



Sample Menu































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more than
just a **school**



Created by Steven Cross
Head Chef - Park Catering Service

Sample Menu

	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	Cajun Cornflake Chicken and Ranch Dressing (GF)(O)  	Moroccan Lamb Meat Balls in apricot and turmeric sauce (GF)(DF)(O) 	Classic Thyme Roasted Pork with Apple Sauce (GF)(DF)(O)	Korean Bulgogi Chicken Kebab (GF)(DF)(O)  	Teriyaki Salmon Mango, Chilli and Vegetable Glass Noodles (DF)(O)    
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

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 for all. Our chefs are always available to assist if a student or parent requires further information or an alternative meal on the day. There are 14 major allergens which need to be mentioned when they are used as ingredients in a food. Here are the 14 allergens and their picture logos these will be added to all our menus making it easy to spot anything you shouldn't be eating 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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