



FED BY ENTHUSIASM

## Eat Well Live Well

### Action on Sugar

This year Public Health England have released new recommendations for industry to reduce sugar in food. Autograph are committed to supporting pupils to achieve a healthy diet and our **Eat Well Live Well strategy** includes the following commitments to reduce sugar;



Our homemade desserts are developed by our Executive Chef to reduce the amount of sugar and include healthy ingredients such as wholegrain cereals, fruits and vegetables.



All drinks are compliant with the School Food Standards Healthy Drinks List.



We do not serve any confectionery.



We work closely with our suppliers to source nutritionally preferable ingredients which are lower in sugar.

## Classroom Cooks

Well done to all of our mini menu developers who have created some truly fantastic dishes for your child to enjoy. Our Chefs and Nutritionists were very impressed with your love of good food and understanding of the benefits of eating well!

**HLC's Veggie Bolognese Dream with Pasta Twists**

Hadley Learning Community,  
Hadley, Telford



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## Joy Young and her catering team are delighted to forward the new tasty and nutritious Autograph menus for your children to choose from.

Please contact Joy directly regarding any special dietary requirements relating to your child's allergies and intolerances.

Autograph's award winning special diets process ensures that all pupils with allergies and intolerance's can enjoy safe and suitable school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office. Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

For Free School Meal information please contact the school for more information or contact Telford & Wrekin Council at [freeschoolmeals@telford.gov.uk](mailto:freeschoolmeals@telford.gov.uk)

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact your local office:

Joy Young, Catering Manager  
Hadley Learning Community,  
Waterloo Road  
Hadley, Telford TF15NU

# MENU

## HADLEY SECONDARY

SEPTEMBER TO MARCH 2018



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# HADLEY - SEPTEMBER TO MARCH 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE MAIN EVENT	WEEK 1: 30/10/17, 20/11/17, 11/12/17, 01/01/18, 22/01/18, 12/02/18, 05/03/18, 26/03/18				
	Creamy Chicken and Leek Pie with Creamed Potato	Spaghetti Bolognese with Garlic Bread	Roast Chicken with Stuffing, Gravy and Roast Potatoes	American Theme Day	Battered Fish Fillet with Tartare Sauce and Chips
	Broccoli and Butternut Squash Pie with Cheesy Pastry and Mash	Mushroom, Cheese and Tomato Calzone	Quorn and Vegetable Loaf with Stuffing, Gravy and Roast Potatoes		Roast Pepper and Sweetcorn Quiche with Chips
TO FINISH	Jamaican Banana Cake with Toffee Sauce	Crunchy Orange Drizzle Cookie	Lemon Sponge with Custard		Traybake and Fruity Friday
THE MAIN EVENT	WEEK 2: 06/11/17, 27/11/17, 18/12/17, 08/01/18, 29/01/18, 19/02/18, 12/03/18, 02/04/18				
	Sausage and Creamed Potato	Lamb Kofta in Folded Naan with Cool Mint Raita and Savoury Rice	Roast Beef with Yorkshire Pudding, Gravy and Roast Potatoes	Italian Theme Day	Battered Fish Fillet with Tartare Sauce and Chips
	Cheesy Tomato Pasta Bake	Macaroni Cheese	Vegetable and Chickpea Wellington with Gravy and Roast Potatoes		Curried Vegetable Slice with Chips
TO FINISH	Mixed Berry Sponge with Chocolate sauce	Oaty Apple Crumble and Custard	Jam Sponge with custard		Traybake and Fruity Friday
THE MAIN EVENT	WEEK 3: 13/11/17, 04/12/17, 15/01/18, 05/02/18, 26/02/18, 19/03/18, 09/04/18				
	BBQ Chicken Fillet Burger with Potato and Chive Salad	Giant Beef Meatballs in Tomato Sauce with Pasta Twists	Roast Loin of Pork with Apple Sauce, Gravy and Roast Potatoes	Chinese Theme Day	Battered Fish Fillet with Tartare Sauce and Chips
	Cheesy Vegetable Burger with Potato and Chive Salad	Vegetarian Cottage Pie with Gravy	Vegetable Pasty with Mash and Gravy		Broccoli and Tomato Quiche with Chips
TO FINISH	Apple Syrup Sponge and Custard	Rice Pudding with Fruit Compote	Lemon Cheesecake		Traybake and Fruity Friday