We prepare and cook all our food daily on site, providing healthy and nutritious meals using locally sourced food. Our eggs are cagefree, 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.



We serve an 'eatwell plate' every day!



Every day we present freshly made salads with lettuce, tomatoes, cucumber and carrots

The children are invited to choose any of the above to go with their main choice from the daily menu.

We also bake fresh breads 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.







St. Newlyn East Learning Academy



Menu



3 week rolling menu for the Autumn Term 2018

Our daily menu
Incorporates a range of
scrumptious options from
St. Newlyn East Salad Bar
& Bakery
Enjoy our Menu!

Week 1: 3rd Sept, 24th Sept, 15th Oct, 12th Nov, 3rd Dec		Week 2: 10th Sept, 1st Oct, 29th Oct, 19th Nov, 10th Dec		Week 3: 17th Sept, 8th Oct, 5th Nov, 26th Nov, 17th Dec	
MONDAY Main Meal Spaghetti Bolognaise or Vegetable Bolognaise with Garlic Bread Jacket Potato Served with Broccoli, Baked Beans Salad Bar - Homemade Wholemeal Bread	Allergens 2,6,7	MONDAY Main Meal Chicken Pasta Bake in Tomato Sauce Pasta Napoli or Jacket Potato. Served with Salad Bar - Homemade Wholemeal Bread Pudding Fresh Fruit Salad. Assorted Yogurts	Allergens 2,6,7	MONDAY Main Meal Beef Chilli or Veg Chilli with Nacho's Jacket Potato Served with Rice, Beans, Sweet Corn Salad Bar - Homemade Wholemeal Bread Pudding	Allergens 2, 4, 6, 7,
Pudding Fresh Fruit Salad or assorted Yogurts TUESDAY Main Meal Oven Baked Sausage or Vegetable Sausage Penne Pasta with Napoli Sauce Served with Mashed Potato, Baked Beans, Peas Salad Bar - Homemade Wholemeal Bread Pudding Ginger Sponge & Custard or	2,6,7	TUESDAY Main Meal Caribbean Beef Curry or Vegetable Curry with Naan Bread. Tomato & Basil Pasta Served with Boiled Rice, mixed Vegetables & Peas Salad Bar - Homemade Bread Pudding Apple & Pear Crumble with Custard Fruit Cocktail. Homemade Biscuit	2, 4, 6, 7	Fresh Fruit Salad. Assorted Yogurts TUESDAY Main Meal Chicken Pie or Veg Pie with Cheesy Mash Topping. Pasta Napoli Served with Broccoli & Mixed Vegetables Salad Bar - Homemade Wholemeal Bread Pudding Chocolate Sponge with Chocolate Sauce Fruit Cocktail or Homemade Biscuit	2, 4 ,
Homemade Biscuit. Fruit Cocktail WEDNESDAY Main Meal Roast of the Day or Vegetable Roast Served with Roast Potatoes, Creamed Potatoes, Cabbage, Carrots & Gravy Pudding Winter Berry Chill or Homemade Biscuit	2,4,7	WEDNESDAY Main Meal Roast of the Day or Vegetable Roast Served with Roast Potatoes, Creamed Potatoes, Cabbage, Carrots & Gravy Homemade Bread Pudding Jelly. Fruit Cocktail. Homemade Biscuit	2,4,7	WEDNESDAY Main Meal Roast of the Day or Vegetable Roast Served with Roast Potatoes, Creamed Potatoes, Cabbage, Carrots & Gravy Homemade Wholemeal Bread Pudding Fruit & Ice-Cream. Homemade Biscuit	2, 4, 7
Fruit Cocktail THURSDAY Main Meal Chicken Korma or Vegetable Korma with Naan Bread or Tomato & Basil Pasta Served with Sweet Corn and Peas Salad Bar - Homemade Wholemeal Bread Pudding	2, 4, 6, 7	THURSDAY Main Meal Steak Pasty or Cheese Pasty Tomato & Basil Pasta. Served with New Potatoes, Baked Beans and Peas Salad Bar - Homemade Bread Pudding Fresh Fruit Salad. Assorted Yogurts FRIDAY	2,6,7	THURSDAY Main Meal Chicken or Vegetable Cobbler with Mini Cheese Scones Jacket Potato Served with Broccoli, Baked Beans Salad Bar - Homemade Wholemeal Bread Pudding Fruit Salad. Assorted Yogurts	2, 4 , 6, 7
Fresh Fruit Salad. Assorted Yogurts FRIDAY Main Meal Fish Fingers or Vegetable Quiche Served with Chipped Potatoes, Baked Beans, Sweet Corn Salad Bar - Homemade Wholemeal Bread Pudding Chocolate Brownie, Homemade Biscuit Fruit Cocktail	2, 4, 5, 6, 7	Main Meal Fish Fingers or Vegetable Quiche Served with Chipped Potatoes, Baked Beans, Sweet Corn Salad Bar - Homemade Bread Pudding Chocolate Crispy Bar or Fruit Cocktail Homemade Biscuit	2, <u>4</u> , 5, 6, 7	FRIDAY Main Meal Battered Fish or Vegetable Quiche Served with Chipped Potatoes. Baked Beans. Peas Homemade Wholemeal Bread - Salad Bar Pudding Chocolate Orange Drizzle Cake Fruit Cocktail. Homemade Biscuit	2, 4, 5, 6,