

CASTLE MEAD KITCHEN TERM 3 – WINTER MENU 2022



Dear Parents/Carers

Please indicate your meal choices on the attached menus and return to the school by **Tuesday 30th November 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.
- **PLEASE ENSURE YOU RETURN A COMPLETED MENU** – If we do not receive a completed order form we will provide your child with the main meal choice. Please ensure you write the name of your child and class on the top of the menu.

Children in Years 3, 4, 5 and 6

- If your child is in Year 3, 4, 5 or 6 meals cost £2.30 and payment must be made at the time of placing the order. **Please pay online using Sims Pay by Tuesday 30th November** We will copy and return your menu as a receipt for payment.
- Please be aware **if an order is not received and paid for in advance no meal will be provided.**

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, 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 ham, cheese, tuna, salad (i.e. carrots, cucumber, peppers, tomatoes etc.).

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.

In Week 5 we have 'Try Something new week' with a selection of veg and snacks for the children to try. This can help them to think about healthy food swaps and ways of having their '5 a day'

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.

CHILD'S NAME:	CLASS:
----------------------	---------------

** Dairy free pizza available – please indicate on your form if you require this option.

Dietary Requirements*: Allergies			
Gluten Free	<input type="checkbox"/>	Dairy Free	<input type="checkbox"/>
Nut Free	<input type="checkbox"/>	Other	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
Dietary restrictions/Choices: Vegetarian Vegan Halal Kosher			

*Dietary Requirements must be supported by a medical document. Please keep us updated with any 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 3/1/22 Happy New Year	TUESDAY 4/1/22 Inset day	WEDNESDAY 5/1/22	THURSDAY 6/1/22	FRIDAY 7/1/22
MAIN COURSE	SCHOOL CLOSED	SCHOOL CLOSED	MACARONI CHEESE	HOMEMADE CHEESE AND TOMATO PIZZA GF	BREADED FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE			WINTER VEGETABLE RISOTTO GF	HOMEMADE VEGETABLE SOUP AND CRUSTY BREAD	CAULIFLOWER CHEESE
COLD OPTION			BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT			VANILLA SPONGE	FLAPJACK	FRUITY FRIDAY FRESH FRUIT SALAD GF
					TOTAL
					£.....

WEEK 2	MONDAY 10/1/22	TUESDAY 11/1/22	WEDNESDAY 12/1/22	THURSDAY 13/1/22	FRIDAY 14/1/22
MAIN COURSE	TUNA ARRABIATTA WITH PENNE PASTA GF	MILD CHICKEN CURRY & RICE GF	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF	PORK SAUSAGE ROAST POTATOES SEASONAL VEGETABLES GF	HOMEMADE CHEESE AND TOMATO PIZZA ** GF
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS GF	VEGETABLE AND CHICKPEA RATATOUILLE BROWN RICE GF	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA	LEEK AND POTATO CAKE WITH SEASONAL VEGETABLES	BEAN BURGER IN A BUN WITH SALAD
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	APPLE CRUMBLE WITH CUSTARD	CHOCOLATE BROWNIE	SHORTBREAD	ICE CREAM ROLL	FRUITY FRIDAY MELON SLICE GF
					TOTAL
					£.....


WEEK 3	MONDAY 17/1/22	TUESDAY 18/1/22	WEDNESDAY 19/1/22	THURSDAY 20/1/22	FRIDAY 21/1/22
MAIN COURSE	HIDDEN VEGETABLE PASTA BAKE GF	CHICKEN A LA KING WITH RICE GF	BEEF COBBLER WITH SEASONAL VEGETABLES	HOMEMADE CHEESE, TOMATO PIZZA **GF	FISH FINGERS OVEN CHIPS
MAIN COURSE MEAT FREE	WHOLEMEAL CHEESE AND ONION FLAN	JACKET POTATO WITH BEANS AND CHEESE GF	BUTTERNUT SQUASH AND LENTIL TAGINE WITH COUS COUS GF	VEGETABLE AND BEAN CHILLI WITH BROWN RICE GF	Vegetarian sausage hot dog Oven chips
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	SULTANA CAKE	CINNAMON SHORTBREAD	CHOCOLATE AND PEAR SPONGE WITH CHOCOLATE SAUCE	RICE PUDDING GF	FRUITY FRIDAY FRUIT SALAD GF
				TOTAL	£.....

** Dairy free pizza available – please indicate on your form if you require this option

WEEK 4	MONDAY 24/1/22	TUESDAY 25/1/22	WEDNESDAY 26/1/22	THURSDAY 27/1/22	FRIDAY 28/1/22
MAIN COURSE	MACARONI CHEESE	MILD BEEF CHILLI SERVED WITH BROWN RICE GF	CHICKEN AND LEEK PIE WITH SEASONAL VEGETABLES	HOMEMADE CHEESE AND TOMATO PIZZA GF	BREADED FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO GF	JACKET POTATO WITH CHEESE AND BAKED BEANS GF	VEGETABLE AND BEAN PASTA BAKE GF	HOMEMADE VEGETABLE SOUP WITH WHOLEMEAL CRUSTY BREAD	CAULIFLOWER CHEESE
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	VANILLA SPONGE	BANANA FLAPJACK	CHOCOLATE SHORTBREAD	ICE CREAM GF	FRUITY FRIDAY FRESH FRUIT SALAD GF
				TOTAL	£.....

WEEK 5	MONDAY 31/1/22	TUESDAY 1/2/22	WEDNESDAY 2/2/22 CHINESE NEW YEAR 	THURSDAY 3/2/22	FRIDAY 4/2/22
MAIN COURSE	TUNA ARRABIATA PENNE PASTA GF	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF	SWEET AND SOUR CHICKEN WITH RICE GF	PORK SAUSAGE ROAST WITH ROAST POTATOES AND SEASONAL GFVEGETABLES	HOMEMADE CHEESE AND TOMATO PIZZA GF
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE AND BEANS GF	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA	STIR FRY VEGETABLES WITH NOODLES	LEEK AND POTATO CAKE WITH SEASONAL VEGETABLES	BEAN BURGER IN A BUN WITH SIDE SALAD
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	APPLE CRUMBLE WITH CUSTARD	CHOCOLATE BROWNIE	PINEAPPLE UPSIDE DOWN SPONGE	ICE CREAM ROLL	FRUITY FRIDAY FRESH FRUIT SALAD GF
				TOTAL	£.....

WEEK 6	MONDAY 7/2/22		TUESDAY 8/2/22		WEDNESDAY 9/2/22		THURSDAY 10/2/22		FRIDAY 11/2/22	
MAIN COURSE	HIDDEN VEGETABLE PASTA BAKE GF		CHICKEN A LA KING WITH RICE GF		BEEF COBBLER WITH SEASONAL VEGETABLES		HOMEMADE CHEESE, TOMATO PIZZA GF		FISH FINGERS WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	WHOLEMEAL CHEESE AND ONION FLAN		SEASONAL VEGETABLE AND BEAN WHOLEWHEAT CRUMBLE		BUTTERNUT SQUASH AND LENTIL TAGINE WITH COUS COUS		VEGETABLE AND BEAN CHILLI WITH BROWN RICE GF		Vegetarian hot dog with oven chips	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	SULTANA CAKE		CINNAMON SHORTBREAD		CHOCOLATE AND PEAR SPONGE WITH CHOCOLATE SAUCE		RICE PUDDING GF		FRUITY FRIDAY FRUIT SALAD GF	
								TOTAL		£.....

WEEK 7	MONDAY 14/2/22 		TUESDAY 15/2/22		WEDNESDAY 16/2/22		THURSDAY 17/2/22		FRIDAY 18/2/22	
MAIN COURSE	MACARONI CHEESE		MILD BEEF CHILLI AND BROWN RICE GF		CHICKEN AND LEEK PIE WITH SEASONAL VEGETABLES		HOMEMADE CHEESE AND TOMATO PIZZA GF		BREADED FISH WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO GF		JACKET POTATO WITH BAKED BEANS AND CHEESE GF		VEGETABLE AND BEAN PASTA BAKE		HOMEMADE VEGETABLE SOUP WITH CRUSTY BREAD		CAULIFLOWER CHEESE WITH OVEN CHIPS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	VANILLA SPONGE		BANANA FLAPJACK		CHOCOLATE SHORTBREAD		ICE CREAM GF		FRUITY FRIDAY FRESH FRUIT SALAD GF	
								TOTAL		£.....

TOTAL	£.....
TOTAL PAID	£.....

If you have any questions about the menu or food we prepare as part of the school meals please do get in touch – we welcome your feedback and suggestions.

FOR PARENTS USE:
TOTAL PAID £.....