

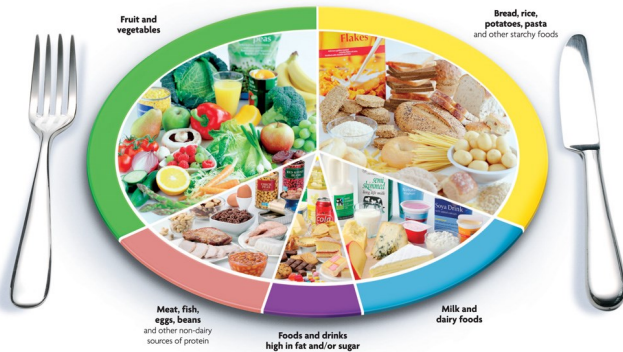
We prepare and cook all our food daily on site, providing healthy and nutritious meals using locally sourced food. Our eggs are cage-free, our meat meets UK Welfare Standards and all meals are free from undesirable food additives and hydrogenated fats. Our Catering Team are also able to provide for special diets on medical or religious grounds and are very experienced at doing so.



The catering team also present freshly made salads with lettuce, tomatoes, cucumber, carrots and celery

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



We serve an 'eatwell plate' every day!

Under the Food Information Regulation the Academy is required to provide information about the allergenic ingredients used in any food that the Academy provides. There are 14 major allergens which need to be mentioned when they are used as ingredients in a food. We have included a separate leaflet indicating what those allergens are and some examples of where they can be found. The allergens are listed by Numbers - Number 1 to 14. For your information, we have indicated to the right of each rolling week menu what allergens may be found in the food provided on that day.



Meals at St Newlyn East Learning Academy



Menu



The catering team is proud to present our 3-week rolling menu for the *Jan/Feb 2018*

Our daily menu incorporates a range of scrumptious options

Enjoy our Menu!

Week 1: 8th Jan, 29th Jan

Allergens

MONDAY

Main Meal

Spaghetti Bolognaise or Vegetable Bolognaise	2, 6, 7
Jacket Potato	6
Served with	
Garlic Bread, Sweet Corn, Baked Beans	2, 6, 7
Salad Bar. Homemade Bread	
Assorted Yogurts. Sliced Fresh Fruit	2, 7

TUESDAY

Main Meal

Sausage & Mash or Veggie Sausage	4, 5, 7
Plain Pasta.	2, 4, 6
Served with	
Garden Peas, Cauliflower. Salad Bar.	
Homemade Bread	
Apple & Cinnamon Crumble with Custard.	2, 4, 6
Fruit Salad	

WEDNESDAY

Main Meal

Roast of the Day or Lentil Roast	2, 4
Served with	
Roast Potatoes, Creamed Potatoes, Sliced Carrots, Cabbage	
Homemade Bread	
Lemon Drizzle Cake. Fruit Salad	2, 4, 7

THURSDAY

Main Meal

Sweet & Sour Chicken or Sweet & Sour Vegetables	2
Jacket Potato.	
Served with	
Braised Rice, Broccoli, Roasted Vegetables	
Salad Bar. Homemade Bread	
Assorted Yogurts. Sliced Fresh Fruit	2, 7

FRIDAY

Main Meal

Fish Fingers or Vegetable Quiche	2, 4, 7
Served with	2, 4
Chipped Potatoes, Baked Beans, Peas	
Bakewell Tart. Homemade Biscuit.	2, 4, 6
Fruit Salad	

Week 2: 15th Jan, 5th Feb

Allergens

MONDAY

Main Meal

Oven-baked Sausage or Vegetable Sausage	4, 5, 7
Jacket Potato.	6
Served with	
Creamed Potatoes, Sliced Carrots,	
Baked Beans. Salad Bar. Homemade Bread	2, 6, 7
Assorted Yogurts. Fresh Fruit Salad	2, 7

TUESDAY

Main Meal

Chicken & Sweet Corn Pie or Macaroni Cheese	2, 6
Jacket Potato.	2, 4, 5, 7
Served with	
New Potatoes, Garden Peas, Carrot & Swede Mash.	
Salad Bar. Homemade Bread	
Rice Pudding & Jam. Homemade Biscuit	2, 4, 7

WEDNESDAY

Main Meal

Roast of the Day or Vegetable Bake	2, 4
Served with	6
Roast Potatoes, Creamed Potatoes, Carrots,	
Chocolate Crispy Bar. Fresh Fruit Salad	2, 6, 7

THURSDAY

Main Meal

Beef Chilli Nacho or Vegetable Chilli Nacho	2, 4, 6, 7
Plain Pasta.	
Served with	
Sweet Corn, Sour Cream, Mixed Vegetables	
Assorted Yogurts. Fresh Fruit Salad	2, 7

FRIDAY

Main Meal

Oven-baked Battered Fish or Veg Quiche	2, 4, 7
Served with	
Chipped Potatoes, Baked Beans, Garden Peas	2, 4
Fruit Jellies. Homemade Biscuit. Fruit Salad	2, 4, 6

Week 3: 22nd Jan

Allergens

MONDAY

Main Meal

Beef Burger with Relish or Napoli Pasta	2, 4, 6
Served with	
Potato Wedges, Baked Beans, Roasted Vegetables.	7
Assorted Yogurts. Fresh Fruit Salad	2, 4, 6

TUESDAY

Main Meal

Beef Goulash or Vegetable Stir Fry Noodles	2, 6
Jacket Potato.	2, 4, 6, 7
Served with	
Braised Rice, Sliced Carrots, Baked Beans	
Chocolate Pudding with Chocolate Sauce	2, 6, 7

WEDNESDAY

Main Meal

Roast of the Day or Lentil Roast	2, 4
Served with	
Roast Potatoes, Creamed Potatoes, Sliced Carrots, Green Cabbage	
Peaches with Ice-Cream. Fresh Fruit Salad	2, 4, 7

THURSDAY

Main Meal

Steak Pasty or Cheese Pasty	2, 6
Plain Pasta.	2, 4, 5, 6
Served with	
New Potatoes, Carrot & Turnip Mash,	
Assorted Yogurts. Sliced Fruit Salad	2, 7

FRIDAY

Main Meal

Oven-baked Fish Finger or Vegetable Quiche	2, 4, 7
Served with	2, 4
Chipped Potatoes, Sweet Corn, Baked Beans	
Frosted Carrot Cake. Homemade Biscuit.	2, 4, 7