



PRAE WOOD PRIMARY SCHOOL
Everyone Valued, Everyone Learning

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14th December 2018

Dear Nursery Parents/Carers

As you know, we are changing our school meal providers and, from January 2019, we will be working with Pabulum. Further details about this are available on our website at <http://www.praewood.herts.sch.uk/for-parents/new-school-meals-with-pabulum>

Your child will bring home a pack today with the new menus, as well as some fun activities and information, so please check their book bag and have a look at it with them.

Pabulum will be holding a taster session in the School Hall from 3:00pm on Tuesday 18th December and you are welcome to come and meet the team. Please enter the hall from the KS2 playground that day.

We are very excited about the new menus that Pabulum are offering and hope that more children will enjoy a school meal each day. As mentioned before, Nursery children will be offered a school meal from January. There will be a cost of £2.00 per day requested.

We would like to ask parents to submit their child's meal choice **in advance**, using the attached menu plan. Please highlight the meal that your child would like to request on each day (noting that our meal pattern will commence in 'week two, commencing 7th January).

Please fill out the attached table and return it to the school office by Wednesday 19th December. All forms must be returned by this date; we cannot accept late requests.

If your child has a medically prescribed allergy/dietary requirement, please submit an allergy form to the office, which can be accessed by clicking here <http://www.praewood.herts.sch.uk/for-parents/school-forms-and-documents> or by visiting the website page 'School Form and Documents' under the tab 'For Parents'.

If you have any questions, please contact the School Office.

Kind regards

Jenny Sheppard
Head Teacher

Please mark your child's meal choice for each day and return to the School Office by **Wednesday 19th December**.

CHILD'S NAME:

Available Every Day	Friday	Thursday	Wednesday	Tuesday	Meat Free Monday
<p>Salad Bar</p> <ul style="list-style-type: none"> Mexican Mixed Bean & Pasta Salad V Traditional Potato Salad V Asian Noodle Salad V Sweet Chili Watermelon & Mint Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V <p>Freshly Baked Bread</p> <ul style="list-style-type: none"> Pumpkin & Carrot Wholemeal V Fresh Fruit Plerter V Homemade Yoghurt V 	<p>Main Meal</p> <ul style="list-style-type: none"> British Cumberland Sausages with Mash Potatoes, Sage & Red Onion Gravy in a Yorkshire Pudding Butterbean & Mushroom Stroganoff with Pearl Barley Rice V <p>Vegetables</p> <ul style="list-style-type: none"> Bb.Q Smoky Beans & Carrots V <p>Dessert</p> <ul style="list-style-type: none"> Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V Jelly V 	<p>Main Meal</p> <ul style="list-style-type: none"> Fish Fingers & Chips with Tartar Sauce Cheddar & Onion Swirl with Chips V <p>Vegetables</p> <ul style="list-style-type: none"> Baked Beans & Garden Peas V <p>Dessert</p> <ul style="list-style-type: none"> Vanilla Shortbread Biscuit V Homemade Mousse V 	<p>Main Meal</p> <ul style="list-style-type: none"> Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes Roasted Cherry Tomato, Egg & Boccoccini Tart with Roast Potatoes V <p>Vegetables</p> <ul style="list-style-type: none"> Roasted Seasonal Root Vegetables & Savoy Cabbage V <p>Dessert</p> <ul style="list-style-type: none"> Chocolate & Pear Sponge with Chocolate Custard V Homemade Mousse V 	<p>Main Meal</p> <ul style="list-style-type: none"> Slow Cooked Beef Mashed Curry with Turmeric Infused Rice Courgette Layered Lasagne with a Garlic Bread Stuard V <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans & Sweetcorn V <p>Dessert</p> <ul style="list-style-type: none"> Jean Sponge with Custard V Jelly V 	<p>Main Meal</p> <ul style="list-style-type: none"> Mediterranean Man topped with a Rich Tomato & Mozzarella Sauce with Hand Cut Potato Wedges V Roasted Sweet Potato & Spinach Gamberoni topped with Creamy Cheddar Sauce V <p>Vegetables</p> <ul style="list-style-type: none"> Carrots & Garden Peas V <p>Dessert</p> <ul style="list-style-type: none"> Spiced Apple & Honey Oaty Crumble with Custard V Homemade Mousse V
<p>Salad Bar</p> <ul style="list-style-type: none"> Mediterranean Orzo Pasta & Barley Salad V Curry Apple & Potato Salad V Red Cabbage & Pineapple Slaw V Spinach, Basil & Tomato Quinoa Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V <p>Freshly Baked Bread</p> <ul style="list-style-type: none"> Cheesy Oat, Courgette & Thyme V Wholemeal V Fresh Fruit Plerter V Homemade Yoghurt V 	<p>Main Meal</p> <ul style="list-style-type: none"> Farm Assured Beef Lasagne with a Garlic Bread Stuard Mild Chili Taco & Mashed Yoghurt with Churny Tomato Salsa Salad V <p>Vegetables</p> <ul style="list-style-type: none"> Carrots & Broccoli V <p>Dessert</p> <ul style="list-style-type: none"> Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V Jelly V 	<p>Main Meal</p> <ul style="list-style-type: none"> Battered Cod & Chips with Tartar Sauce Free Range Egg, Cheese & Vegetable Fritata with Chips V <p>Vegetables</p> <ul style="list-style-type: none"> Baked Beans & Garden Peas V <p>Dessert</p> <ul style="list-style-type: none"> Chocolate & Beetroot Buxton V Homemade Mousse V 	<p>Main Meal</p> <ul style="list-style-type: none"> Henry Road Glazed Gammon & Sweet Pineapple Salsa with Roast Potatoes Five Bean & Barley Casserole with Fresh Herb Dumplings V <p>Vegetables</p> <ul style="list-style-type: none"> Roasted Seasonal Root Vegetables & Garden Peas V <p>Dessert</p> <ul style="list-style-type: none"> Mashed Chocolate Sponge with Chocolate Custard V Homemade Mousse V 	<p>Main Meal</p> <ul style="list-style-type: none"> Mild Chili Beef Taco & Mashed Yoghurt with Churny Tomato Salsa Salad Char grilled Spicy Jalisco with Mexican Rice V <p>Vegetables</p> <ul style="list-style-type: none"> Green Beans & Ketchup Salad V <p>Dessert</p> <ul style="list-style-type: none"> Carrot Cake with Custard V Jelly V 	<p>Main Meal</p> <ul style="list-style-type: none"> Cheese & Tomato Pizza with Hand Cut Potato Wedges V Balsamic Roasted Tomato, Basil & Pasta Bake Grated with Mozzarella V <p>Vegetables</p> <ul style="list-style-type: none"> Broccoli Baked Beans & Sweetcorn V <p>Dessert</p> <ul style="list-style-type: none"> Caramelised Apple & Plum Crumble with Custard V Homemade Mousse V
<p>Salad Bar</p> <ul style="list-style-type: none"> Tomato & Basil Pasta Salad V Sweet Potato & Chickpea Pasta Salad V Traditional Cobslaw V Garlic Cous Cous with Feta Cheese & Mint V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V <p>Freshly Baked Bread</p> <ul style="list-style-type: none"> Sunflower, Rosemary & Tomato V Wholemeal V Fresh Fruit Plerter V Homemade Yoghurt V 	<p>Main Meal</p> <ul style="list-style-type: none"> Classic British Beer Burger with Hand Cut Potato Wedges Sweet & Spiced Potato & Chickpea Kebab Curry with Lemon Infused Rice V <p>Vegetables</p> <ul style="list-style-type: none"> Carrots, Cauliflower & Green Beans V <p>Dessert</p> <ul style="list-style-type: none"> Apple & Blackcurrant Shortcrust Pastry Pie with Vanilla Ice Cream V Homemade Mousse V 	<p>Main Meal</p> <ul style="list-style-type: none"> Bb.Q Pulled Carrot & Bean Sliver with Mozzarella Cheese V Beetroot Potato with Baked Beans or Grated Cheese V <p>Vegetables</p> <ul style="list-style-type: none"> Baked Beans & Garden Peas V <p>Dessert</p> <ul style="list-style-type: none"> Baked Banana Plerter V Jelly V 	<p>Main Meal</p> <ul style="list-style-type: none"> Fish Fingers & Chips with Tartar Sauce Bb.Q Pulled Carrot & Bean Sliver with Mozzarella Cheese V <p>Vegetables</p> <ul style="list-style-type: none"> Roasted Seasonal Root Vegetables & Curry Kale V <p>Dessert</p> <ul style="list-style-type: none"> Marm Muffin with Chocolate Custard V Jelly V 	<p>Main Meal</p> <ul style="list-style-type: none"> Char grilled Spicy Chicken Jalisco with Mexican Rice Linea McCarney Sausages with Mashed Potato & Caramelised Red Onion Gravy in a Yorkshire Pudding V <p>Vegetables</p> <ul style="list-style-type: none"> Mixed Peas & Sweetcorn V <p>Dessert</p> <ul style="list-style-type: none"> Sticky Toffee Pudding with Custard V Homemade Mousse V 	<p>Main Meal</p> <ul style="list-style-type: none"> Vegetarian Bolognese Sauce with Herby Spagetti V Red Lentil & Cheese Loaf with a Rich Tomato Sauce & Hand Cut Potato Wedges V <p>Vegetables</p> <ul style="list-style-type: none"> Broccoli & Carrots V <p>Dessert</p> <ul style="list-style-type: none"> Roached Pear & Apple Crumble with Custard V Jelly V

I understand that each day booked will incur a charge of £2.00 per day. I confirm that I have informed both Pabulum and Prae Wood School of any medically confirmed allergies/dietary requirements.

SIGNED:

PRINT NAME:



BPM Prae Wood

Week 1: 29 Oct - 19 Nov, 10 Dec, 31 Dec, 11 Jan, 11 Feb, 4 Mar, 25 Mar

Week 2: 5 Nov, 26 Nov, 7 Dec, 7 Nov, 18 Jan, 18 Feb, 11 Mar, 1 Apr

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar

V - Suitable for vegetarians P - Plant based items For more information please see back of the menu

