

# Castle Mead Kitchen

Term 1 Sept 2022

# Autumn Menu

Dear Parents/Carers

Please indicate your meal choices on the attached menus and return to the school by **Friday 15th July 2022**, providing payment where necessary. **School meals cost £2.55 per child per day.**

PAYMENT MUST BE MADE IN ADVANCE AT TIME OF PLACING ORDER. **Please pay online by ParentMail** wherever possible. You can also pay by cheque or cash. Please make cheques payable to 'The Mead Academy Trust.' We will copy and return your menu for you to retain for next term.

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. 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.

<b>CHILD'S NAME</b>	<b>CLASS:</b>
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**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 5/9/22	TUESDAY 6/9/22	WEDNESDAY 7/9/22	THURSDAY 8/9/22	FRIDAY 9/9/22
<b>MAIN COURSE</b>	Macaroni Cheese & Mixed Salad	Mild Chicken Curry And Rice	Homemade Pepperoni Pizza **	Cottage Pie With Seasonal Vegetables	Breaded Fish And Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Quorn And Vegetable Paella	Butternut Squash And Lentil Tagine	Homemade Cheese And Tomato Pizza **	Jacket Potato And Baked Beans	Lentil Burger In A Bun With Salad
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Apple Crumble With Vanilla Custard	Chocolate Brownie	Fresh Fruit Salad	Banana Cake	Fresh Melon
				<b>TOTAL</b>	£.....

WEEK 2	MONDAY 12/9/22	TUESDAY 13/9/22	WEDNESDAY 14/9/22	THURSDAY 15/9/22	FRIDAY 16/9/22
<b>MAIN COURSE</b>	Hidden Vegetable Pasta	Moroccan Chicken With Brown Rice	Beef Lasagne	Sausage Roast With Seasonal Vegetables	Homemade Cheese And Tomato Pizza **
<b>MAIN COURSE MEAT FREE</b>	Butternut Squash Soup With Wholemeal Bread	Jacket Potato With Cheese	Autumn Vegetable Crumble	Quorn Sausage Roast With Seasonal Vegetables	Vegetable And Bean Enchillada
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Cherry Cake	Apple Flapjack	Rice Pudding With Jam	Various Ice Cream	Seasonal Fruit Salad
				<b>TOTAL</b>	£.....

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

Dietary Requirements			
Vegetarian	<input type="checkbox"/>	Dairy Free	<input type="checkbox"/>
Vegan	<input type="checkbox"/>	Halal	<input type="checkbox"/>
Gluten Free	<input type="checkbox"/>	Kosher	<input type="checkbox"/>
Nut Free	<input type="checkbox"/>	Other	<input type="checkbox"/>
<b>Other (please detail):</b>			

**\*Dietary Requirements must be supported by a medical document. Please put any parental preferences or other dietary wishes in Other.**

WEEK 3	MONDAY 19/9/22		TUESDAY 20/9/22		WEDNESDAY 21/9/22		THURSDAY 22/9/22		FRIDAY 23/9/22	
<b>MAIN COURSE</b>	Tomato,Basil And Mozzarella Penne Pasta		Chicken Paprika With Rice		Pasta Bolognese With Wholewheat Pasta		Chicken And Ham Pie With Seasonal Vegetables		Tuna Fishcakes With Herby Diced Potatoes	
<b>MAIN COURSE MEAT FREE</b>	Autumn Vegetable Risotto		Jacket Potato With Baked Beans		Lentil Bolognese With Wholewheat Pasta		Vegetable And Bean Chilli With Brown Rice		Vegetarian Nuggets	
<b>COLD OPTION</b>	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
<b>DESSERT</b>	Lemon Cake		Toffee Apple Sponge Cake		Peaches And Icecream		Shortbread		Fresh Fruit Salad	
							<b>TOTAL</b>	£.....		

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

WEEK 4	MONDAY 26/9/22		TUESDAY 27/9/22		WEDNESDAY 28/9/22		THURSDAY 29/9/22		FRIDAY 30/9/22	
<b>MAIN COURSE</b>	Macaroni Cheese With A Mixed Salad		Mild Chicken Curry And Rice		Homemade Pepperoni Pizza		Cottage Pie With Seasonal Vegetables		Breaded Fish With Oven Chips	
<b>MAIN COURSE MEAT FREE</b>	Quorn And Vegetable Paella		Butternut Squash And Lentil Tagineand Cous Cous		Homemade Cheese And Tomato Pizza		Jacket Potato With Baked Beans		Lentil Burger In A Bun With Side Salad	
<b>COLD OPTION</b>	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
<b>DESSERT</b>	Apple Crumble And Vanilla Custard		Chocolate Brownies		Fresh Fruit Salad		Banana Cake		Fresh Melon	

WEEK 5		MONDAY 3/10/22	TUESDAY 4/10/22	WEDNESDAY 5/10/22	THURSDAY 6/10/22	FRIDAY 7/10/18
<b>MAIN COURSE</b>	Hidden Vegetable Pasta	Morrocان Chicken With Brown Rice	Beef Lasagne	Sausage Roast With Seasonal Vegetables	Homemade Cheese And Tomato Pizza	
<b>MAIN COURSE MEAT FREE</b>	Butternut Squash Soup With Wholemeal Bread	Jacket Potato With Cheese	Autumn Vegetable Crumble	Quorn Sausage Roast With Seasonal Vegetables	Vegetable And Bean Enchillada	
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	
<b>DESSERT</b>	Cherry Cake	Apple Flapjack	Rice Pudding	Ice Cream	Fresh Fruit Salad	
<b>TOTAL</b>						£.....

WEEK 6		MONDAY 10/9/22	TUESDAY 11/9/22	WEDNESDAY 12/9/22	THURSDAY 13/9/22	FRIDAY 14/9/22/18
<b>MAIN COURSE</b>	Tomato,Basil And Mozzarella Penne Pasta	Chicken Paprika With Rice	Pasta Bolognese With Wholewheat Pasta	Chicken And Ham Pie With Seasonal Vegetables	Tuna Fishcakes With Herby Diced Potatoes	
<b>MAIN COURSE MEAT FREE</b>	Autumn Vegetable Risotto	Jacket Potato With Baked Beans	Lentil Bolognese With Wholewheat Pasta	Vegetarian Chilli With Brown Rice	Vegetarian Nuggets	
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	
<b>DESSERT</b>	Lemon Cake	Toffee Apple Sponge	Various Ice Cream	Fresh Fruit Salad	Spiced Shortbread	
					<b>TOTAL</b>	£.....

WEEK 7	MONDAY 17/10/22		TUESDAY 18/10/22		WEDNESDAY 19/10/22		THURSDAY		FRIDAY	
MAIN COURSE	Macaroni Cheese With Mixed Salad		Mild Chicken Curry With Rice		Homemade Pepperoni Pizza		Holiday		Holiday	
MAIN COURSE MEAT FREE	Quorn And Vegetable Paella		Butternut Squash And Lentil Tagine		Homemade Cheese And Tomato Pizza					
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar					
DESSERT	Apple Crumble With Vanilla Custard		Chocolate Brownie		Fresh Fruit Salad					
							TOTAL		£.....	

WEEK	MONDAY		TUESDAY		WEDNESDAY					
MAIN COURSE										
MAIN COURSE MEAT FREE										
COLD OPTION										
DESSERT										
							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.