

# Term 5 Spring Menu - Castle Mead Kitchen

Dear Parents

Please indicate your meal choices on the attached menus and return to the school by

**Friday 1<sup>st</sup> April 2022** 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 .....** 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, sweet corn, 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.

*The Castle Mead Academy Kitchen*

<b>CHILD'S NAME:</b>	<b>CLASS:</b>
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\*\* 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"/>
	<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 25/4/22	TUESDAY 26/4/22	WEDNESDAY 27/4/22	THURSDAY 28/4/22	FRIDAY 29/4/22
<b>MAIN COURSE</b>	Hidden Vegetable Pasta	Mild Beef Chilli and Rice	Homemade Cheese and Tomato pizza	Macaroni and ham Cheese Bake	MSC Fish Fingers with Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Wholewheat Cheese and onion Pasty	Jacket Potato with Baked Beans	Lentil Burger in a Bun with Salad	Ratatouille Pasta	Vegetable and Bean Enchillada with Rice
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Banana cake	Summer Fruit Crumble and Cream	Chocolate Shortbread	Various Ice Cream	Fruity Friday Fruit Salad
				<b>TOTAL</b>	£.....

WEEK 2	MONDAY 2/5/22	TUESDAY 3/5/22	WEDNESDAY 4/5/22	THURSDAY 5/5/22	FRIDAY 6/5/22
MAIN COURSE	Bank Holiday	Tomato and Mozzarella Pasta	Chicken a la king with Rice	Homemade Beefburger In a Bun	Homemade Cheese and Tomato Pizza
MAIN COURSE MEAT FREE		Jacket Potato with Baked Beans	Sweet Potato and Lentil Curry with Brown Rice	Bean Burger in a Bun	Spring vegetable Pasta
COLD OPTION		Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT		Lemon cake	Ice Cream Roll	Peaches and Custard	Fruity Friday Fruit Salad
				TOTAL	£.....

WEEK 3	MONDAY 9/5/22	TUESDAY 10/5/22	WEDNESDAY 11/5/22	THURSDAY 12/5/22	FRIDAY 13/5/22
MAIN COURSE	Tuna Pasta Bake	Mild Chicken Curry and Rice	Beef Bolognese with wholewheat Pasta	Pork sausage With Mashed Potato	Breaded msc Fish With Oven Chips
MAIN COURSE MEAT FREE	Jacket Potato and Beans	Vegetable and Bean Paella	Lentil Bolognese with Wholewheat Pasta	Quorn Sausage With mashed Potato	Courgette and Pepper Frittata With Oven Chips
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet bar	Buffet bar
DESSERT	Raspberry cake	Chocolate Brownie	Fresh Fruit Salad	Apple Flapjack	Cinnamon Shortbread
				TOTAL	£.....

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

WEEK 4	MONDAY 16/5/22	TUESDAY 17/5/22	WEDNESDAY 18/5/22	THURSDAY 19/5/22	FRIDAY 20/5/22
<b>MAIN COURSE</b>	Hidden Vegetable Pasta	Mild Beef Chilli with Rice	Homemade Cheese and Tomato Pizza	Macaroni and Ham cheese	Msc Fish Fingers With Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Whole wheat Cheese and Spring onion quiche	Jacket Potato with Baked Beans	Lentil Burger in a Bun with Salad	Ratatouille Pasta	Vegetable and Bean Enchillada
<b>COLD OPTION</b>	Buffet bar	Buffet bar	Buffet Bar	Buffet Bar	Buffet bar
<b>DESSERT</b>	Banana Cake	Summer Fruit Crumble and Cream	Ice Cream	Chocolate Shortbread	Fresh Melon
	<b>TOTAL</b>		£.....		

WEEK 5	MONDAY 23/5/22	TUESDAY 24/5/22	WEDNESDAY 25/5/22	THURSDAY 26/5/22	FRIDAY 27/5/22
<b>MAIN COURSE</b>	Tomato and Mozzarella Pasta Bake	Chicken a la King with Rice	Beef Lasagne With Garlic Bread	Pork Sausage with Mashed Potato	Homemade Cheese and Tomato Pizza
<b>MAIN COURSE MEAT FREE</b>	Spring Vegetable Risotto	Jacket Potato with Baked Beans	Sweet Potato and Lentil Curry with rice	Quorn Sausage With Mashed Potato	Curried Vegetable Pasty
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet bar	Buffet bar	Buffet Bar
<b>DESSERT</b>	Lemon Sponge	Flapjack	Ice Cream Roll	Peaches and Custard	Fresh Fruit Salad
	<b>TOTAL</b>				£.....

<b>WEEK 6</b>									
<b>MAIN COURSE</b>									
<b>MAIN COURSE MEAT FREE</b>									
<b>COLD OPTION</b>									
<b>DESSERT</b>									
						<b>TOTAL</b>			£.....

<b>WEEK</b>	<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
<b>MAIN COURSE</b>										
<b>MAIN COURSE MEAT FREE</b>										
<b>COLD OPTION</b>										
<b>DESSERT</b>										
							<b>TOTAL</b>			£.....

	<b>TOTAL</b>	£.....
	<b>TOTAL PAID</b>	£.....

**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.**