



Castle Mead Kitchen – AUTUMN MENU

Dear Parents/Carers

Please indicate your meal choices by 12th July 2021 providing payment where necessary.

Children in Reception, Year 1 and Year 2

- Meals are **FREE** for children in Reception, Year 1 and Year 2.
- You must order your meals on Sims Pay
- **If we do not receive an order from you on Sims Pay we will provide your child with the main meal choice.**

Children in Years 3, 4, 5 and 6

- If your child is in Year 3, 4, 5 or 6 meals cost £2.30 each and payment must be made at the time of placing the order. **Please visit the Sims Pay website to make your order and payment by**
- **12th July 2021.**
- Please be aware, **if an order is not received and paid for in advance no meal will be provided.**

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, dairy free.

Our Meals

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, cabbage, swede, sweetcorn, green beans and carrots.

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 either ham, cheese, or tuna, salad (i.e. carrots, cucumber, peppers, tomatoes etc.). The Buffet Bar is pre-plated due to Covid restrictions.

Drinking water, milk and bread is freely available. Our bread is **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. **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.

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 please keep us updated with any dietary changes.

The Castle Mead Academy Kitchen

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 30/8/21		TUESDAY 31/8/21		WEDNESDAY 1/9/21		THURSDAY 2/9/21		FRIDAY 3/9/21	
MAIN COURSE	HOLIDAY		HOLIDAY		TD DAY		TD DAY		HOMEMADE CHEESE AND TOMATO PIZZA **	
MAIN COURSE MEAT FREE									VEGETARIAN SAUSAGE HOTDOG WITH OVEN CHIPS	
COLD OPTION									BUFFET BAR	
DESSERT									FRESH FRUIT SALAD	
									TOTAL	£.....

WEEK 2	MONDAY 6/9/21		TUESDAY 7/9/21		WEDNESDAY 8/9/21		THURSDAY 9/9/21		FRIDAY 10/9/21	
MAIN COURSE	TOMATO ,BASIL AND MOZZARELLA PASTA BAKE GF		MILD CHICKEN CURRY SERVED WITH RICE GF		BEEF BOLOGNESE WITH WHOLE WHEAT PASTA GF		CHIPOLATA SAUSAGE ROAST WITH ROAST POTATOES AND VEGETABLES GF		BREADED FISH FINGERS WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	AUTUMN VEGETABLE RISOTTO GF		JACKET POTATO WITH BAKED BEANS GF		LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA TWISTS		VEGETABLE AND BEAN CHILLI WITH BROWN RICE GF		Cauliflower and broccoli cheese WITH WHOLEMEAL BREAD	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	ICED LEMON CAKE		CHOCOLATE BROWNIE		SEASONAL FRUIT SALAD GF		ICE CREAM GF		CHERRY SHORTBREAD	
									TOTAL	£.....

WEEK 3	MONDAY 13/9/21		TUESDAY 14/9/21		WEDNESDAY 15/9/21		THURSDAY 16/9/21		FRIDAY 17/9/21	
MAIN COURSE	TUNA ARRABIATA PASTA GF		MORROCAN CHICKEN WITH RICE GF		COTTAGE PIE With seasonal vegetables GF		HOMEMADE CHEESE AND TOMATO PIZZA GF		Peri peri chicken goujons WITH potato wedges GF	
MAIN COURSE MEAT FREE	JACKET POTATO WITH BAKED BEANS GF		SWEET POTATO FRITTERS With Rice GF		AUTUMN VEGETABLE PIE with seasonal vegetables GF		BEANBURGER in a bun WITH SALAD		Roasted Vegetable Wrap With potato wedges	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	DORSET APPLE CAKE		FRESH MELON GF		A SELECTION OF ICE CREAM GF		FRESH FRUIT SALAD GF		SHORTBREAD	

TOTAL	£.....
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WEEK 4	MONDAY 20/9/21		TUESDAY 21/9/21		WEDNESDAY 22/9/21		THURSDAY 23/9/21		FRIDAY 24/9/21	
MAIN COURSE	CHEESEY LEEK MACARONI BAKE		CREAMY CHICKEN A LA KING WITH RICE		PORK SAUSAGES WITH MASHED POTATO AND GRAVY GF		HOMEMADE CHEESE AND TOMATO PIZZA GF		BREADED FISH WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	VEGETABLE AND BEAN PAELLA GF		JACKET POTATO WITH BAKED BEANS AND CHEESE GF		LENTIL BURGER & MASH		MEDITERRANEAN VEGETABLE WHOLEWHEAT PASTA GF		VEGETARIAN SAUSAGE HOT DOG WITH OVEN CHIPS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	AUTUMN FRUIT CRUMBLE AND YOGHURT		GINGER FLAPJACKS		FRESH FRUIT SALAD GF		VANILLA SPONGE		CHOCOLATE SHORTBREAD	
								TOTAL	£.....	

WEEK 5	MONDAY 27/9/21		TUESDAY 28/9/21		WEDNESDAY 29/9/21		THURSDAY 30/9/21		FRIDAY 1/10/21	
MAIN COURSE	TOMATO,BASIL AND MOZZARELLA PASTA BAKE		MILD CHICKEN CURRY WITH RICE		BEEF BOLOGNESE WITH WHOLEWHEAT PASTA TWIST		CHIPOLATA SAUSAGE ROAST WITH ROAST POTATOES AND SEASONAL VEGETABLES		BREADED FISH FINGERSWITH OVEN CHIPS	
MAIN COURSE MEAT FREE	AUTUMN VEGETABLE RISOTTO		JACKET POTATO WITH BEANS		LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA		VEGETABLE AND BEAN CHILLI WITH BROWN RICE		CAULIFLOWER AND BROCCOLI CHEESE WITH WHOLEMEAL BREAD	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	ICED LEMON SPONGE		CHOCOLATE BROWNIE		FRUIT SALAD		A SELECTION OF ICE CREAM		CHERRY SHORTBREAD	
								TOTAL	£.....	

WEEK 6	MONDAY 4/10/21		TUESDAY 5/10/21		WEDNESDAY 6/10/21		THURSDAY 7/10/21		FRIDAY 8/9/21	
MAIN COURSE	TUNA ARRABIATA PENNE		MOROCCAN CHICKEN WITH RICE		COTTAGE PIE WITH SEASONAL VEGETABLES		HOMEMADE CHEESE AND TOMATO PIZZA		PERI PERI CHICKEN GOUJONS WITH POTATO WEDGES	
MAIN COURSE MEAT FREE	JACKET POTATO WITH BAKED BEANS		SWEET POTATO FRITTER		AUTUMN VEGETABLE PIE		BEANBURGER WITH SIDE SALAD		ROASTED VEGETABLE WRAP With potato wedges	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	DORSET APPLE CAKE		FRESH MELON		A SELECTION OF ICE CREAM		FRESH FRUIT SALAD			

					SHORTBREAD	
					TOTAL	£.....

WEEK 7	MONDAY 11/10/21	TUESDAY 12/10/21	WEDNESDAY 13/10/21	THURSDAY 14/10/21	FRIDAY 15/10/21	
MAIN COURSE	CHEESEY LEEK MACARONI BAKE	CHICKEN A LA KING WITH RICE	PORK SAUSAGES WITH MASHED POTATO AND GRAVY	HOMEMADE CHEESE AND TOMATO PIZZA	BREADED FISH WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	VEGETABLE AND BEAN PAELLA	JACKET POTATO WITH BAKED BEANS AND CHEESE	LENTIL BURGER WITH MASHED POTATO	MEDITERRANEAN VEGETABLE WHOLEWHEAT PASTA	VEGETARIAN SAUSAGE HOTDOG With oven chips	
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	
DESSERT	AUTUMN FRUIT CRUMBLE WITH YOGHURT	GINGER FLAPJACKS	FRESH FRUIT SALAD	VANILLA SPONGE	CHOCOLATE SHORTBREAD	
					TOTAL	£.....

WEEK 8	MONDAY 18/9/21	TUESDAY 19/10/21	WEDNESDAY 20/10/21	THURSDAY 21/10/21	FRIDAY 22/10/21
MAIN COURSE	TOMATO ,BASIL AND MOZZARELLA PASTA	MILD CHICKEN CURRY WITH RICE	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA	HOLIDAY	HOLIDAY
MAIN COURSE MEAT FREE	AUTUMN VEGETABLE RISOTTO	JACKET POTATO WITH BAKED BEANS AND CHEESE	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA		
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR		
DESSERT	ICED LEMON CAKE	CHOCOLATE BROWNIE	A SELECTION OF ICE CREAM		