



GUARDIANS

of

SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

LIFE STAGE

FOOD CHOICES

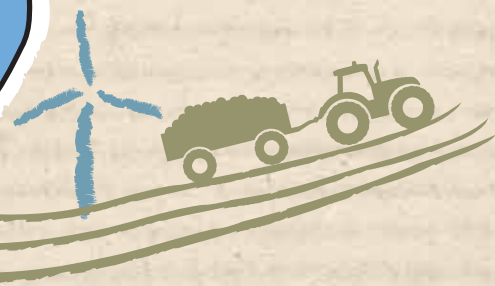
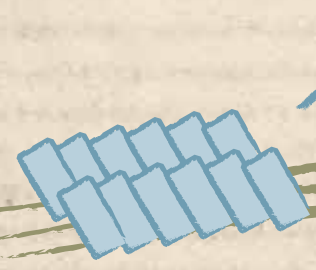
MAKING WISE

FOOD CHOICES

FOR KIDS

EGG FREE

EGG FREE



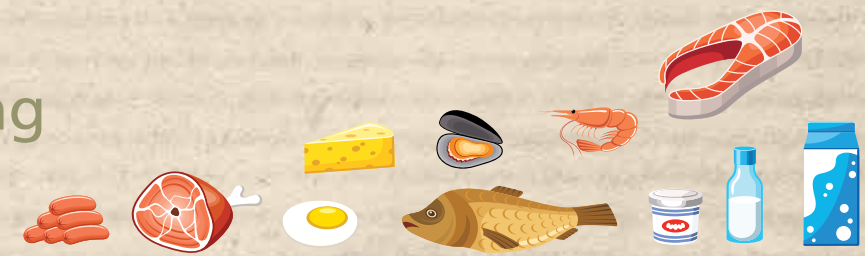
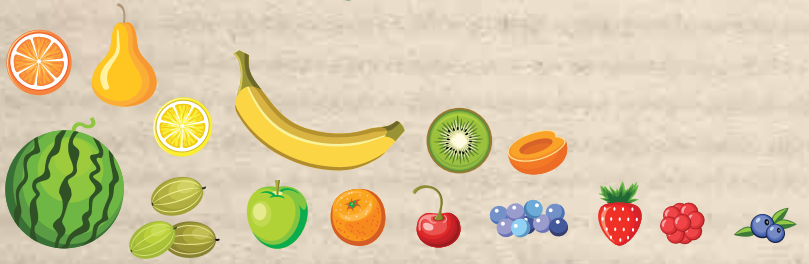
IMPROVING CHILDREN'S LIVES THROUGH FOOD

fresha

responsible catering

UNDERSTANDING
the importance
of food for
childrens
physical and
mental
wellbeing

CHAMPIONING
fresh, local,
sustainable
produce for
healthier diets
and the
environment



WINTER MENU 2024

EGG FREE

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

< WEEK 1 >

< WEEK 2 >

< WEEK 3 >

MAIN COURSE

SIDES

MEAT FREE

JACKET POTATOES

FILLED BAGUETTE

DESSERT

CHICKEN QUESADILLA Chicken, Vegetables & Cheddar Cheese in a Tortilla Wrap served with Rice **(1,6)**

Garden Peas, Broccoli

PASTA BOLOGNAISE
Plant Powered Bolognaise Sauce mixed with Penne Pasta **(1,11)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

SOFT GINGER BISCUIT
A warm, sweet, Flavoured Ginger Biscuit **(1,8)** Fruit Selection or Yoghurt **(6)**

CHICKEN & HAM PIE Crisp flaky pastry filled with Chicken & Ham served with Seasoned Diced Potatoes **(1,6)**

Sweetcorn, Green Beans

SWEET POTATO CRUMBLE
Lentils & Sweet Potato in a Tomato Sauce with a Crunchy Topping & Rice **(1)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

VANILLA COOKIE
Crunchy Crumbly Cookie **(1)** Fruit Selection or Yoghurt **(6)**

THE ROAST
Devon Sausages with Crispy Potatoes & Gravy **(1,12)**

Carrot, Garden Peas

VEGGIE SAUSAGES
Veggie Sausages, Crispy Roast Potatoes lots of lovely Vegetables & Gravy **(1)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

FRUITY FLAPJACK
Crunchy, Chewy Flapjack with an Orange and Lemon Zing **(1)** Fruit Selection or Yoghurt **(6)**

PIZZA
The All-American with Pepperoni & Potato Wedges **(6)**

Carrot sticks, Sweetcorn

PIZZA
The Original Margherita Topped with Cheese & Tomato with Potato Wedges **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

JOLLY JELLY
Colourful, tasty & wobbly Fruit Selection or Yoghurt **(6)**

FISH FINGERS
Fish Fingers with Oven Baked Chips **(1,5)**

Baked Beans

MOZZARELLA CHEESE STICKS
Golden & crispy on the outside, melted Goopy Cheese on the inside, with Oven Baked Chips **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

CHOCOLATE COOKIE
Thick, crunchy & crumbly **(1)** Fruit Selection or Yoghurt **(6)**

MAIN COURSE

SIDES

MEAT FREE

JACKET POTATOES

FILLED BAGUETTE

DESSERT

MAC 'N' CHEESE WITH BACON
The Ultimate - Creamy, Cheesy Bake **(1,6)**

Garden Peas, Broccoli

CHICKPEA CASSEROLE
Packed with warm flavours. A healthy blend of Vegetables, Chickpeas & Rice **(1)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

CHERRY SHORTBREAD
Traditional Shortbread with Sweet Cherries **(1,12)** Fruit Selection or Yoghurt **(6)**

ULTIMATE BANGERS 'N' MASH
Devon Sausages with a Creamy Mash Potato **(1,12)**

Sweetcorn, Green Beans

VEGGIE LASAGNE
Pasta Layered with Vegetables & Beans, baked in a Rich Sauce **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

JAM TART
Puff Pastry with Jam & a generous sprinkle of Coconut **(1,12)** Fruit Selection or Yoghurt **(6)**

THE ROAST
Gammon Ham with Crispy Potatoes & Gravy

Carrot, Garden Peas

CAULIFLOWER & BROCCOLI CHEESE
Flaky Pastry packed with a Creamy Cauliflower & Broccoli Cheese **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

APPLE CRUMBLE
A deliciously moist Fruit Filling, Warmly Spiced with Custard **(1)** Fruit Selection or Yoghurt **(6)**

PIZZA
Chicken Pizza & Potato Wedges **(1,6)**

Red & Yellow Sweet Pepper Sticks, Sweetcorn

PIZZA
The Original Margherita topped with Cheese & Tomato with Potato Wedges **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

ICE CREAM
Rich, Sweet and Creamy **(6)** Fruit Selection or Yoghurt **(6)**

BEEF BURGER Juicy, Local Beef Burger in a Soft White Bap With Oven Baked Chips **(1,2,12)**

Baked Beans

VEGGIE BURGER
In a Soft White Bap With Oven Baked Chips **(1,7,11)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

ORANGE AND SULTANA COOKIE Wonderfully crumbly. Filled with Orange & Sultanas **(1)** Fruit Selection or Yoghurt **(6)**

MAIN COURSE

SIDES

MEAT FREE

JACKET POTATOES

FILLED BAGUETTE

DESSERT

CHICKEN CURRY A mild creamy, lightly Spiced Chicken Curry served over Rice **(7)**

Garden Peas, Broccoli

MAC 'N' CHEESE
Pasta in a Rich Cheesy Sauce with a Cheese Crust **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

CHOCOLATE & ORANGE SHORTBREAD
Rich & Fudgy, with a hint of Orange **(1)** Fruit Selection or Yoghurt **(6)**

LASAGNE Beef Ragù, Layered with White Sauce & Pasta, topped with Melted Mozzarella **(1,6)**

Sweetcorn, Green Beans

HOMINY PIE
Cheese & Potato Pie topped with Tomatoes **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

FRUIT CRUMBLE Old Fashioned Apple Crumble with Custard **(1,6)** Fruit Selection or Yoghurt **(6)**

THE ROAST
Chicken with Crispy Potatoes, Chef's Stuffing & Gravy **(1)**

Carrot, Garden Peas

VEGETABLE PUFF PARCEL Seasonal Root Vegetables with a Rich Tomato Sauce in a Pastry Wrap **(1)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

FRUITY FLAPJACK
Sticky, chewy & bursting with fruity goodness **(1)** Fruit Selection or Yoghurt **(6)**

PIZZA
Classic Ham Pizza & Potato Wedges **(1,6)**

Sweetcorn, Cucumber Sticks

PIZZA The Original Margherita topped with Cheese & Tomato with Potato Wedges **(1,6)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

JOLLY JELLY
Colourful, tasty & wobbly Fruit Selection or Yoghurt **(6)**

FISH & CHIPS
Breaded Cod with Oven Baked Chips **(1,5,6)**

Garden Peas

VEGGIE HOT DOG
In a Soft White Roll with Oven Baked Chips **(1)**

Cheddar Cheese **(6)**, Tuna **(5)**, Baked Beans or Baked Beans and Cheese **(6)**

Cheddar Cheese **(1,6)**, Tuna **(1,5)** or Gammon Ham **(1)**

FRUIT CRUNCH BAR
Packed with Fruit **(1)** Fruit Selection or Yoghurt **(6)**



JANUARY

| WEEK | 1 | 2 | 3 | 1 | 2 |
|------|---|----|----|----|----|
| MON | 1 | 8 | 15 | 22 | 29 |
| TUE | 2 | 9 | 16 | 23 | 30 |
| WED | 3 | 10 | 17 | 24 | 21 |
| THU | 4 | 11 | 18 | 25 | |
| FRI | 5 | 12 | 19 | 26 | |

FEBRUARY

| WEEK | 2 | 3 | 1 | 2 | 3 |
|------|---|---|----|----|----|
| MON | | 5 | 12 | 20 | 27 |
| TUE | | 6 | 13 | 21 | 28 |
| WED | | 7 | 14 | 22 | 29 |
| THU | 1 | 8 | 16 | 23 | 29 |
| FRI | 2 | 9 | 17 | 24 | |

MARCH

| WEEK | 3 | 1 | 2 | 3 | 1 |
|------|---|---|----|----|----|
| MON | | 4 | 11 | 18 | 25 |
| TUE | | 5 | 12 | 19 | 26 |
| WED | | 6 | 13 | 20 | 27 |
| THU | | 7 | 14 | 21 | 28 |
| FRI | 1 | 8 | 15 | 22 | 29 |

ALLERGENS CODE:

- (1)** Cereals containing Gluten - including wheat, rye, barley & oats
- (2)** Celery **(3)** Crustaceans- such as prawns, crabs & lobsters
- (4)** Lupin **(5)** Fish **(6)** Milk **(7)** Mustard **(8)** Eggs **(9)** Peanuts
- (10)** Sesame Seeds **(11)** Soya Beans **(12)** Sulphur Dioxide
- (13)** Tree Nuts **(14)** Molluscs