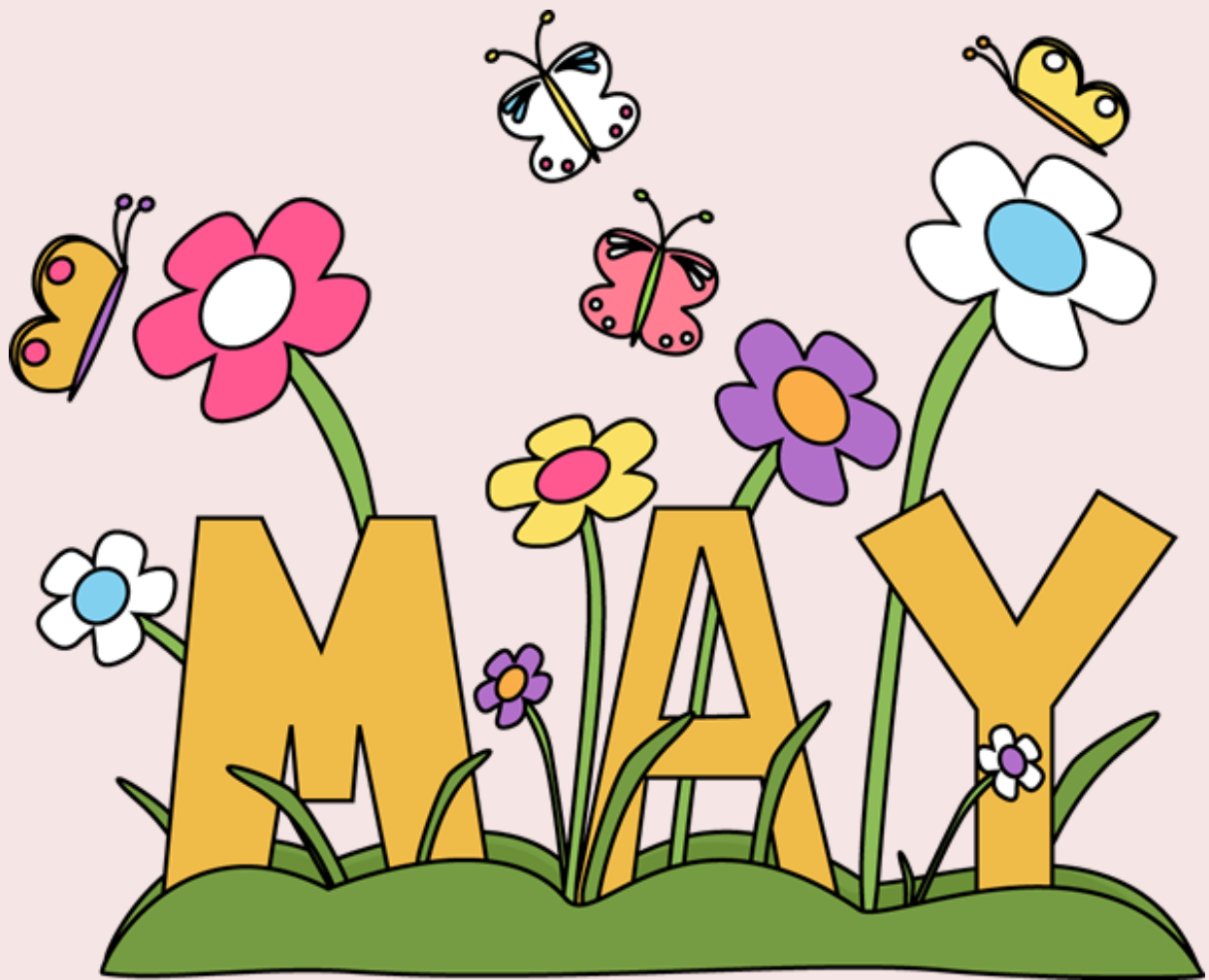


The Galley

22nd April—23rd May



JACKET POTATOES AND ROLLS



Don't forget you can always order a jacket potato or a

homemade organic roll for your lunch instead of our main meal. There are a number of fillings to choose from!

The price includes: Jacket potato or homemade organic roll with your choice of filling, vegetable sticks and coleslaw as well as a pudding.

Collect a form from the foyer, fill it in with your choice of filled potato or filled organic roll and put into the payment box **before 9.00am**. Your jacket potato or roll will be ready for you to collect at lunchtime.



Dinner Money

**All dinner money
is to be paid in advance**

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School meals are £2.80 for pupils and £4.40 for adults.
This includes a main meal, pudding and fresh
homemade organic bread.

If you have paid dinner money in advance but your
child does not have a lunch due to absence, school trip,
etc, please let the office know so they can amend your
account.

**Please remember to pay for your child's lunches in
advance through our online payments system.**

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Local Produce

All our food is homemade using as much seasonal, local and organic produce where possible.

All seasonal produce is highlighted in GREEN.

All milk is *Isle of Wight Milk*


Our meat is supplied by D.W Jarvis:

Free range eggs come from
Hazelgrove Farm, Ryde.

Our fresh fruit and vegetables are delivered daily from Farmhouse Fayre. Many of them grown here on the Isle of Wight.


Fresh organic bread is made daily.

Homemade yoghurt and fresh fruit are also available daily.



Vegan Options

We have included a few Vegan recipes to our menus.

These can be identified by a  Symbol next to the dish on the menu.

What is a Vegan diet?

Veganism is a type of vegetarian diet that excludes meat, eggs, dairy products, and all other animal-derived ingredients. It is one of the most effective choices a person can make to reduce the suffering of animals, help the planet and improve personal health.

Why not give it a try!!

Week 1

22nd-25th April

Bank Holiday Monday

Tuesday

Lasagne
Or
Vegetable Frittata
Served with Garlic Bread
Vegetable Sticks,
Salad and Coleslaw

Fruity Sticky Toffee Pudding
With Custard

St George's Day

Wednesday

Cottage Pie Yorkshire Pudding
Or
Vegetable Hot Pot
Served with
Roast or Mashed Potatoes
Carrots and Cauliflower

Jelly and Ice cream

Thursday

Chicken Shawarma
Served in a Wrap
Or
Meat Free Chilli Quesadillas
Served with Rice
Vegetable Sticks, Salad
and Coleslaw

Raspberry Ripple Cheesecake

Friday

Salmon Fishcakes
Or
Vegetable Nuggets
Served with Chips
Sweetcorn or Baked Beans

Cherry Shortbread ▼

Week 2

28th April--2nd May

Meat Free Monday

Macaroni Cheese
Or
Bean Chilli with Nachos ▼
Served with
Vegetable Sticks,
Salad and Coleslaw

Iced Apple Cake

Tuesday

Mild Chicken Curry
With Rice
Or
Nut Free Vegan Pesto
Wholemeal Spaghetti ▼
Served with
Vegetable Sticks,
Salad and Coleslaw

Goopy Chocolate Pudding
With Custard

Wednesday

Pork Sausage
Or
Vegan Sausage ▼
Served with
Roast or Mashed Potato
Carrots and Peas

Vegetarian Jelly ▼

Thursday

Chicken Goujons
Or
Cheesy Bean Burger
Served in a Wrap
With Couscous
Vegetable Sticks,
Salad and Coleslaw

Fruit Salad ▼

Friday

Battered Fish
Or
Cheese and Broccoli Pie
Served with Chips
Peas or Baked Beans

Viennese Biscuits ▼

Week 3

5th-6th May

Bank Holiday Monday

Tuesday

Pork Meatballs
With Wholemeal Spaghetti
Or
Vegetable Paella
Served with
Vegetable Sticks,
Salad and Coleslaw

Apple Crumble ▼
with Custard

Wednesday

Roast Gammon
Or
Cheesy Courgette Sausages
Served with
Roast or Mashed Potatoes
Carrots and Broccoli

Chocolate Krispies ▼

Thursday

Piri Piri Chicken in a Wrap
With Couscous
Or
Stuffed Peppers
Served with
Vegetable Sticks,
Salad and Coleslaw

Date Slice ▼
With Custard

Friday

Fishcake
Or
Chia Nuggets ▼
Served with Chips
Sweetcorn or Baked Beans

Lemon Shortbread ▼

Week 4

12th-16th May

Meat Free Monday

Wholemeal Pasta Twists
With a
Tomato and Basil Sauce ▼
Or
Sweet Potato and Lentil
Korma with Rice ▼
Served with
Vegetable Sticks,
Salad and Coleslaw

Iced Courgette and Lemon Cake

Tuesday

Lasagne
Or
Vegetable Frittata
Served with Garlic Bread
Vegetable Sticks,
Salad and Coleslaw

Fruity Sticky Toffee Pudding
With Custard

Wednesday

Hamburger Loaf
Or
Cheese and Lentil Loaf
with a Tomato Sauce
Served with
Boulangere or Mashed Potatoes
Carrots and Cauliflower

Chocolate Mousse

Thursday

Chicken Shawarma
Served in a Wrap
Or
Meat Free Chilli Quesadillas
Served with Rice
Vegetable Sticks, Salad
and Coleslaw

Raspberry Ripple Cheesecake

Friday

Salmon Fishcakes
Or
Vegetable Nuggets
Served with Chips
Sweetcorn or Baked Beans

Cherry Shortbread ▼

Week 5

19th-23rd May

Meat Free Monday

Macaroni Cheese
Or
Bean Chilli with Nachos ▼
Served with
Vegetable Sticks,
Salad and Coleslaw

Iced Apple Cake

Tuesday

Mild Chicken Curry
With Rice
Or
Nut Free Vegan Pesto
Wholemeal Spaghetti ▼
Served with
Vegetable Sticks,
Salad and Coleslaw

Goopy Chocolate Pudding
With Custard

Wednesday

Pork Sausage
Or
Vegan Sausage ▼
Served with
Roast or Mashed Potato
Carrots and Peas

Vegetarian Jelly ▼

Thursday

Chicken Goujons
Or
Cheesy Bean Burger
Served in a Wrap
With Couscous
Vegetable Sticks,
Salad and Coleslaw

Fruit Salad ▼

Friday

Battered Fish
Or
Cheese and Broccoli Pie
Served with Chips
Peas or Baked Beans

Viennese Biscuits ▼

Please see the allergy list in the Foyer

Allergy Information

We regularly update and amend policies to be in line with the latest Health and Safety Regulations.

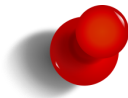
On the 13th December 2014 legislation on the Food Information for Consumers Regulation changed in the way allergen information appears on labels and on food that is pre-packed, sold loose or served out of the home.

We need to be able to answer any consumer queries regarding allergens for the food that we serve.

We take Health and Safety very seriously.

There are **14 ALLERGENS** that we need to be aware of:

Eggs
Soya
Milk
Sulphur Dioxide
Shellfish
Nuts
Molluscs (Shellfish)
Cereals containing Gluten
Fish
Celery
Peanuts
Mustard
Sesame
Lupin



Responsibilities of Parents

- 1. To inform the kitchen of dietary requirements or allergies and how severe your child's food allergy or intolerance is.**
- 2. To check with the kitchen about the whole dish (for example butter may have been added to vegetables).**
- 3 .To check what allergens are in the dish using the allergen Sheet provided with this menu**
- 4. To check what allergens are in the dish even if they have eaten it before.**
- 5. To order the appropriate food for their child by checking the menu provided**

As our school menu is on a three week cycle and changes several times over the school year, our Catering Manager will be addressing all the recipes each time a new menu is printed and will change it where possible to meet all the new legislation.

Sometimes suppliers send substitute items which we do check but we cannot fully guarantee that our food does not contain any of the above allergens.

If your child has any serious allergy or you have any questions about allergens or diets, please contact the School Catering Manager.

Many thanks,

Nicky Ibbertson
Catering Manager

IMPORTANT: NO NUTS



Some of our pupils have a severe **nut allergy.**

Please do not send any food items into school containing nuts, such as **Peanut butter, chocolate spread, Bakewell Tarts, fruit and nut bars ETC**

Please check labels carefully. This includes labels on spreads such as **chocolate spread**, which also may contains nuts.



Menu Item	 Eggs	 Milk	 Celery	 Gluten	 Lupin
Week 3 /6					
Cheese and Tomato Pizza		✓		✓	
Meat free Chilli Taco			✓	✓	
Rice					
Berry Cake	✓			✓	
Pork Meatballs				✓	
Tomato Sauce					
Spaghetti				✓	
Vegetable Paella					
Apple Crumble				✓	
Custard		✓			
Roast Gammon					
Cheesy Courgette Sausage	✓	✓		✓	
Chocolate Krispies					
Piri Piri Chicken					
Wraps				✓	
Couscous				✓	
Stuffed Peppers		✓			
Date Slice				✓	
Custard		✓			
Fishcakes		✓		✓	
Vegan Chia Nuggets					
Chips					
Lemon Shortbread				✓	

Why choose a school lunch for your child?

1. **Good value.** At only £2.80 a school meal cost less than a cup of coffee at your favourite coffee shop!
2. **Our school meals are cooked from scratch.** We prepare our meals fresh every day with no additives, preservatives or colours that could affect your child's ability to concentrate!
3. **We use local produce.** Our school meals are made using local meat, eggs and milk so we know where our produce has come from and the animals have been well looked after. (The children visit some of these farms throughout their time in school to see for themselves.)
4. **Healthy balanced meal.** Our menus are carefully planned using strict government guidelines to ensure your child receives the nutrition they need.
5. **Less fat and sugar.** The majority of our cakes and biscuits are made using half the amount of fat and sugar used in a conventional recipe and we are always trying different ways to make all our puddings healthier!
6. **All diets can be catered for.**

Glossary

Macaroni

Tubes of Pasta.

Couscous

Fine granules of pasta made from semolina flour. It is of North African origin, couscous is traditionally cooked by steaming it over boiling water or a pot of stew.

Tofu

a soft white substance made from mashed soya beans, used chiefly in Asian and vegetarian cooking

Chow-Mein

Chow mein is a dish of Chinese stir-fried noodles with vegetables and sometimes meat or tofu

Falafel

Falafel is a deep-fried ball or patty-shaped fritter of Egyptian origin, featuring in Middle Eastern cuisine, particularly Levantine cuisines, and is made from broad beans, ground chickpeas, or both

Chickpea

A yellow seed common in Malaysia.

Nachos

Nachos are a dish from northern Mexico that consists of tortilla chips covered with mince and cheese or a cheese-based sauce often served as a snack.