



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**
- **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.

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	TOMATO ,BASIL AND MOZZARELLA PASTA BAKE GF	MILD CHICKEN CURRY SERVED WITH RICE GF	BEEF BOLOGNESE WITH WHOLE WHEAT PASTA GF	HOMEMADE CHEESE AND TOMATO PIZZA GF	BREADED FISH FINGERS WITH OVEN CHIPS
MAIN COURSE MEAT FREE	WINTER 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	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	TOMATO ARRABIATA PASTA GF	PAPRIKA CHICKEN WITH RICE GF	COTTAGE PIE With seasonal vegetables	SAUSAGE PASTA BAKE	HOMEMADE CHEESE AND TOMATO PIZZA GF
MAIN COURSE MEAT FREE	BUTTERNUT SQUASH RISOTTO GF	JACKET POTATO WITH BAKED BEANS GF	WINTER VEGETABLE PIE with seasonal vegetables	RATATOUILLE PASTA BAKE GF	Roasted Vegetable Wrap With potato wedges
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 GF	FRESH FRUIT SALAD GF	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 GF	BREADED FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	VEGETABLE AND BEAN PAELLA GF	JACKET POTATO WITH BAKED BEANS AND CHEESE GF	CAULIFLOWER AND POTATO CURRY WITH BROWN RICE GF	MEDITERRANEAN VEGETABLE WHOLEWHEAT PASTA GF	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 GF	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 GF	MILD CHICKEN CURRY WITH RICE GF	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA TWIST GF	HOMEMADE CHEESE AND TOMATO PIZZA GF	BREADED FISH FINGERSWITH OVEN CHIPS
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO GF	JACKET POTATO WITH BEANS GF	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA	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 SPONGE	CHOCOLATE BROWNIE	FRUIT SALAD GF	A SELECTION OF ICE CREAM GF	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	TOMATO ARRABIATA PENNE GF	PAPRIKA CHICKEN WITH RICE GF	COTTAGE PIE WITH SEASONAL VEGETABLES	SAUSAGE PASTA BAKE	HOMEMADE CHEESE AND TOMATO PIZZA
MAIN COURSE MEAT FREE	BUTTERNUT SQUASH RISOTTO GF	JACKET POTATO WITH BAKED BEANS GF	WINTER VEGETABLE PIE	RATATOUILLE PASTA BAKE GF	ROASTED VEGETABLE WRAP With potato wedges
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 GF	FRESH FRUIT SALAD GF	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 GF	BREADED FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	VEGETABLE AND BEAN PAELLA GF	JACKET POTATO WITH BAKED BEANS AND CHEESE GF	CAULIFLOWER AND POTATO CURRY WITH BROWN RICE GF	MEDITERRANEAN VEGETABLE WHOLEWHEAT PASTA GF	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 GF	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 GF	MILD CHICKEN CURRY WITH RICE GF	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF	ROAST TURKEY ROAST POTATOES SEASONAL VEGETABLES GRAVY GF	CHEESE AND TOMATO PIZZA
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO GF	JACKET POTATO WITH BAKED BEANS AND CHEESE GF	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	ICED LEMON CAKE	CHOCOLATE BROWNIE	A SELECTION OF ICE CREAM GF	CHRISTMAS COOKIE	