

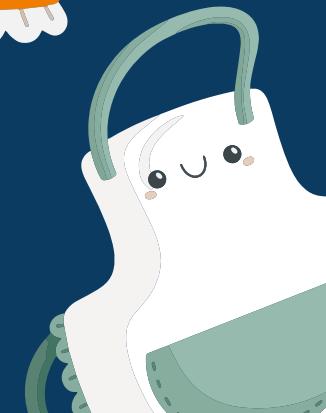


Federation of Riders Infant and Junior Schools

# Menu Pack

CREATED BY STEVEN CROSS

**EXECUTIVE CHEF**  
PARK COMMUNITY SCHOOL





	Monday Taste of Asia	Tuesday Italian Dream	Wednesday Traditional Fair	Thursday Mexican Sensation	Friday Fishy Friday
Main	Chinese sweet and sour chicken with mixed vegetables (GF) (DF)	Cherry tomato and red pepper pasta bake with mozzarella (V)	Roasted thyme and lemon Chicken with gravy (GF)(DF)	Mexican Chicken wrap with sweet BBQ sauce (GF) (DF)	Baked fish finger with homemade tomato ketchup (DF)
Vegetarian	Asian vegetable baked spring roll served with sweet and sour sauce (DF)(V)	Homemade Cheese and Tomato pizza topped with basil (V)	Traditional Macaroni cheese topped with cheesy crust (V)	Mexican roasted vegetable and cheese Quesadilla (V)	Vegetarian Sausages served with homemade tomato ketchup (DF)(V)
On the Side	Chinese fried 50/50 rice with Asian greens	Crispy garlic bread and chopped Italian salad	Roasted potatoes and seasonal vegetables	Seasoned potato wedges and Mexican sweetcorn salad	Chunky oven baked chips and garden peas
Dessert	Seasonal fruit and jelly	Banana and toffee sponge	Apple crumble and custard	Mandarins with orange jelly and lime cream	Cocoa and Cherry Sponge

# Week 1

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

# Week 2

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

	Monday Taste of Asia	Tuesday Italian Dream	Wednesday Traditional Fair	Thursday Mexican Sensation	Friday Fishy Friday
Main	Mixed golden vegetable Burger in a bun (DF)(V)	Homemade Cheese & Tomato Pizza (V)	Pork Sausages served with gravy	Mild Chicken Korma served with Poppadum's (GF)	Baked fish cake with homemade tomato ketchup (DF)
Vegetarian	Classic Macaroni cheese (V)	Mixed roasted Vegetable lasagna (V)	Soya Mince, lentil and mixed vegetable pie (GF)(DF)(V)	Mixed Roasted vegetable burrito with tomato salsa (DF)(V)	Vegetarian Sausages served with homemade tomato ketchup (DF)(V)
On the Side	Mixed seasonal salad	Mixed seasonal salad	Mashed Potatoes	Pilau Rice Sauteed Courgettes	Chunky oven baked chips
Dessert	Fresh Fruit salad	Fruit Jelly with cream	Garden Pea and Carrots	Double baked cookie	Mixed salad

# Allergies and Intolerances

Whenever possible we endeavour to meet all the nutritional and dietary needs of all our customers.

On the school site we stock a large array of gluten free and dairy free products which are available on request to all customers.

The fully trained chef team are always available to assist you if any student or parent should require further information or an alternative meal on the day.

Please be aware that it is imperative that those with an allergy strive to take full responsibility for their own allergy. We ask that you please ensure you always read the daily menu as ingredients might change due to uncertain market conditions.

