, American pancakes	Baked hash browns, American pancakes	Baked hash browns, American pancakes	Baked hash browns, American pancakes	Baked hash browns, American pancakes
Yoghurts and Fruit	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads
Smoothie	Smoothie of the Day	Smoothie of the Day	Smoothie of the Day	Smoothie of the Day	Smoothie of the Day
Hot Drinks	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate



Grab and Go Menu - 2018/2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Bakery	Hot Baguette Selection	Hot Baguette Selection	Hot Baguette Selection	Hot Baguette Selection	Hot Baguette Selection
	Hot Panini Selection	Hot Panini Selection	Hot Panini Selection	Hot Panini Selection	Hot Panini Selection
	Fresh Pizza	Fresh Pizza	Fresh Pizza	Fresh Pizza	Fresh Pizza
	Daily Hot Special	Daily Hot Special	Daily Hot Special	Daily Hot Special	Daily Hot Special
Perfect Pasta	Daily fresh pasta with a choice of two homemade sauces	Daily fresh pasta with a choice of two homemade sauces	Daily fresh pasta with a choice of two homemade sauces	Daily fresh pasta with a choice of two homemade sauces	Daily fresh pasta with a choice of two homemade sauces
Sandwiches	Selection of sandwiches, baguettes, ciabatta and wraps	Selection of sandwiches, baguettes, ciabatta and wraps	Selection of sandwiches, baguettes, ciabatta and wraps	Selection of sandwiches, baguettes, ciabatta and wraps	Selection of sandwiches, baguettes, ciabatta and wraps





We made the commercial decision to contract Simply Lunch, a specialist sandwich company. They offer schools a great selection of mouth-watering sandwiches, wraps and baguettes that really liven up your lunch. This allows the chefs to use all of their skills to produce high quality, fresh hot school food.



Allergies

We aim to meet all nutritional and dietary requirements of our customers. We stock a large array of gluten free and dairy free products which are available on request. Our chefs are always available to assist a student or parent requiring further information or an alternative meal on the day. There are 14 major allergens and their picture logos will be added to all our menus making it easy to identify suitable meals if you suffer with allergies.

 Celery  Cereal containing Gluten  Crustaceans

 Eggs  Fish  Lupin  Milk  Molluscs  Mustards

 Nuts  Peanuts  Sesame Seeds  Soya

 Sulphur Dioxide/ Sulphites

Great link for more information

<https://www.food.gov.uk/sites/default/files/media/document/top-allergy-types.pdf>



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