



Dear Parents/Carers

Please indicate your meal choices on the attached menus and return to the school by **Friday 12th October 2018**, providing payment where necessary. **Meals are free for KS1 and £2.30 per child for KS2.**

PAYMENT MUST BE MADE IN ADVANCE AT TIME OF PLACING ORDER. **Please pay online by Parent Mail** wherever possible. 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, sweet corn, cabbage and carrots. Drinking water, milk and bread is freely available.

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.).

All of our meals including bread are **homemade daily** by Mrs Hockett 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.

Personal Data Consent: We will use the information given on this form for the purpose of this activity and it will be stored by the school for 7 years after your child leaves Year 6 (or leaves the school) and will then be destroyed in line with our Retention Policy. In the event of an urgent need we may use this information to help secure the safety of your child.

The Mead Academy Kitchen


Dietary Requirements*:			
Vegetarian	<input type="checkbox"/>	Dairy Free	<input type="checkbox"/>
Vegan	<input type="checkbox"/>	Halal	<input type="checkbox"/>
Gluten Free	<input type="checkbox"/>	Kosher	<input type="checkbox"/>
Nut 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**

CHILD'S NAME:		OFFICE USE ONLY
CHILD'S CLASS:		DATE:
		INITIALS:
		TOTAL:
		COMPLETED BY: PARENT / SCHOOL

**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 5/11/18 <i>Inset Day</i>	TUESDAY 6/11/18	WEDNESDAY 7/11/18	THURSDAY 8/11/18	FRIDAY 9/11/18
MAIN COURSE	SCHOOL CLOSED	MACARONI CHEESE	SWEET AND SOUR CHICKEN WITH RICE	MEAT AND POTATO PIE WITH SEASONAL VEG	HOMEMADE CHEESE AND TOMATO PIZZA
MAIN COURSE MEAT FREE	SCHOOL CLOSED	WINTER VEGETABLE RISOTTO	JACKET POTATO WITH CHEESE AND BEANS	LENTIL BURGER WITH SEASONAL VEG	HOMEMADE WINTER VEGETABLE SOUP AND WHOLEMEAL BREAD
COLD OPTION		BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT		PEACH CRUMBLE AND CUSTARD	BANANA FLAPJACKS	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE	SEASONAL FRESH FRUIT SALAD
				TOTAL	£.....

WEEK 2	MONDAY 12/11/18	TUESDAY 13/11/18	WEDNESDAY 14/11/18	THURSDAY 15/11/18	WHOLE SCHOOL RAMBLE FRIDAY 16/11/18 Children in need 
MAIN COURSE	SALMON AND BROCCOLI PASTA	TASTY BEEF LASAGNE	MILD CHICKEN CURRY WITH RICE	SAUSAGE CASSEROLE WITH CREAMED POTATO	MCS FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS	TOMATO PASTA	WHOLEMEAL CHEESE AND ONION PASTY WITH BAKED BEANS	VEGETARIAN SAUSAGE AND CREAMED POTATO	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	PUDSEY BISCUIT
				TOTAL	£.....

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


WEEK 3	MONDAY 19/11/18	TUESDAY 20/11/18	WEDNESDAY 21/11/18	THURSDAY 22/11/18	FRIDAY 23/11/18
MAIN COURSE	JACKET POTATO WITH TUNA MAYO	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA	HOMEMADE CHEESE AND TOMATO PIZZA	ROAST CHICKEN & STUFFING WITH ROAST POTATOES	MCS FISH FINGERS WITH POTATO WEDGES
MAIN COURSE MEAT FREE	VEGETABLE PASTA BAKE	LENTIL BOLOGNESE WITH RICE	SPANISH OMELETTE	VEGETARIAN SAUSAGE ROAST POTATOES	FALAFEL VEGETABLE BITES WITH POTATO WEDGES
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	BANANA CAKE	OATY FRUIT CRUNCH	FRESH FRUIT SALAD	FRUIT YOGHURTS	LEMON AND LIME SPONGE
				TOTAL	£.....

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

WEEK 4	MONDAY 26/11/18	TUESDAY 27/11/18	WEDNESDAY 28/11/18	THURSDAY 29/11/18	FRIDAY 30/11/18
MAIN COURSE	MACARONI CHEESE	TASTY BEEF COBBLER (CHEESE SCONE TOPPING)	SWEET AND SOUR CHICKEN AND RICE	MEAT AND POTATO PIE WITH SEASONAL VEGETABLES	HOMEMADE CHEESE AND TOMATO PIZZA
MAIN COURSE MEAT FREE	HOMEMADE TOMATO SOUP WITH WHOLEMEAL BREAD	MILD VEGETABLE CURRY WITH BROWN RICE	JACKET POTATO WITH CHEESE AND BEANS	LENTIL BURGER WITH SEASONAL VEGETABLES	FRIITTATA WITH POTATO WEDGES
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	BLUEBERRY SPONGE	FRESH FRUIT SALAD	APPLE FLAPJACKS	FRUIT YOGHURTS	CHOCOLATE SHORTBREAD
				TOTAL	£.....

WEEK 5	MONDAY 3/12/18	TUESDAY 4/12/18	WEDNESDAY 5/12/18	THURSDAY 6/12/18	FRIDAY 7/12/18
MAIN COURSE	SALMON AND BROCCOLI PASTA	BEEF LASAGNE	MILD CHICKEN CURRY WITH RICE	SAUSAGE CASSEROLE WITH MASHED POTATO	MCS BREADED FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS	TOMATO PASTA	WHOLEMEAL CHEESE AND ONION PASTY	VEGETARIAN SAUSAGE WITH MASHED POTATO	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	GINGER CAKE
				TOTAL	£.....

WEEK 6	MONDAY 10/12/18		TUESDAY 11/12/18		WEDNESDAY 12/12/18		THURSDAY 13/12/18		FRIDAY 14/12/18	
MAIN COURSE	JACKET POTATO WITH TUNA MAYO		BEEF BOLOGNESE WITH WHOLE WHEAT PASTA		HOMEMADE CHEESE AND TOMATO PIZZA		MEAT AND POTATO PIE WITH SEASONAL VEGETABLES		MCS FISH FINGER WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS		LENTIL BOLOGNESE		SPANISH OMELETTE		WINTER VEGETABLE RISOTTO		FALAFEL WITH OVEN CHIPS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	BANANA CAKE		OATY FRUIT CRUNCH		FRUIT YOGHURTS		SEASONAL FRUIT AND CUSTARD		CINNAMON SHORTBREAD	
								TOTAL	£.....	

WEEK 7	MONDAY 17/12/18		TUESDAY 18/12/18		WEDNESDAY 19/12/18		THURSDAY 20/12/18 Christmas lunch 		FRIDAY 21/12/18	
MAIN COURSE	MACARONI CHEESE		TASTY BEEF COBBLER (with cheese scone topping)		SWEET AND SOUR CHICKEN WITH RICE		ROAST TURKEY WITH ROAST POTATOES AND SEASONAL VEGETABLES		HOMEMADE CHEESE AND TOMATO PIZZA	
MAIN COURSE MEAT FREE	HOMEMADE TOMATO SOUP WITH WHOLEMEAL BREAD		MILD VEGETABLE CURRY AND BROWN RICE		JACKET POTATO WITH CHEESE AND BEANS		VEGETARIAN SAUSAGE WITH ROAST POTATOES		PEPPER FRITTATA WITH OVEN CHIPS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	BLUEBERRY CAKE		FRESH FRUIT SALAD		BANANA FLAPJACKS		CHRISTMAS BISCUIT		CHOCOLATE OAT COOKIE	
								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.