

# Autumn Winter 2022-23

## Park Lane Primary

**Week One Dates** 24/10, 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03

Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice & Half Jacket Potato	Chinese Chicken, Vegetables & Noodles	Roast Chicken, Roast Potatoes & Gravy	Chicken Burger & Potato Wedges	Fish Fingers & Chips
Vegetarian Main Meal Option	Loaded Wedges with Cheese or Beans	Cheese & Onion Pastry Roll & Potato Wedges	Roast Veggie Balls, Roast Potatoes & Gravy	Veggie Chilli & Mixed Rice	Macaroni Cheese
Vegetable Selection	Green Beans Sweetcorn	Garden Peas Carrots	Cauliflower Seasonal Greens	Sweetcorn Carrots, Mixed Salad	Baked Beans Garden Peas
Jacket Potato Options	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans or Salmon & Mayonnaise				
Dessert	Vanilla Crunch	Ginger Sponge & Custard	Ice Cream & Banana	Shortbread Finger & Fruit Wedges	Chocolate Crunch

**Week Two Dates** 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03

Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice & Jacket Wedges	Turkey Pasta Bolognese	Roast Gammon, Roast Potatoes & Gravy	Chicken Meatballs, Tomato Sauce & Mixed Rice	Fish & Chips
Vegetarian Main Meal Option	Loaded Wedges with Cheese or Beans	Tomato & Basil Pasta	Roast Veggie Balls Roast Potatoes & Gravy	Veggie Burger & Potato Wedges	Macaroni Cheese
Vegetable Selection	Sweetcorn Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Sweetcorn Carrots	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans or Salmon & Mayonnaise				
Dessert	Oaty Crunchy Biscuit	Melon & Pineapple Slices	Jelly & Mandarins	Jam Sponge & Custard	Chocolate Brownie

**Week Three Dates** 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03, 03/04

Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice with Potato Wedges	Chicken Pie & Mashed Potato	Roast Chicken, Roast Potatoes & Gravy	Sausage with Mashed Potato & Gravy	Fish Fingers & Chips
Vegetarian Main Meal Option	Loaded Wedges with Cheese or Beans	Vegetable Korma Curry with Mixed Rice	Roast Veggie Meatballs, Roast Potatoes & Gravy	Veggie Mince Pasta Bolognese	Macaroni Cheese
Vegetable Selection	Mixed Vegetables Garden Salad	Carrots Sweetcorn	Winter Greens Cauliflower	Green Beans Carrots	Baked Beans Garden Peas
Jacket Potato Options	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans or Salmon & Mayonnaise				
Dessert	Hob Nob Cookie with Apple Smiles	Jelly & Mandarins	Flapjack Finger & Custard	Lemon Drizzle Cake	Frozen Toffee Yoghurt

### Pick and Mix Selection

**Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily**





PICK 'N' MIX



### 'GREEN EARTH MONDAY'

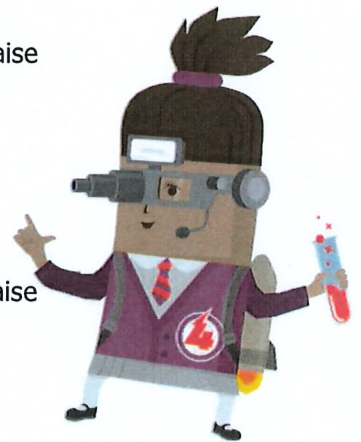
Selection of filled breads – Egg or Cheese  
Crudit  Selection  
Fresh Fruit Pots or Whole Fruit Selection  
Yoghurt or Dessert of the Day

### TUESDAY

Selection of filled breads – Ham, Cheese, Egg, Tuna Mayonnaise  
Crudit  Selection  
Fresh Fruit Pots or Whole Fruit Selection  
Yoghurt or Dessert of the Day

### WEDNESDAY

Selection of filled breads – Ham, Cheese, Egg, Tuna Mayonnaise  
Crudit  Selection  
Fresh Fruit Pots or Whole Fruit Selection  
Yoghurt or Dessert of the Day



### THURSDAY

Selection of filled breads – Ham, Cheese, Egg, Tuna Mayonnaise  
Crudit  Selection  
Fresh Fruit Pots or Whole Fruit Selection  
Yoghurt or Dessert of the Day



### FRIDAY

Selection of filled breads – Ham, Cheese, Egg, Tuna Mayonnaise  
Crudit  Selection  
Fresh Fruit Pots or Whole Fruit Selection  
Yoghurt or Dessert of the Day

### SALAD FEAST

Locally sourced produce served daily







## NOURISH YOUR CHILD'S INNER SUPERHERO!

### Park Lane Primary

#### Our Food



Edwards & Blake menus are designed to be child friendly, as well as compliant with the Government's school food standards. We use high quality, healthy and nutritious ingredients, prepared fresh on site, on the day of consumption, by suitably trained and child focused employees.



We are launching our new Green Earth Monday to further support our continued commitment to corporate social responsibility. From October 2021, we are reducing animal protein on our menus to assist with the worldwide red meat reduction challenges, with Mondays in Primary schools being Vegetarian based. This will have a huge effect in impacting the CO2 saving so we appreciate your support with this.

Rest assured, at the heart of our service is a compliant menu which contains the correct balance of food and nutrients across the weeks to ensure children continue to have all the goodness they need.

#### Medical Diets and Allergies

If your child has a specific dietary need for a medical reason, we will work with you to create a menu to meet the needs of your child. We have a Medical Diet Procedure to follow, to ensure your child can safely eat with us. If you would like your child to have a school meal we would need to see a medical certificate from your child's consultant. We can then proceed with creating a suitable menu. Please ask your school for the Medical Diet Request form.

Once you have completed it please return to the school along with the Medical evidence, please ensure all details are correct and it has been signed. This will then be passed onto our team of dietitians who will then create a safe menu for your child and implement as soon as possible.

### Help your school and yourself - claim free school meals

## FREE SCHOOL MEALS

#### Did You Know

All children in Reception, Year 1 and Year 2 are all eligible for a Universal Infant Free School Meal!

Let Edwards & Blake take the pressure off making a pack lunch and let us provide your child with a nutritionally

balanced, hot and delicious lunch, for **FREE!**

You could save yourself time and **£100's** a year by giving up the pack lunch & encouraging them to have a hot meal prepared and cooked fresh on site by us daily!

**Why not give it a try tomorrow?!**

