



GUARDIANS

of

SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

LIFE STAGE

FOOD CHOICES

MAKING WISE

FOOD CHOICES

FOR KIDS

DAIRY FREE

DAIRY FREE



IMPROVING CHILDREN'S LIVES THROUGH FOOD

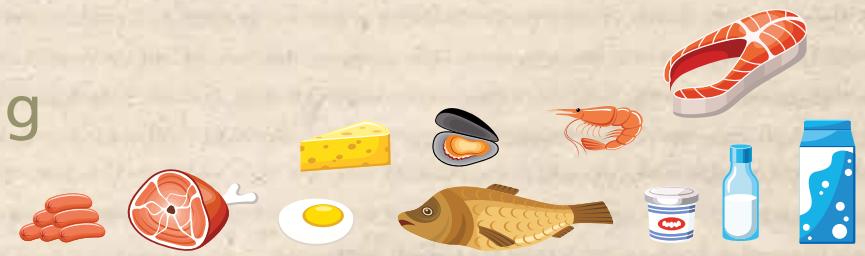
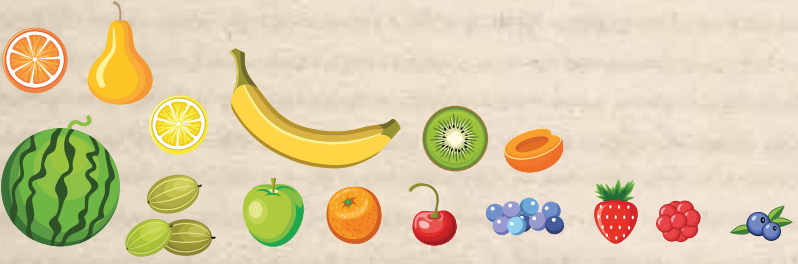
fresha

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

DAIRY FREE

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

< WEEK 1 >

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN QUESADILLA Chicken, Vegetables & Vegan Cheese in a Tortilla Wrap Served With Rice (1)	CHICKEN AND HAM PIE Crisp Flaky Puff Pastry, filled with Chicken and Ham Served with Seasoned Diced Potatoes (1)	THE ROAST Devon Sausages with Crispy Potatoes Yorkshire Pudding & Gravy (1,8,12)	PIZZA The All-American with Pepperoni & Potato Wedges (1)	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 Bolognaise 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 (1,8)	PIZZA The Original Margherita topped with Vegan Cheese & Tomato with Potato Wedges (1)	VEGAN CHEESE STICKS Golden & Crispy on the outside, melted Goopy Cheese on the inside, with Oven Baked Chips (1)
Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans And Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans And Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans And Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese
Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)
GINGERBREAD A Warm, sweet, flavoured Ginger Cake (1,8) Fruit Selection or Soya Yoghurt (11)	FRUITY FLAPJACK Sticky, Chewy & Bursting with Fruit Goodness (1) Fruit Selection or Soya Yoghurt (11)	CARROT CAKE Sweet & moist, full of Carrots, covered in Creamy Icing (1,8) Fruit Selection or Soya Yoghurt	JOLLY JELLY Colourful, tasty & wobbly Fruit Selection or Soya Yoghurt (11)	CHOCOLATE COOKIE Thick, Crunchy & Crumbly (1) Fruit Selection or Soya Yoghurt (11)

< WEEK 2 >

- MAIN COURSE
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- DESSERT

MAC 'N' CHEESE WITH BACON The Ultimate - Creamy, Cheesy Bake (1)	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)	BEEF BURGER Juicy, Local Beef Burger in a Soft White Bap with Oven Baked Chips (1,7,11)
Garden Peas Broccoli	Sweetcorn, Green Beans	Carrot, Garden Peas	Red & Yellow Sweet Pepper Sticks	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 (1,11)	CAULIFLOWER & BROCCOLI CHEESE Flaky Pastry Packed with a Creamy Cauliflower & Broccoli Vegan Cheese (1)	PIZZA The Original Margherita Topped with Vegan Cheese & Tomato with Potato Wedges (1)	VEGGIE BURGER In a Soft White Bap with Oven Baked Chips (1)
Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans And Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans And Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese
Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)
CHERRY SHORTBREAD Traditional Shortbread with Sweet Cherries (1,12) Fruit Selection or Soya Yoghurt (11)	JAM SPONGE Sponge Cake with Jam & A Generous Sprinkle of Coconut (1,8,12) Fruit Selection or Soya Yoghurt (11)	APPLE CAKE A Deliciously Moist Fruit Cake with a Warm Spice (1,8) Fruit Selection or Soya Yoghurt (11)	FRUIT SORBET Refreshingly Fruity Fruit Selection or Soya Yoghurt (11)	ROCK CAKES Wonderfully Crumbly, filled with Orange & Sultanas (1,8) Fruit Selection or Soya Yoghurt (11)

< WEEK 3 >

- MAIN COURSE
- SIDES
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- JACKET POTATOES
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- DESSERT

CHICKEN CURRY A Mild Creamy, lightly Spiced Chicken Curry Served Over Rice (7)	LASAGNE Beef Ragù, layered with White Sauce & Pasta, Topped with Melted Vegan Cheese (1)	THE ROAST Chicken with Crispy Potatoes, Chef's Stuffing & Gravy (1)	PIZZA Classic Ham Pizza & Potato Wedges (1)	FISH FINGERS & CHIPS Breaded Cod with Oven Baked Chips (1,5)
Garden Peas Broccoli	Sweetcorn, Green Beans	Carrot, Garden Peas	Red & Yellow Sweet Pepper Sticks, Sweetcorn	Garden Peas
MAC 'N' CHEESE Pasta in a Rich Vegan Cheesy Sauce with a Cheese Crust (1)	HOMINY PIE Vegan Cheese & Potato Pie topped with Tomatoes (1)	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)	VEGGIE HOT DOG In a Soft White Roll with Oven Baked Chips (1)
Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese	Vegan Cheese, Tuna Mayo (5,8), Baked Beans or Baked Beans and Vegan Cheese
Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)	Vegan Cheese (1), Tuna Mayo (1,5,8) or Gammon Ham (1)
CHOCOLATE BROWNIE Rich & Fudgy, with a hint of Beetroot (1,8) Fruit Selection or Soya Yoghurt (11)	FRUIT CRUMBLE Old Fashioned Apple Crumble (1,8) Fruit Selection or Soya Yoghurt (11)	OLD SCHOOL SPONGE Classic Sponge Cake with Icing (1,8) Fruit Selection or Soya Yoghurt (11)	JOLLY JELLY Colourful, tasty & wobbly Fruit Selection or Soya Yoghurt (11)	FRUIT MUFFIN Light, moist & super fluffy packed with Fruit (1,8,11) Fruit Selection or Soya Yoghurt (11)



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