

Dear Parents

We are excited to announce that from January we have revised our school lunch menu to provide more choice for children.

As with all new systems there may be teething problems, so we do ask for your support and understanding when the new system starts.

The following explains how the new system will work:

MENU

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**.

SIDES:

All of the above will be served with a side dish – consisting mostly of fresh cooked vegetables and salad.

DESSERT:

Daily dessert as shown on the menu or the choice of a yoghurt or fresh fruit pot instead (available daily).

ALSO AVAILABLE DAILY:

Fresh salad bar - Homemade Bread

Please note that:

- We have a rotating 3 week menu.
- Meals will still be charged at £2.35 per meal
- Example of the menu



Weeks commencing: 7 January - 28 January



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M Main	Mild Turkey Curry GF	Chicken & Veg Pie Gravy	Roast Pork GF Apple Sauce	Beef Meatballs & Spaghetti in Tomato & Basil Sauce	Salmon Fish Fingers
V Veggie	Quorn Curry GF	Quorn & Veg Pie Gravy	Cauliflower Cheese	Roasted Veg Risotto GF	Vegetable Quiche
P 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
J 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
S Side	Rice Broccoli Beans	Mash Peas and Carrots Gravy	Roast potatoes Cabbage, Cauliflower Stuffing and Gravy	Peas Sweetcorn	Chips Beans or Spaghetti
D Dessert	Flapjack GF	Chocolate Brownie GF	Rice Pudding & Pears GF	Sponge Slice GF	Ice Cream Pots GF

AVAILABLE DAILY – FRESH SALAD BAR – HOMEMADE BREAD – YOGHURT – FRESH FRUIT POTS
All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy, please let us know. Full allergen information is available on request.

TOPPINGS – TUNA – CHEESE – HOMEMADE TOMATO SAUCE – BEANS

MENU

PARENTS

We hope to make this **as easy as possible for you:**

1. You will be glad to know that you do not have to change anything to your child's current meal plan if you do not want to.
2. All meal plans will still be set for the whole term – according to your and your child's choice.

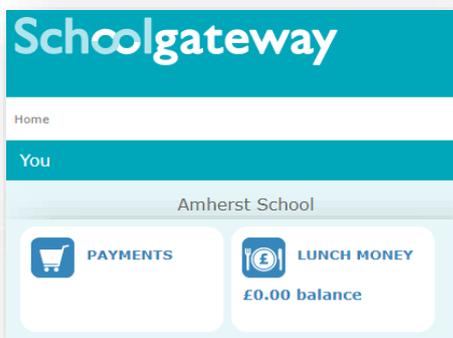
A typical meal plan can look as follows:

SM – School Meal

PL – Packed Lunch

Dietary						
Meal Patterns						
Start Date	End Date	Mon	Tue	Wed	Thu	Fri
03/09/2018		SM	PL	SM	PL	SM

Payment will still be made as usual - via School Gateway on the Lunch Money Tab.



Changes to meal plans:

As usual, you are most welcome to email the school office with requests for meal plan changes at the beginning of each term.

CHILDREN

As we are a Junior School promoting independence, we would very much like children to make the choice of meal at the time of registration each morning.

1. We will ensure that the current Menu will be visible in all classes.
2. We will also be introducing a wrist band system to children
 - a. Most children are familiar with this as it will be the same system that Riverhead uses
 - b. There will be 4 coloured bands representing meal choices



- c. These bands will stay in class and will NOT come home.
3. We will have a whole school assembly on the first day back in January to explain this in detail to all children.

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 will be asking parents who have children with specific dietary needs to **book meals in advance** via a hard copy print out of the menu – this will be supplied via your child's book bag.

PAYMENT FOR LUNCH

You should pay for your school meals via SCHOOL GATEWAY (www.schoolgateway.com)

Costs are as follows:

- Daily - £ 2.35
- Weekly - £ 11.75
- Term 3 - £ 70.50
- Term 4 - £ 70.50
- Term 3 & 4 - £ 141.00

If you have any questions please do not hesitate to contact the school office.

Kind regards

Amherst School Office