



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

Winter Menu for Term 5 2020-21 (19th April 2021 – 28th May 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)

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 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.

Weeks 1 and 4 (week commencing 19th April 2021 and week commencing 10 May 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	Mild Chicken Curry with Rice (GF)	Butternut Squash Tagine & Cous Cous (V)		Fresh Melon
Wednesday	Beef Lasagne	Vegetable Pasta Bake (V) (GF)		Flapjack
Thursday	Pork Sausage & Mashed Potato (GF)	Vegetarian Sausage & Mashed Potato (V)		Fresh Fruit Salad
Friday	Breaded Fish Fingers with Oven Chips	Wholewheat Cheese & Tomato Quiche (V)		Chocolate Shortbread

Weeks 2 and 5 (week commencing 26 April 2021 and week commencing 17 May 2021 2021)

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Tomato, Mozzarella & Basil Pasta Bake (V) (GF)	Sweet Potato & Lentil Curry with Brown Rice (V) (GF)	Buffet Bar (pre-plated due to Covid restrictions)	Blueberry Sponge
Tuesday	Mild Beef Chilli with Rice (GF)	Jacket Potato with Baked Beans (V) (GF)		Oat & Raisin Traybake
Wednesday	Homemade Cheese and Tomato Pizza (V) (DF) (GF)	Spicy Vegetable & Bean Enchiladas (V)		Fresh Fruit Salad
Thursday	Chicken & Vegetable Pie with New Potatoes	Ratatouille with New Potatoes (V) (GF)		Ice Cream
Friday	Breaded MCS Fish with Oven Chips	Mixed Vegetable Frittata (V) (GF)		Chocolate Brownie

Week 3 (week commencing 3 May 2021)

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	BANK HOLIDAY – SCHOOL CLOSED		Buffet Bar (pre-plated due to Covid restrictions)	
Tuesday	Jacket Potato with Baked Beans (V) (GF)	Cheesy Vegetable Gratin (V)		Lemon Cake
Wednesday	Beef Bolognese with Wholewheat Pasta (GF)	Lentil Bolognese with Wholewheat Pasta (V) (GF)		Ice Cream
Thursday	Sausage Roast with Seasonal Vegetables (GF)	Lentil Burger (V)		Melon Slice
Friday	Homemade Cheese & Tomato Pizza (V) (GF) (DF)	Quorn Sausage Hot Dog (V)		Shortbread

Week 6 (week commencing 24 May 2021)

	Main Option 1	Main Option 2	Cold Option	Dessert
Monday	Salmon & Broccoli Pasta Bake (V)	Jacket Potato with Baked Beans (V) (GF)	Buffet Bar (pre-plated due to Covid restrictions)	Lemon Cake
Tuesday	Sweet & Sour Chicken with Rice	Cheesy Vegetable Gratin (V)		Stewed Apple & Custard
Wednesday	Beef Bolognese with Wholewheat Pasta (GF)	Lentil Bolognese with Wholewheat Pasta (V) (GF)		Ice Cream
Thursday	Sausage Roast with Seasonal Vegetables (GF)	Lentil Burger (V)		Melon Slice
Friday	Homemade Cheese & Tomato Pizza (V) (GF) (DF)	Quorn Sausage Hot Dog (V)		Shortbread

All hot meals are served with seasonal vegetables or salad.

(V) Vegetarian | (GF) Gluten Free option available | (DF) Dairy Free option available

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