



You must select your meals
(and pay for them if necessary)
by 1st February 2021

Spring Menu for Term 4 2020-21 (22nd February 2021 – 1st April 2021)

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)

Need something different?

If you have any special dietary requirements please send them to 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.

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.



Weeks 1 and 4 (week commencing 22 February 2021 and week commencing 15 March 2021)				
	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Macaroni Cheese (V)	Spring Vegetable Risotto (V)	Buffet Bar (pre-plated due to Covid restrictions)	Vanilla Sponge
Tuesday	Paprika Chicken with Rice	Jacket Potato with Baked Beans (V)		Apple Crumble with Custard
Wednesday	Farmhouse Beef Cobbler	Ratatouille with Wholewheat Pasta (V)		Banana Flapjacks
Thursday	Homemade Cheese & Tomato Pizza (V) (DF)	Butternut Squash & Chickpea Tagine with Couscous (V)		Fresh Fruit Salad
Friday	Breaded MCS Fish with Oven Chips	Falafel with Salad & Pitta Bread (V)		Cinnamon Shortbread

Weeks 3 and 6 (week commencing 8 March 2021 and week commencing 29 March 2021)				
	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Tomato and Hidden Vegetable Pasta (V)	Vegetable Biryani (V)	Buffet Bar (pre-plated due to Covid restrictions)	Lemon Cake
Tuesday	Mild Chicken Curry with Rice	Jacket Potato with Baked Beans (V)		Stewed Apples with Custard
Wednesday	Beef Bolognese with Wholewheat Pasta	Lentil Bolognese with Wholewheat Pasta (V)		Chocolate and Oat Cookie
Thursday	Sausage Roast with Roast Potatoes	Quorn Sausage with Roast Potatoes (V)		Fresh Fruit Salad
Friday (12 March 2021 ONLY)	Homemade Cheese and Tomato Pizza (V) (DF)	Cheese and Onion Roll with Baked Beans (V)		Shortbread

Weeks 2 and 5 (week commencing 1 March 2021 and week commencing 22 March 2021)				
	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Tuna Arrabiata Pasta Bake	Jacket Potato with Baked Beans (V)	Buffet Bar (pre-plated due to Covid restrictions)	Chocolate Brownie
Tuesday	Moroccan Chicken with Couscous	Cheese & Tomato Pizza Wheel with Salad (V) (DF)		Peaches & Custard
Wednesday	Cottage Pie	Vegetable & Chickpea Curry with Brown Rice (V)		Fresh Melon
Thursday	Sausage and Tomato Pasta	Pasta and Tomato Sauce (V)		Arctic Roll
Friday	Fishfingers with Oven Chips (V)	Vegetable Burger with Sweet Potato Chips (V)		Banana Cake

All hot meals are served with seasonal vegetables or salad.

(V) Vegetarian

(GF) Gluten Free option available

Please contact schoolmeals@castlemead.wilts.sch.uk with your child's name and class to request Gluten Free meals

(DF) Dairy Free option available

Please contact schoolmeals@castlemead.wilts.sch.uk with your child's name and class to request Dairy Free meals