



You must select your meals  
(and pay for them if necessary)  
by 19<sup>th</sup> October 2020

## Autumn / Winter Menu for Term 2 2020-21 (3<sup>rd</sup> November 2020 – 18<sup>th</sup> December 2020)

### Children in Reception, Year 1 and Year 2

Meals are **FREE** for children in these year groups, but you must order your meals on Sims Pay. **If we do not receive an order from you we will provide your child with the main meal choice.**

### Children in Years 3, 4, 5 and 6

Meals for children in these year groups cost £2.30 each and payment must be made at the time of placing the order. **Please go to Sims Pay to place your orders and pay – if you do not pay, a meal will not be provided.**

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)



*Did you know?*  
**Our bread is homemade daily by  
Mrs Hockett and Mrs Gould!**

All hot meals are served with seasonal vegetables or salad and we offer a daily meat-free option, suitable for vegetarians. Each meal is served with a selection of seasonal vegetables, which could include broccoli, cabbage, swede, sweetcorn, green beans and carrots.

There is also the option of our cold buffet bar, which includes a selection of items such as wraps/homemade bread/cold pasta, along with either ham, cheese, or tuna, and salad (i.e. carrots, cucumber, peppers, tomatoes). The Buffet Bar is pre-plated due to Covid restrictions.

Drinking water, milk and bread are all freely available.

All children are offered the main dessert option however, fruit is always available as an alternative. We aim to include desserts that contain 50% fruit at least twice a week.

*Please be aware the menu may change due to unforeseen circumstances. Our Food Allergen Advice Note is available on our website.*

*Need something different?*  
**If you have any special dietary requirements please send them to [schoolmeals@castlemead.wilts.sch.uk](mailto:schoolmeals@castlemead.wilts.sch.uk) and Mrs Hockett will be in touch to discuss these with you – we can accommodate a range of special requirements including gluten free and dairy free.**

**Week 1 (week commencing 2 November 2020)**

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	TD DAY – school closed to all children			
Tuesday	Macaroni Cheese (V)	Winter Vegetable Risotto (V)	Buffet Bar (pre-plated due to Covid restrictions)	Vanilla Sponge
Wednesday	Mild Chicken Curry with Rice	Jacket Potato with Beans (V)		Banana Flapjack
Thursday	Beef Lasagne	Leek and Potato Cake (V)		Fresh Fruit Salad
Friday	Breaded Fish with Oven Chips	Cauliflower Cheese with Wholemeal Bread (V)		Chocolate Shortbread

**Weeks 2 and 5 (week commencing 9 November 2020 and week commencing 30 November 2020)**

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Tuna and Sweetcorn Pasta Bake	Jacket Potato with Baked Beans (V)	Buffet Bar (pre-plated due to Covid restrictions)	Apple and Blackberry Crumble and Custard
Tuesday	Beef Bolognese with Pasta Twists	Lentil Bolognese with Wholemeal Pasta Twists (V)		Winter Spiced Shortbread
Wednesday	Chicken Casserole with Mashed Potato	Cheesy Vegetable Crumble with Mashed Potato (V)		Blueberry Sponge
Thursday	Mild Quorn Chilli with Rice (V)	Stir Fry Vegetables with Noodles (V)		Ice Cream Selection
Friday	Homemade Cheese and Tomato Pizza (V) (DF)	Roasted Seasonal Vegetable Wrap (V)		Fresh Melon Slice


**Weeks 3 and 6 (week commencing 16 November 2020 and Week commencing 7 December 2020)**

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Tomato and Hidden Vegetable Pasta (V)	Home baked Wholewheat Cheese and Broccoli Flan (V)	Buffet Bar (pre-plated due to Covid restrictions)	Apple and Cinnamon Cake
Tuesday	Chicken Paprika with Rice	Jacket Potato with Baked Beans (V)		Sticky Toffee Pudding with Toffee Sauce
Wednesday	Homemade Cheese and Tomato Pizza (V) (DF)	Vegetable and Bean Stew (V)		Ice Cream Selection
Thursday	Beef Cobbler	Leek and Potato Cake (V)		Fresh Fruit Salad
Friday	Breaded Fish Fingers with Oven Chips	Pepper Frittata with Oven Chips (V)		Oat and Raisin Cookie

**Week 4 (week commencing 23 November 2020)**

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Macaroni Cheese (V)	Winter Vegetable Risotto (V)	Buffet Bar (pre-plated due to Covid restrictions)	Vanilla Sponge
Tuesday	Mild Chicken Curry with Rice	Jacket Potato with Beans (V)		Banana Flapjack
Wednesday	Beef Lasagne	Ratatouille Pasta (V)		Fresh Fruit Salad
Thursday	Homemade Cheese and Tomato Pizza (V) (DF)	Vegetable Balti with Brown Rice (V)		Ice Cream Selection
Friday	Breaded Fish with Oven Chips	Cauliflower Cheese with Wholemeal Bread (V)		Chocolate Shortbread

**Week 7 (week commencing 14 December 2020)**

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Macaroni Cheese (V)	Winter Vegetable Risotto (V)	Buffet Bar <i>(pre-plated due to Covid restrictions)</i>	Vanilla Sponge
Tuesday	Mild Chicken Curry with Rice	Jacket Potato with Beans (V)		Banana Flapjack
Wednesday	Beef Lasagne	Ratatouille Pasta (V)		Fresh Fruit Salad
Thursday 	Roast Turkey with Roast Potatoes, Carrots, Sprouts, Stuffing and Gravy	Vegetarian Sausage Roast with Roast Potatoes and Seasonal Vegetables (V)		Christmas Biscuit
Friday	Breaded Fish Fingers with Oven Chips	Lentil Burger with Oven Chips (V)		Ice Cream Selection

*All hot meals are served with seasonal vegetables or salad.*

**(V)** Vegetarian

**(GF)** Gluten Free option available

Please contact [schoolmeals@castlemead.wilts.sch.uk](mailto:schoolmeals@castlemead.wilts.sch.uk) with your child's name and class to request Gluten Free meals

**(DF)** Dairy Free option available

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