



CASTLE MEAD KITCHEN – WINTER MENU TERM 2 - 2021

Dear Parents/Carers

Please indicate your meal choices by 11TH October 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**
- **15th October 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.

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 1/11/21		TUESDAY 2/11/21		WEDNESDAY 3/11/21		THURSDAY 4/11/21		FRIDAY 5/11/21		
MAIN COURSE	TD DAY		TOMATO,BASIL AND MOZZARELLA PASTA BAKE		BEEF BOLOGNESE WITH WHOLE WHEAT PASTA		HOMEMADE CHEESE AND TOMATO PIZZA		BREADED FISH FINGERS WITH OVEN CHIPS		
MAIN COURSE MEAT FREE	SCHOOL CLOSED		WINTER VEGETABLE RISOTTO		LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA TWISTS		VEGETABLE AND BEAN CHILLI WITH BROWN RICE		CAULIFLOWER CHEESE WITH WHOLEMEAL BREAD		
COLD OPTION			BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
DESSERT			CHOCOLATE BROWNIE		SEASONAL FRUIT SALAD		ICE CREAM		WINTER SPICED SHORTBREAD		
								TOTAL		£.....	


WEEK 2	MONDAY 8/11/21		TUESDAY 9/11/21		WEDNESDAY 10/11/21		THURSDAY 11/11/21		FRIDAY 12/11/21		
MAIN COURSE	TUNA & TOMATO ARRABIATA PASTA		PAPRIKA CHICKEN WITH RICE		COTTAGE PIE WITH SEASONAL VEGETABLES		SAUSAGE PASTA BAKE		HOMEMADE CHEESE AND TOMATO PIZZA		
MAIN COURSE MEAT FREE	BUTTERNUT SQUASH RISOTTO		JACKET POTATO WITH CHEESE		WINTER VEGETABLE PIE		RATATOUILLE PASTA BAKE		ROASTED VEGETABLE AND BEAN WRAP		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
DESSERT	DORSET APPLE CAKE		OAT AND RAISIN COOKIE		A SELECTION OF ICE CREAM		FRESH FRUIT SALAD		SHORTBREAD		
								TOTAL		£.....	

WEEK 3	MONDAY 15/11/21		TUESDAY 16/11/21		WEDNESDAY 17/11/21		THURSDAY 18/11/21		FRIDAY 19/11/21		
MAIN COURSE	MACARONI CHEESE BAKE		CREAMY CHICKEN A LA KING WITH RICE		BEEF LASAGNE		HOMEMADE CHEESE AND TOMATO PIZZA		BREADED FISH WITH OVEN CHIPS		
MAIN COURSE MEAT FREE	VEGETABLE AND BEAN PAELLA		CAULIFLOWER AND POTATO CURRY WITH BROWN RICE		JACKET POTATO WITH BAKED BEANS		MEDITERRANEAN VEGETABLE WHOLEWHEAT PASTA		FALAFELS WITH PITTA BREAD AND SALAD		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
DESSERT	WINTER FRUIT CRUMBLE AND CUSTARD		APPLE FLAPJACKS		FRESH FRUIT SALAD		VANILLA SPONGE		CHOCOLATE SHORTBREAD		
								TOTAL		£.....	

WEEK 4	MONDAY 22/11/21	TUESDAY 23/11/21	WEDNESDAY 24/11/21	THURSDAY 25/11/21	FRIDAY 26/11/21
MAIN COURSE	TOMATO,BASIL AND MOZZARELLA PASTA BAKE	MILD CHICKEN CURRY WITH RICE	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA TWIST	HOMEMADE CHEESE AND TOMATO PIZZA	BREADED FISH FINGERSWITH OVEN CHIPS
MAIN COURSE MEAT FREE	WINTER 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	BLUEBERRY SPONGE	CHOCOLATE BROWNIE	FRUIT SALAD	A SELECTION OF ICE CREAM	WINTER SPICED SHORTBREAD
				TOTAL	£.....

WEEK 5	MONDAY 29/11/21	TUESDAY 30/11/21	WEDNESDAY 1/12/21	THURSDAY 2/12/21	FRIDAY 3/12/21
MAIN COURSE	TUNA & TOMATO ARRABIATA PENNE	PAPRIKA CHICKEN WITH RICE	COTTAGE PIE WITH SEASONAL VEGETABLES	SAUSAGE PASTA BAKE	HOMEMADE CHEESE AND TOMATO PIZZA
MAIN COURSE MEAT FREE	BUTTERNUT SQUASH RISOTTO	JACKET POTATO WITH CHEESE	WINTER VEGETABLE PIE	RATATOUILLE PASTA BAKE	ROASTED VEGETABLE AND BEAN WRAP
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	DORSET APPLE CAKE	OAT AND RAISIN COOKIE	A SELECTION OF ICE CREAM	FRESH FRUIT SALAD	SHORTBREAD
				TOTAL	£.....

WEEK 6	MONDAY 6/12/21	TUESDAY 7/12/21	WEDNESDAY 8/12/21	THURSDAY 9/12/21	FRIDAY 10/12/21
MAIN COURSE	CHEESEY LEEK MACARONI BAKE	CHICKEN A LA KING WITH RICE	BEEF LASAGNE	HOMEMADE CHEESE AND TOMATO PIZZA	BREADED FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	VEGETABLE AND BEAN PAELLA	CAULIFLOWER AND POTATO CURRY WITH BROWN RICE	JACKET POTATO WITH BEANS	MEDITERRANEAN VEGETABLE WHOLEWHEAT PASTA	FALAFELS WITH PITTA BREAD AND SALAD
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	WINTER FRUIT CRUMBLE WITH CUSTARD	APPLE FLAPJACKS	FRESH FRUIT SALAD	VANILLA SPONGE	CHOCOLATE SHORTBREAD
				TOTAL	£.....

WEEK 7	MONDAY 13/12/ 21	TUESDAY 14/12/21	WEDNESDAY 15/12/21	THURSDAY 16/12/21 CHRISTMAS LUNCH 	FRIDAY 17/12/21
MAIN COURSE	TOMATO ,BASIL AND MOZZARELLA PASTA	MILD CHICKEN CURRY WITH RICE	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA	ROAST TURKEY ROAST POTATOES SEASONAL VEGETABLES GRAVY	CHEESE AND TOMATO PIZZA
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO	JACKET POTATO WITH BAKED BEANS	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA	QUORN SAUSAGE ROAST ROAST POTATOES SEASONAL VEGETABLES	Buffet bar
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	NO BUFFET AVAILABLE	CHEFS SELECTION
DESSERT	BLUEBERRY SPONGE	CHOCOLATE BROWNIE	A SELECTION OF ICE CREAM	CHRISTMAS COOKIE	