



GUARDIANS

of

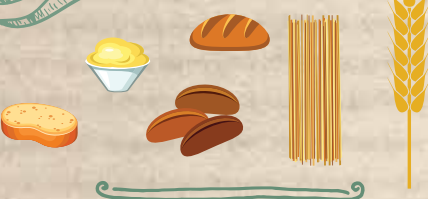
# SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL  
LIFE STAGE  
FOOD CHOICES

MAKING WISE  
FOOD CHOICES  
FOR KIDS



GLUTEN FREE



GLUTEN FREE



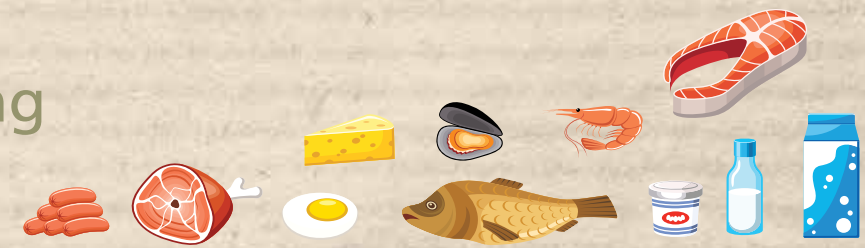
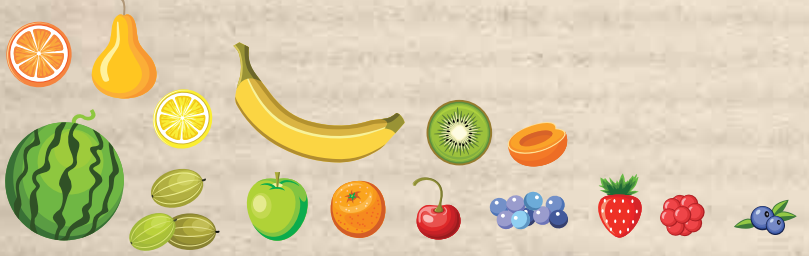
UNDERSTANDING  
the importance  
of food for  
childrens  
physical and  
mental  
wellbeing

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

IMPROVING CHILDREN'S LIVES THROUGH FOOD

# fresha

responsible catering



# WINTER MENU 2024



# FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

< WEEK 1 >

< WEEK 2 >

< WEEK 3 >

MAIN COURSE

SIDES

MEAT FREE

JACKET POTATOES

FILLED BAGUETTE

DESSERT

MAIN COURSE

SIDES

MEAT FREE

JACKET POTATOES

FILLED BAGUETTE

DESSERT

MAIN COURSE

SIDES

MEAT FREE

JACKET POTATOES

FILLED BAGUETTE

DESSERT

MONDAY

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

Garden Peas, Broccoli

**PASTA BOLOGNAISE** Plant Powered Bolognese Sauce mixed with Penne Pasta

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**GINGERBREAD** A warm, Sweet, Flavoured Ginger Cake (8) Fruit Selection or Yoghurt (6)

TUESDAY

**CHICKEN & HAM PIE** Crisp Flaky Pastry filled with Chicken & Ham Served with Seasoned Diced Potatoes

Sweetcorn, Green Beans

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

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**FRUITY FLAPJACK** Sticky, Chewy & Bursting with Fruity Goodness (6) Fruit Selection or Yoghurt (6)

WEDNESDAY

**THE ROAST** Devon Sausages with Crispy Potatoes & Gravy

Carrots, Garden Peas

**VEGGIE SAUSAGE ROAST** Veggie Sausages with lots of Lovely Vegetables & Gravy (6,8)

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**CARROT CAKE** Sweet & moist, full of Carrots, covered in Creamy Icing (8) Fruit Selection or Yoghurt (6)

THURSDAY

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

Carrot Sticks, Sweetcorn

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

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

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

FRIDAY

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

Baked Beans

**CHEDDAR AND MOZZARELLA TURNOVER** Golden & crispy on the outside, melted Goopy Cheese on the inside, with Oven Baked Chips (6)

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

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

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

Garden Peas, Broccoli

**CHICKPEA CASSEROLE** Packed with Warm Flavours. A healthy blend of Vegetables, Chickpeas & Rice

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

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

**ULTIMATE BANGERS 'N' MASH** Devon Sausages with a Creamy Mash Potato

Sweetcorn, Green Beans

**VEGGIE PASTA BAKE** Penne Pasta with Vegetables & Beans, baked in a Rich Sauce (6)

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**JAM SPONGE & CUSTARD** Sponge Cake with Jam & a Generous Sprinkle of Coconut (6,8,12) Fruit Selection or Yoghurt (6)

**THE ROAST** Gammon Ham With Crispy Potatoes & Gravy

Carrots, Garden Peas

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

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**APPLE CAKE** A deliciously moist Fruit Cake with a Warm Spice (8) Fruit Selection or Yoghurt (6)

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

Red & Yellow Sweet Pepper Sticks, Sweetcorn

**PIZZA** The Original Margherita topped with Cheese & Tomato with Potato Wedges

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**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

Baked Beans

**VEGGIE BURGER** In a Soft White Bap with Oven Baked Chips (7)

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**ROCK CAKES** Wonderfully crumbly, filled with Orange & Sultanas (8) Fruit Selection or Yoghurt (6)

**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 (6)

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**CHOCOLATE BROWNIE** Rich & Fudgy, with a Hint of Beetroot (8) Fruit Selection or Yoghurt (6)

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

Sweetcorn, Green Beans

**HOMINY PIE** Cheese & Potato Pie Topped with Tomatoes (6)

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**FRUITY CRUMBLE** Old Fashioned Apple Crumble with Custard (6) Fruit Selection or Yoghurt (6)

**THE ROAST** Chicken with Crispy Potatoes & Gravy

Carrots, Garden Peas

**VEGETABLE PARCEL** Seasonal Root Vegetables with a Rich Tomato Sauce in a Pastry Wrap

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**OLD SCHOOL SPONGE CAKE** Classic Sponge Cake with Icing (6,8) Fruit Selection or Yoghurt (6)

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

Sweetcorn, Cucumber Sticks

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

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

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

**FISH FINGERS & CHIPS** In a soft white roll with oven baked chips

Baked Beans

**VEGGIE HOT DOG** In a soft white roll with oven baked chips

Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)

Cheddar Cheese (6), Tuna Mayo (5,8) or Gammon Ham

**FRUIT MUFFIN** Light, moist & super fluffy packed with Fruit (6,8) 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