

CHILD'S NAME: \_\_\_\_\_ OFFICE USE ONLY  
 DATE: .....  
 CHILD'S CLASS: ..... INITIALS: .....  
 TOTAL: .....

**PLEASE TICK YOUR CHOICE OF MAIN COURSE OR COLD OPTION EACH DAY  
 ONE OF OUR MAIN COURSES IS ALWAYS A NON MEAT OPTION**

WEEK 1	MONDAY 3/9/18 Inset Day	TUESDAY 4/9/18 Inset Day	WEDNESDAY 5/9/18	THURSDAY 6/9/18	FRIDAY 7/9/18
MAIN COURSE	SCHOOL CLOSED	SCHOOL CLOSED	JACKET POTATO WITH TUNA AND SWEET CORN	SAUSAGE ROAST WITH ROAST POTATOES MINI YORKSHIRE	HOMEMADE CHEESE AND TOMATO PIZZA
MAIN COURSE MEAT FREE			JACKET POTATO WITH CHEESE AND BEANS	VEGETARIAN SAUSAGE ROAST	MEXICAN BEAN CHILLI WITH RICE
COLD OPTION			BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT			RAISIN FLAPJACKS	A SELECTION OF ICE CREAM	FRESH FRUIT SALAD
				<b>KS2 TOTAL</b>	£.....

WEEK 2	MONDAY 10/9/18	TUESDAY 11/9/18	WEDNESDAY 12/9/18	THURSDAY 13/9/18	FRIDAY 14/9/18
MAIN COURSE	TOMATO AND MOZZARELLA PENNE PASTA BAKE	MILD CHICKEN CURRY AND RICE	TASTY BEEF LASAGNE	SAUSAGE AND TOMATO WHOLEMEAL PASTA BAKE	PERI PERI CHICKEN GOULDONS WITH POTATO WEDGES
MAIN COURSE MEAT FREE	QUORN AND VEGETABLE PAELLA	WHOLEMEAL CHEESE AND ONION PASTY	VEGETABLE BEAN BURGER WITH SWEET POTATO WEDGES	JACKET POTATO WITH CHEESE AND BEANS	CAULIFLOWER AND BROCCOLI CHEESE WITH Crusty Bread
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	APPLE AND CINNAMON CRUMBLE AND CUSTARD	CHOCOLATE BROWNIE	A SELECTION OF YOGHURTS	MELON SLICE	ORANGE SHORTBREAD
				<b>KS2 TOTAL</b>	£.....

\*\* Dairy free pizza available – please indicate on your form if you require this option.

**Dietary Requirements\*\*:**

Vegetarian	<input type="checkbox"/>	Daily Free	<input type="checkbox"/>
Vegan	<input type="checkbox"/>	Halal	<input type="checkbox"/>
Gluten Free	<input type="checkbox"/>	Kosher	<input type="checkbox"/>
Milk Free	<input type="checkbox"/>	Other	<input type="checkbox"/>

Other (please detail): \_\_\_\_\_

**\*Dietary Requirements must be supported by a medical document. Please put any parental preferences or other dietary wishes in Other.**

WEEK 3	MONDAY 17/9/18	TUESDAY 18/9/18	WEDNESDAY 19/9/18	THURSDAY 20/9/18	FRIDAY 21/9/18
MAIN COURSE	JACKET POTATO WITH TUNA FISH	BEEF BOLOGNESE WITH WHOLEMEAL PASTA	HOMEMADE CHEESE AND TOMATO PIZZA	ROAST CHICKEN & STUFFING WITH ROAST POTATOES	SALMON FISHCAKES WITH OVEN CHIPS
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS	BOLOGNESE WITH WHOLEMEAL PASTA	SPANISH OMELETTE	POTATO CAKES	FALAFEL VEGETABLE BITES
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	BANANA CAKE	OATY FRUIT CRUNCH	FRESH FRUIT SALAD	MARSHFIELD ICE CREAM	LEMON AND LIME SPONGE
				<b>KS2 TOTAL</b>	£.....

\*\* Dairy free pizza available – please indicate on your form if you require this option

WEEK 4	MONDAY 24/9/18	TUESDAY 25/9/18	WEDNESDAY 26/9/18	THURSDAY 27/9/18	FRIDAY 28/9/18
MAIN COURSE	MACARONI CHEESE	TASTY BEEF COBBLER (CHEESE SCONE TOPPING)	SWEET AND SOUR CHICKEN AND RICE	SAUSAGE ROAST WITH YORKSHIRE PUDDING	BREADED MCS FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	TOMATO AND LENTIL SOUP WITH HOMEMADE BREAD	MILD VEGETABLE CURRY WITH RICE	JACKET POTATO WITH CHEESE AND BEANS	AUTUMN VEGETABLE RISOTTO	MEXICAN CHEESE AND BEAN QUESADILLA WITH OVEN CHIPS
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	BLUEBERRY SPONGE	FRESH FRUIT SALAD	RAISIN FLAPJACKS	ICECREAM SELECTION	CHOCOLATE OAT COOKIE
				<b>KS2 TOTAL</b>	£.....

WEEK 5	MONDAY 1/10/18	TUESDAY 2/10/18	WEDNESDAY 3/10/18	THURSDAY 4/10/18	FRIDAY 5/10/18
MAIN COURSE	TOMATO AND MOZZARELLA PENNE PASTA BAKE	MILD CHICKEN CURRY WITH RICE	BEEF LASAGNE	SAUSAGE AND TOMATO WHOLE WHEAT PASTA BAKE	PERI PERI CHICKEN GOULDONS WITH POTATO WEDGES
MAIN COURSE MEAT FREE	QUORN AND VEGETABLE PAELLA	WHOLEMEAL CHEESE AND SPRING ONION QUICHE	VEGETABLE AND BEAN BURGER WITH POTATO FRIES	JACKET POTATO WITH CHEESE AND BEANS	Cauliflower and broccoli cheese with homemade bread
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	APPLE AND CINNAMON OAT CRUMBLE	CHOCOLATE BROWNIE	A SELECTION OF YOGHURTS	MELON SLICE	ORANGE SHORTBREAD
				<b>KS2 TOTAL</b>	£.....

**THE MEAD ACADEMY KITCHEN**  
**TERM 1 – AUTUMN MENU**  
**2018 -2019**



Dear Parents/Carers

Please indicate your meal choices on the attached menus and return to the school by **Tuesday 17<sup>th</sup> July 2018**, providing payment where necessary. **Nursery and Key Stage 2 meals cost £2.30 per child per day. KS1 meals are free but you still need to make your choices and return the form by the date shown. MEALS MUST BE BOOKED IN ADVANCE WHEREVER POSSIBLE.**

**PAYMENT MUST BE MADE IN ADVANCE AT TIME OF PLACING ORDER. Please pay online by ParentMail wherever possible. You can also pay by cheque or cash. Please make cheques payable to 'The Mead Academy Trust'. We will copy and return your menu for you to retain for next term.**

We aim to provide a nutritionally balanced menu that meets the standards set by the School Food Trust. We use quality ingredients that are:

- Produced or grown locally (where possible)
- From sustainable sources or ethically supplied
- Farm assured, i.e. meat that carries the red tractor logo
- Approved by the Marine Conservation Society (Fish)

All hot meals are served with seasonal vegetables or salad and we offer a daily meat-free option, suitable for vegetarians. Every week there will be a selection of seasonal vegetables served with each meal which could include broccoli, sweetcorn, green beans and carrots.

Children also have the option of the cold buffet bar which includes a selection of items such as wraps/homemade bread/cold pasta etc. along with ham, cheese, tuna, salad (i.e. carrots, cucumber, peppers, tomatoes etc.).

Drinking water, milk and bread is freely available. Our bread is **homemade daily** by Mrs Huckett and Mrs Gould. All children will be offered the main dessert option; however, fruit is always available as an alternative. Please be aware the menu may change due to unforeseen circumstances.

In Week 5 we have 'Try Something new week' with a selection of veg and snacks for the children to try. This can help them to think about healthy food swaps and ways of having their '5 a day'

We encourage the children to choose a balanced and healthy plate of food using the NHS Eatwell Plate – you can find out more about this at <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

If you have any special dietary needs please contact the school office to discuss your menu options. Our Food Allergen Advice Note is available from the school office and on our website.

The Mead Academy Kitchen

WEEK 6	MONDAY 8/10/18	TUESDAY 9/10/18	WEDNESDAY 10/10/18	THURSDAY 11/10/18	FRIDAY 12/10/18
MAIN COURSE	JACKET POTATO WITH TUNA MAYO	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA	HOMEMADE CHEESE AND TOMATO PIZZA	ROAST CHICKEN WITH STUFFING AND ROAST POTATOES	MCS FISH FINGERS WITH OVEN CHIPS
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS	LENTIL BOLOGNESE	SPANISH OMELETTE	LEEK AND POTATO CAKES WITH SEASONAL VEG	Falafel vegetable bites
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	BANANA CAKE	OATY FRUIT CRUNCH	FRUIT YOGHURTS	MARSHFIELD ICE CREAM	LEMON AND LIME SPONGE
				KS2 TOTAL	£

WEEK 7	MONDAY 15/10/18	TUESDAY 16/10/18 World food day	WEDNESDAY 17/10/18	THURSDAY 18/10/18	FRIDAY 19/10/18
MAIN COURSE	MACARONI CHEESE	GREEK MEATBALLS IN TOMATO SAUCE	SWEET AND SOUR CHICKEN WITH RICE	SAUSAGE ROAST WITH MINI YORKSHIRES	BREADED MCS FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	TOMATO AND LENTIL SOUP WITH WHOLEMEAL BREAD	VEGETABLE MUSHROOM	JACKET POTATO WITH CHEESE AND BEANS	AUTUMN VEGETABLE RISOTTO	MEXICAN CHEESE AND BEAN QUESADILLA
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	BLUEBERRY CAKE	GREEK YOGHURT CAKE	BANANA FLAP-JACKS	SEASONAL FRUIT WITH CUSTARD	CHOCOLATE OAT COOKIE
				KS2 TOTAL	£

WEEK 8	MONDAY 22/10/18	TUESDAY 23/10/18	WEDNESDAY 24/10/18	School holidays: 25 <sup>th</sup> Oct – 2 <sup>nd</sup> Nov. Inset day 2 <sup>nd</sup> Nov	
MAIN COURSE	TOMATO AND MOZZARELLA PASTA BAKE	MILD CHICKEN CURRY WITH RICE	HOMEMADE CHEESE AND TOMATO PIZZA	SCHOOL CLOSED	SCHOOL CLOSED
MAIN COURSE MEAT FREE	QUORN AND VEGETABLE PASTA	WHOLEMEAL CHEESE AND ONION QUICHE	BUTTERNUT SQUASH AND CHICKPEA TAGINE WITH COUS COUS		
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR		
DESSERT	APPLE AND CINNAMON CRUMBLE AND CUSTARD	CHOCOLATE BROWNIE	ICE CREAM SELECTION		
				KS2 TOTAL	£
				TOTAL PAID	£

If you have any questions about the menu or food we prepare as part of the school meals please do get in touch – we welcome your feedback and suggestions.

