

Dear Parents

As you are by now aware, we are excited to announce that from January we have revised our school lunch menu to provide more choice for children.

An email with all the information was sent home, please read that first in order to understand the changes.

CHILDREN with dietary requirements

1. If your child has a dietary requirement (i.e. Gluten / Dairy Free) they will be given a black wrist band to wear with their meal choice band in order to alert the kitchen.
2. We are asking you as parents of children with specific dietary needs to **book meals in advance** via a hard copy print out of the menu.



MENU

Please find attached the 3 week rotating menu on which we would like you to **indicate** which lunch your child prefers in order for the kitchen to be as prepared as possible.

MAIN MEAL:

From January we will be introducing **Jacket Potato** and **Pasta** (both with a choice of toppings) as a daily meal choice in addition to our current **Main Meal** or **Vegetarian Option**.

RETURN OF MENU

Please ensure you put **your child's name and class on the menu that you return.**

A **hard copy** will be provided via **your child's book bag today.**

We appreciate that it is the day before we break up for the Christmas Holidays, however if you can send the menu back to us either **tomorrow** or drop it into the office on **the inset days (3 January or 4 January 2019)** we will be able to ensure your child gets the correct meal on the first day back.

Kind regards

Amherst School Office

EXAMPLE:

 1 Week					
Weeks commencing: 7 January - 28 January					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Main	Mild Turkey Curry GF	Chicken & Veg Pie Gravy	Roast Pork GF Apple Sauce	Beef Meatballs & Spaghetti in Tomato & Basil Sauce	Salmon Fish Fingers
 Veggie	Quorn Curry GF	Quorn & Veg Pie Gravy	Cauliflower Cheese	Roasted Veg Risotto GF	Vegetable Quiche
 Pasta	Pasta with a Choice of Toppings	Pasta with a Choice of Toppings	Pasta with a Choice of Toppings	Pasta with a Choice of Toppings	Pasta with a Choice of Toppings
 Jacket	Jacket Potato with a Choice of Toppings GF	Jacket Potato with a Choice of Toppings GF	Jacket Potato with a Choice of Toppings GF	Jacket Potato with a Choice of Toppings GF	Jacket Potato with a Choice of Toppings GF