

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.



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!

### 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!

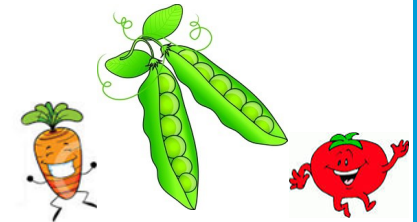
Under the Food Information Regulation the Academy is required to provide information about the allergenic ingredients used in any food that the Academy provides. There are 14 major allergens which need to be mentioned when they are used as ingredients in a food. We have included a separate leaflet indicating 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.



St. Newlyn East Learning Academy



### Menu



3-week rolling menu for the Spring & Summer Term 2018

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

Week 1: 19 Feb, 12 Mar, 16 Apr, 7 May, 4 June, 25 June, 16 July

	Allergens
<b>MONDAY</b>	
<b>Main Meal</b>	
Beef Lasagne or Vegetable Lasagne Jacket Potato.	2, 6, 7
<b>Served with</b>	
Baked Beans & Sweet Corn Salad Bar. Homemade Bread	2, 6, 7
<b>Pudding</b>	
Fresh Fruit Salad or Assorted Yogurts	7
<b>TUESDAY</b>	
<b>Main Meal</b>	
Chicken Balti or Veg Balti with Naan Bread Tomato & Basil Pasta.	2, 4
<b>Served with</b>	
Rice. Broccoli. Garden Peas. Salad Bar. Homemade Bread	2
<b>Pudding</b>	
Fruit Jelly. Fruit Cocktail. Homemade Biscuit	2, 7
<b>WEDNESDAY</b>	
<b>Main Meal</b>	
Honey Roast Gammon or Vegetable Loaf	2
<b>Served with</b>	
Roast Potatoes. Creamed Potatoes. Cabbage. Carrots. Gravy. Homemade Bread	2, 7
<b>Pudding</b>	
Peaches & Ice-Cream or Fruit Cocktail Homemade Biscuit	7
<b>THURSDAY</b>	
<b>Main Meal</b>	
Steak Pasty or Cheese Pasty Jacket Potato.	2, 6, 7
<b>Served with</b>	
New Potatoes. Beans. Peas Salad Bar. Homemade Bread	2, 6, 7
<b>Pudding</b>	
Assorted Yogurts. Sliced Fresh Fruit	7
<b>FRIDAY</b>	
<b>Main Meal</b>	
Fish Fingers or Vegetable Quiche	2, 4, 7
<b>Served with</b>	
Chipped Potatoes. Baked Beans. Sweet Corn Salad Bar. Homemade Bread.	5
<b>Pudding</b>	
Chocolate Brownie. Homemade Biscuit Fruit Cocktail	2, 4 6, 7

Week 2: 26 Feb, 19 Mar, 23 Apr, 14 May, 11 June, 2 July, 23 July

	Allergens
<b>MONDAY</b>	
<b>Main Meal</b>	
Tuna Pasta Bake with Cheese Topping or Pasta Napoli.	2, 5, 7
<b>Served with</b>	
Sweet Corn. Peas. Salad Bar. Homemade Bread	2, 5, 7
<b>Pudding</b>	
Fresh Fruit Salad. Assorted Yogurts	7
<b>TUESDAY</b>	
<b>Main Meal</b>	
Oven-baked Sausage or Vegetable Sausage Jacket Potatoes.	2
<b>Served with</b>	
Creamed Potatoes. Baked Beans. Peas Salad Bar. Homemade Bread	2, 7
<b>Pudding</b>	
Lemon Drizzle Cake. Fruit Cocktail Homemade Biscuit	2, 4
<b>WEDNESDAY</b>	
<b>Main Meal</b>	
Roast Turkey or Vegetable Roast & Stuffing	2, 4
<b>Served with</b>	
Roast Potatoes. Creamed Potatoes. Carrots. Cabbage & Gravy. Homemade Bread	2, 7
<b>Pudding</b>	
Berry Chill. Fruit Cocktail. Homemade Biscuit	7
<b>THURSDAY</b>	
<b>Main Meal</b>	
Homemade Cheese & Tomato Pizza Penne Pasta with Tomato & Basil Sauce Jacket Potato.	2, 7
<b>Served with</b>	
Baked Beans. Sweet Corn. Salad Bar. Homemade Bread	2, 7
<b>Pudding</b>	
Assorted Yogurts. Sliced Fresh Fruit	7
<b>FRIDAY</b>	
<b>Main Meal</b>	
Fish Fingers or Vegetable Quiche	2, 4, 7
<b>Served with</b>	
Chipped Potatoes. Baked Beans. Peas. Salad Bar. Homemade Bread	2, 4, 7
<b>Pudding</b>	
Chocolate Crispy Bar. Homemade Biscuit. Fruit Salad	2

Week 3: 5 March, 26 March, 30 Apr, 21 May, 18 June, 9 July

	Allergens
<b>MONDAY</b>	
<b>Main Meal</b>	
Spaghetti Bolognese or Vegetable Bolognese with Garlic Bread Jacket Potato	2, 6, 7
<b>Served with</b>	
Baked Beans. Broccoli. Salad Bar. Homemade Bread	2, 6, 7
<b>Pudding</b>	
Fresh Fruit Salad. Assorted Yogurts	2, 7
<b>TUESDAY</b>	
<b>Main Meal</b>	
Chicken Stir Fry or Vegetable Stir Fry with Noodles. Jacket Potato	2
<b>Served with</b>	
Baked Beans. Sweet Corn. Salad Bar. Homemade Bread	2
<b>Pudding</b>	
Ginger Sponge & Custard. Fruit Cocktail Homemade Biscuit	2, 6, 7
<b>WEDNESDAY</b>	
<b>Main Meal</b>	
'Roast of the Day' or Vegetable Roast	2, 4
<b>Served with</b>	
Roast Potatoes. Creamed Potatoes. Cabbage. Carrots & Gravy. Homemade Bread	7
<b>Pudding</b>	
Ice-Cream & Fruit. Homemade Biscuit	2, 4, 7
<b>THURSDAY</b>	
<b>Main Meal</b>	
Cottage Pie or Vegetable Pie Pasta Napoli Jacket Potato	2, 4, 6, 7
<b>Served with</b>	
Peas. Broccoli. Salad Bar. Homemade Bread	2, 4, 6, 7
<b>Pudding</b>	
Assorted Yogurts. Fresh Fruit Salad	2, 7
<b>FRIDAY</b>	
<b>Main Meal</b>	
Battered Fish or Vegetable Quiche	5, 2, 4, 7
<b>Served with</b>	
Chipped Potatoes. Baked Beans. Sweet Corn	5, 2, 4, 7
<b>Pudding</b>	
Flap Jack. Homemade Biscuit. Fruit Cocktail.	2, 7