



Term 6 Summer Menu - Castle Mead Kitchen

Dear Parents

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

Friday 20th May 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

- **Children in Years 3, 4, 5 and 6**
 - If your child is in Year 3, 4, 5 or 6 meals cost £2.30 per meal and payment must be made at the time of placing the order. **Please pay via Arbor by topping up your Meal account**
 - Please be aware **if an order is not received and paid for in advance no meal will be provided.**

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 Mixed Salad, 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

CHILD'S NAME:	CLASS:
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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 6/6/22	TUESDAY 7/6/22	WEDNESDAY 8/6/22	THURSDAY 9/6/22	FRIDAY 10/6/22
MAIN COURSE	TD DAY	Hidden vegetable Pasta	Homemade Cheese and Tomato pizza	Macaroni and ham Cheese Bake	MSC Fish Fingers with Oven Chips
MAIN COURSE MEAT FREE	TD DAY	Jacket Potato with Baked Beans	Lentil Burger in a Bun with Salad	Ratatouille with Pasta	Vegetable and Bean Enchillada With Brown Rice
COLD OPTION		Buffet Bar	Buffet bar	Buffet Bar	Buffet Bar
DESSERT		Banana cake	Various Ice Cream	Shortbread	Fruity Friday Fruit Salad
				TOTAL	£.....

WEEK 2 Healthy Eating Week	MONDAY 13/6/22		TUESDAY 14/6/22		WEDNESDAY 15/6/22		THURSDAY 16/6/22		FRIDAY 17/6/22	
MAIN COURSE	Tomato and basil Pasta Bake		Beef Lasagne With salad		Chicken Paprika with Brown Rice		Homemade Cheese and Tomato Pizza		Breaded fish with Oven Chips	
MAIN COURSE MEAT FREE	Spring Vegetable Risotto		Jacket Potato with Baked Beans		Homemade Falafels with Pitta Bread and Salad		Bean Burger in a Bun		Curried Vegetable Pastry	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
DESSERT	Lemon Sponge		Cinnamon roll Cake		Melon Slice		Strawberries & Ice Cream		Fruity Friday Fruit Salad	
							TOTAL	£.....		

WEEK 3	MONDAY 20/6/22		TUESDAY 21/6/22		WEDNESDAY 22/6/22		THURSDAY 23/6/22		FRIDAY 24/6/22	
MAIN COURSE	Tuna Pasta Bake		Mild Chicken Curry and Rice		Beef Bolognese with wholewheat Pasta		Pork sausage With Mashed Potato		Homemade Cheese and Tomato Pizza	
MAIN COURSE MEAT FREE	Jacket Potato and Beans		Vegetable and Bean Paella		Lentil Bolognese with Wholewheat Pasta		Quorn Sausage With mashed Potato		Tortilla rolled omelette	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar		Buffet bar		Buffet bar	
DESSERT	Blueberry Sponge		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 27/6/22	TUESDAY 28/6/22	WEDNESDAY 29/6/22	THURSDAY 30/6/22	FRIDAY 1/7/22
MAIN COURSE	Hidden Vegetable Pasta	Mild Beef Chilli with Rice	Homemade Cheese and Tomato Pizza	Macaroni and Ham cheese	Msc Fish Fingers With Oven Chips
MAIN COURSE MEAT FREE	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
COLD OPTION	Buffet bar	Buffet bar	Buffet Bar	Buffet Bar	Buffet bar
DESSERT	Banana Cake	Raspberry Bread and Butter Pudding <small>(SNAG GROUP FAVOURITE)</small>	Ice Cream	Chocolate Shortbread	Fruit Salad
	TOTAL		£.....		

WEEK 5	MONDAY 4/7/22	TUESDAY 5/7/22	WEDNESDAY 6/7/22 SPORTS DAY PICNIC	THURSDAY 7/7/22	FRIDAY 8/7/22
MAIN COURSE	Tomato and Mozzarella Pasta Bake	Chicken Paprika with Rice	Pork Sausage Hot Dog Vegetable sticks	Homemade Cheese and Tomato Pizza	Breaded Fish and Oven Chips
MAIN COURSE MEAT FREE	Spring Vegetable Risotto	Jacket Potato with Baked Beans	Quorn Sausage Hot Dog Vegetable Sticks	Falafels with Pitta Bread and Salad	Curried Vegetable Pasty
COLD OPTION	Buffet Bar	Buffet Bar	N/A	Buffet bar	Buffet Bar
DESSERT	Lemon Sponge	Melon Slice	Shortbread	Flapjack	Fresh Fruit Salad
TOTAL					£.....

WEEK 6	MONDAY 11/7/22	TUESDAY 12/7/22	WEDNESDAY 13/7/22	THURSDAY 14/7/22	FRIDAY 15/7/22
MAIN COURSE	Tuna Pasta Bake	Mild Chicken Curry with Rice	Beef Bolognese With Wholewheat Pasta	Pork Sausage Mashed Potato	Homemade Cheese and Tomato Pizza
MAIN COURSE MEAT FREE	Jacket Potatoes and Beans	Vegetable and Bean Paella	Lentil Bolognese with Wholewheat Pasta	Quorn Sausage Mashed Potato	Tortilla rolled Omelette
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet bar
DESSERT	Blueberry Sponge	Chocolate Brownie	Fresh Fruit Salad	Apple Flapjack	Stawberries and Ice Cream
				TOTAL	£.....

WEEK 7	MONDAY 18/7/22	TUESDAY 19/7/22	WEDNESDAY 20/7/22	THURSDAY 21/7/22	FRIDAY 22/7/22
MAIN COURSE	Healthy Vegetable Pasta	Mild Beef Chilli with Rice	Homemade Cheese and Tomato Pizza	Macaroni and Ham Cheese	Fish fingers Oven chips
MAIN COURSE MEAT FREE	Jacket Potato with Cheese	Sweet Potato fritters with Rice	Lentil Burger & Salad	Ratatouille With pasta	Vegetable and Bean Enchillada
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	Banana Cake	Chocolate Shortbread	Ice Cream	Polish Raspberry Crumble Cake	Fruit Salad
				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.