

GUARDIANS

of

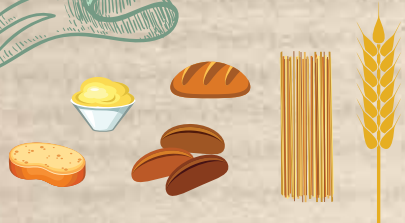
SCHOOL MEALS

we

CARE & PREPARE

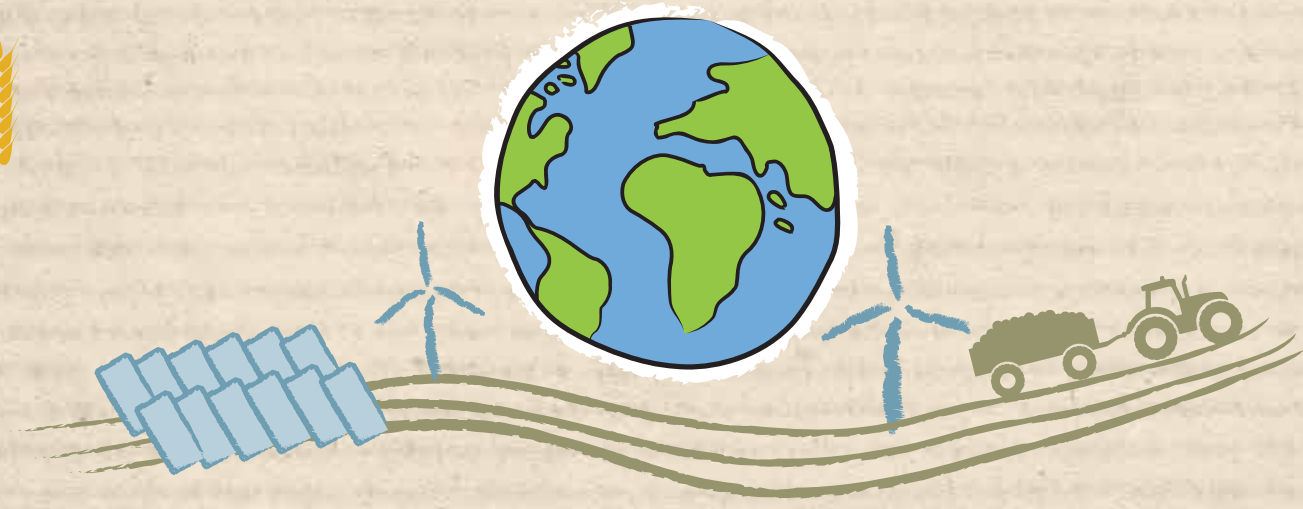
MEANINGFUL
LIFE STAGE
FOOD CHOICES

MAKING WISE
FOOD CHOICES
FOR KIDS



UNDERSTANDING
the importance
of food for
childrens
physical and
mental
wellbeing

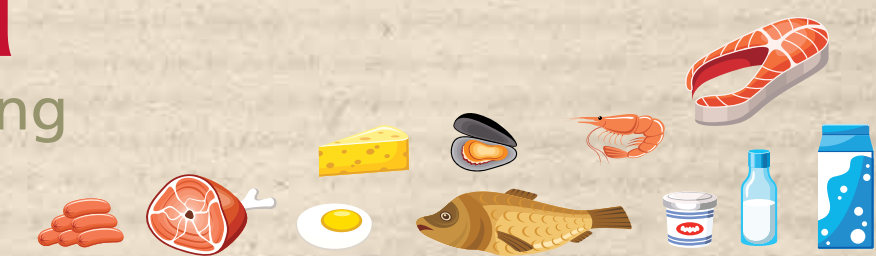
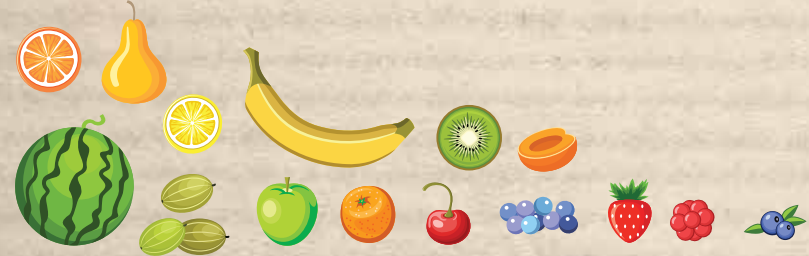
CHAMPIONING
fresh, local,
sustainable
produce for
healthier diets
and the
environment



IMPROVING CHILDREN'S LIVES THROUGH FOOD

fresha

responsible catering



WINTER MENU 2024

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

< WEEK 1 >

- 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)	CHICKEN & HAM PIE Crisp Flaky Puff Pastry Filled with Chicken & Ham served with Seasoned Diced Potatoes (1,6)	THE ROAST Devon Sausages with Crispy Potatoes, Yorkshire Pudding & Gravy (1,6,8,12)	PIZZA The All-American with Pepperoni & Potato Wedges (1,6)	FISH FINGERS Fish Fingers with Oven Baked Chips (1,5)
Garden Peas, Broccoli	Sweetcorn, Green Beans	Carrot, Garden Peas	Carrot Sticks, Sweetcorn	Baked Beans
PASTA BOLOGNAISE Plant Powered Bolognese Sauce Mixed with Penne Pasta (1,11)	SWEET POTATO CRUMBLE Lentils & Sweet Potato in a Tomato Sauce with a Crunchy Topping & Rice (1)	VEGGIE SAUSAGE ROAST Veggie Sausages, Crispy Yorkshire Pudding with lots of lovely Vegetables & Gravy (1,6,8)	PIZZA The original Margherita topped with Cheese & Tomato with Potato Wedges (1,6)	MOZZARELLA CHEESE STICKS Golden & crispy on the outside, melted gooey Cheese on the inside, with Oven Baked Chips (1,6)
Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)
Cheddar Cheese (1,6) , Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6) , Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6) , Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6) , Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6) , Tuna Mayo (1,5,8) or Gammon Ham (1)
GINGERBREAD A Warm, Sweet, Flavoured Ginger Cake (1,8) Fruit Selection or Yoghurt (6)	FRUITY FLAPJACK Sticky, Chewy & Bursting with Fruity Goodness (1) Fruit Selection or Yoghurt (6)	CARROT CAKE Sweet & Moist, full of Carrots, Covered in Creamy Icing (1,8) Fruit Selection or Yoghurt (6)	JOLLY JELLY Colourful, tasty & wobbly Fruit Selection or Yoghurt (6)	CHOCOLATE COOKIE Thick, crunchy & crumbly (1) Fruit Selection or Yoghurt (6)

< WEEK 2 >

- MAIN COURSE
- SIDES
- MEAT FREE
- JACKET POTATOES
- FILLED BAGUETTE
- DESSERT

MAC 'N' CHEESE WITH BACON The Ultimate - Creamy, Cheesy Bake (1,6)	ULTIMATE BANGERS 'N' MASH Devon Sausages with a Creamy Mash Potato (1,12)	THE ROAST Gammon Ham with Crispy Potatoes & Gravy	PIZZA Chicken Pizza & Potato Wedges (1,6)	BEEF BURGER Juicy, Local Beef Burger in a soft White Bap with Oven Baked Chips (1,2,12)
Garden Peas, Broccoli	Sweetcorn, Green Beans	Carrot, Garden Peas	Red & Yellow Sweet Pepper Sticks, Sweetcorn	Baked Beans
CHICKPEA CASSEROLE Packed with Warm Flavours. A Healthy Blend of Vegetables, Chickpeas & Cous Cous (1)	VEGGIE LASAGNE Pasta Layered With Vegetables & Beans, Baked in a Rich Sauce (1,6)	CAULIFLOWER & BROCCOLI CHEESE Flaky Pastry Packed with a Creamy Cauliflower & Broccoli Cheese (1,6)	PIZZA The Original Margherita topped with Cheese & Tomato with Potato Wedges (1,6)	VEGGIE BURGER In a Soft White Bap with Oven Baked Chips (1,7,11)
Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)
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CHERRY SHORTBREAD Traditional Shortbread with Sweet Cherries (1,12) Fruit Selection or Yoghurt (6)	JAM SPONGE & CUSTARD Sponge Cake with Jam & a Generous Sprinkle of Coconut (1,6,8,12) Fruit Selection or Yoghurt (6)	APPLE CAKE A Deliciously Moist Fruit Cake with a Warm Spice (1,8) Fruit Selection or Yoghurt (6)	ICE CREAM Rich, Sweet and Creamy (6) Fruit Selection or Yoghurt (6)	ROCK CAKES Wonderfully Crumbly, filled with Orange & Sultanas (1,8) Fruit Selection or Yoghurt (6)

< WEEK 3 >

- MAIN COURSE
- SIDES
- MEAT FREE
- JACKET POTATOES
- FILLED BAGUETTE
- DESSERT

CHICKEN CURRY A Mild Creamy, Lightly Spiced Chicken Curry served over Rice (7)	LASAGNE Beef Ragu, Layered with White Sauce & Pasta, Topped with Melted Mozzarella (1,6)	THE ROAST Chicken with Crispy Potatoes, Chef's Stuffing & Gravy (1)	PIZZA Classic Ham Pizza & Potato Wedges (1,6)	FISH & CHIPS Breaded Cod with oven Baked Chips (1,5,6)
Garden Peas, Broccoli	Sweetcorn, Green Beans	Carrot, Garden Peas	Sweetcorn, Cucumber Sticks	Garden Peas
MAC 'N' CHEESE Pasta in a Rich Cheesy Sauce with a Cheese Crust (1,6)	HOMINY PIE Cheese & Potato Pie Topped with Tomatoes (1,6)	VEGETABLE PUFF PARCEL Seasonal Root Vegetables with a Rich Tomato Sauce in a Pastry Wrap (1)	PIZZA The Original Margherita topped with Cheese & Tomato with Potato Wedges (1,6)	VEGGIE HOT DOG In a Soft White Roll with Oven Baked Chips (1)
Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6) , Tuna Mayo (5,8) , Baked Beans or Baked Beans and Cheese (6)
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CHOCOLATE BROWNIE Rich & Fudgy, with a Hint of Beetroot (1,8) Fruit Selection or Yoghurt (6)	FRUIT CRUMBLE Old Fashioned Apple Crumble with Custard (1,6) Fruit Selection or Yoghurt (6)	OLD SCHOOL SPONGE Classic Spong Ckae with Icing (1,8) Fruit Selection or Yoghurt (6)	JOLLY JELLY Colourful, tasty & wobbly Fruit Selection or Yoghurt (6)	FRUIT MUFFIN Light, Moist & Super Fluffy Packed with Fruit (1,6,8) 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