

THE MEAD ACADEMY KITCHEN

TERM 3 – WINTER MENU

2018 -2019



Dear Parents/Carers

Please indicate your meal choices on the attached menus and return to the school by **Friday 6th December 2018**, providing payment where necessary. **Meals are free for children in Reception, Year 1 and Year 2 and £2.30 per child for KS2.**

PLEASE ENSURE YOU RETURN A COMPLETED MENU IF YOUR CHILD IS IN RECEPTION, YEAR1 OR YEAR 2 CLASSES - If we do not receive a completed order form we will provide your child with the main meal choice (Universal Free School Meals only).

If your child is in Year 3, 4, 5 or 6 payment must be made at the time of placing the order. **Please pay online by Parent Mail.** We will copy and return your menu for you as a receipt for the payment.

Please be aware that if an order is not received and paid for in advance no meal will be provided.

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.

If you have any special dietary needs please contact indicate these on the form below. Our Food Allergen Advice Note is available from the school office and on our website.

The Mead Academy Kitchen

CHILD'S NAME		Office use only:	
		Date received:	
CHILD'S CLASS		Total Paid: FSM/ UIFSM/ PMX	
		CHECKED BY:	
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**

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.

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

WEEK 1	MONDAY 7/1/19 <i>Inset Day</i>		TUESDAY 8/1/19		WEDNESDAY 9/1/19		THURSDAY 10/1/19		FRIDAY 11/1/19	
MAIN COURSE	SCHOOL CLOSED		MACARONI CHEESE		PAPRIKA CHICKEN WITH RICE		FARMHOUSE BEEF COBBLER WITH SEASONAL VEGETABLES		BREADED MCS FISH OVEN CHIPS	
MAIN COURSE MEAT FREE	SCHOOL CLOSED		WINTER VEGETABLE RISOTTO		JACKET POTATO WITH CHEESE AND BEANS		TOMATO AND BASIL WHOLEWHEAT PASTA BAKE		VEGETABLE AND BEAN BURITTO OVEN CHIPS	
COLD OPTION			BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT			VANILLA SPONGE CAKE		BANANA CUSTARD		FRUIT YOGHURTS		CINNAMON SHORTBREAD WITH AN ORANGE SLICE	


WEEK 2	MONDAY 14/1/19		TUESDAY 15/1/19		WEDNESDAY 16/1/19		THURSDAY 17/1/19		FRIDAY 18/1/19	
MAIN COURSE	TUNA AND SWEETCORN PASTA BAKE		COTTAGE PIE WITH SEASONAL VEGETABLES		HOMEMADE CHEESE AND TOMATO PIZZA **		ROAST SAUSAGE WITH ROAST POTATOES		PERI PERI CHICKEN GOUJONS WITH POTATO WEDGES	
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS		WINTER VEGETABLE WHOLE WHEAT CRUMBLE		VEGETABLE & CHICKPEA CURRY AND BROWN RICE		VEGETARIAN SAUSAGE WITH ROAST POTATOES		CAULIFLOWER AND BROCCOLI CHEESE WITH RICE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	JAM TART		CHOCOLATE BROWNIE		A SELECTION OF YOGHURTS		FRESH FRUIT SALAD		RASPBERRY AND YOGHURT CAKE	

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

WEEK 3	MONDAY 21/1/19		TUESDAY 22/1/19		WEDNESDAY 23/1/19		THURSDAY 24/1/19		FRIDAY 25/1/19	
MAIN COURSE	MEDITERRANEAN PASTA BAKE		MILD CHICKEN CURRY SERVED WITH RICE		BEEF BOLOGNESE WITH WHOLEWHEAT PASTA		HOMEMADE CHEESE AND TOMATO PIZZA **		MCS FISH FINGERS WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	SWEET POTATO AND BUTTERNUT SQUASH SOUP WITH HOMEMADE BREAD		JACKET POTATO WITH CHEESE AND BEANS		LENTIL BOLOGNESE WITH WHOLMEAL PASTA		SPANISH RICE WITH BEANS AND MIXED VEG		MIXED VEGETABLE FRITTATA WITH OVEN CHIPS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	PEAR AND CHOCOLATE SPONGE		OAT AND RAISIN COOKIE		FRESH FRUIT SALAD		FRUIT YOGHURTS		LEMON CAKE	

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

WEEK 4	MONDAY 28/1/19	TUESDAY 29/1/19	WEDNESDAY 30/1/19	THURSDAY 31/1/19	FRIDAY 1/2/19
MAIN COURSE	MACARONI CHEESE	PAPRIKA CHICKEN WITH RICE	FARMHOUSE BEEF COBBLER (WITH SEASONAL VEGETABLES)	SAUSAGE AND MASH WITH GRAVY	BREADED FISH AND OVEN CHIPS
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO	BUTTERNUT SQUASH AND CHICKPEA TAGINE WITH COUS COUS	JACKET POTATO WITH CHEESE AND BEANS	LENTIL BURGER WITH SEASONAL VEGETABLES	VEGETABLE AND BEAN BURITTO
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	APPLE CRUMBLE AND CUSTARD	VANILLA SPONGE	SEASONAL FRUIT SALAD	FRUIT YOGHURTS	CINNAMON SHORTBREAD WITH AN ORANGE SLICE

WEEK 5	MONDAY 4/2/19	TUESDAY 5/2/19 CHINESE NEW YEAR 	WEDNESDAY 6/2/19	THURSDAY 7/2/19	FRIDAY 8/2/19
MAIN COURSE	TUNA AND SWEETCORN PASTA	SWEET AND SOUR CHICKEN WITH RICE	HOMEMADE CHEESE AND TOMATO PIZZA **	COTTAGE PIE	PERI PERI CHICKEN WITH POTATO WEDGES
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS	STIR FRY VEGETABLES WITH NOODLES	VEGETABLE & CHICKPEA CURRY WITH BROWN RICE	VEGETARIAN SAUSAGE WITH MASHED POTATO	LENTIL BURGER WITH POTATO WEDGES
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	JAM TART	FRESH FRUIT PLATTER	SYRUP SPONGE WITH CUSTARD	FRUIT YOGHURTS	RASPBERRY YOGHURT CAKE

WEEK 6	MONDAY 11/2/19	TUESDAY 12/2/19	WEDNESDAY 13/2/19	THURSDAY 14/2/19	FRIDAY 15/2/19
MAIN COURSE	MEDITERRANEAN VEGETABLE PASTA	MILD CHICKEN CURRY SERVED WITH RICE	BEEF BOLOGNESE SERVED WITH WHOLEWHEAT PASTA	HOMEMADE CHEESE AND TOMATO PIZZA **	MCS FISH FINGER WITH OVEN CHIPS
MAIN COURSE MEAT FREE	SWEET POTATO & BUTTERNUT SQUASH SOUP SEVED WITH WHOLEMEAL BREAD	JACKET POTATO WITH CHEESE AND BEANS	LENTIL BOLOGNESE WITH RICE	SPANISH RICE WITH BEANS AND MIXED VEG	MIXED VEGETABLE FRITTATA
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	PEAR AND CHOCOLATE CAKE	OAT AND RAISIN COOKIE	FRUIT YOGHURTS	SEASONAL FRUIT AND CUSTARD	LEMON SPONGE

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.

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)

Try Something New - Week 5 every Term

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'

Eatwell Plate

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>



FOR PARENTS/CARERS USE:

If your child is in Year 3, 4 or 5 then meals are charged at £2.30.

TOTAL NUMBER OF MEALS ORDERED @£2.30

TOTAL DUE AND PAID £..... BY PMX

DATE PAID: