

Castle Mead Kitchen

Winter Menu Term 2 2022

Dear Parents/Carers

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

CHILD'S NAME	CLASS:
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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 31/10/22	TUESDAY 1/11/22	WEDNESDAY 2/11/22	THURSDAY 3/11/22	FRIDAY 4/11/22
MAIN COURSE	TD DAY	Mild Chicken Curry and Rice GF	Homemade Cheese and Tomato Pizza **	Cottage Pie With Seasonal Vegetables GF	Breaded Fish and Oven Chips
MAIN COURSE MEAT FREE	TD DAY	Butternut Squash and Lentil Tagine GF	Ratatouille Pasta GF	Vegetable Biryani with Brown Rice GF	Bean Burger With oven chips
COLD OPTION	TD DAY	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT		Chocolate Brownie	Fresh Fruit Salad	Banana Cake	Winter spiced Shortbread
				TOTAL	£.....

WEEK 2	MONDAY 7/11/22	TUESDAY 8/11/22	WEDNESDAY 9/11/22	THURSDAY 10/11/22	FRIDAY 11/11/22
MAIN COURSE	Hidden Vegetable Pasta GF	Sweet and Sour chicken With Brown Rice GF	Beef Lasagne	Sausage Roast With Seasonal Vegetables GF	Homemade Cheese and Tomato Pizza ** Gf
MAIN COURSE MEAT FREE	Butternut Squash Soup With Wholemeal Bread	Jacket Potato With Cheese GF	Winter Vegetable Crumble	Quorn Sausage Roast With Seasonal Vegetables	Vegetable and Bean Enchillada
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	Cherry Cake	Apple Flapjack	Rice Pudding With Jam	Various Ice Cream	Seasonal Fruit Salad
				TOTAL	£.....

** 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"/>
Other (please detail):			

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

WEEK 3	MONDAY 14/11/22	TUESDAY 15/11/22	WEDNESDAY 16/11/22	THURSDAY 17/11/22	FRIDAY 18/11/22
MAIN COURSE	Tomato,Basil and Mozzarella Penne Pasta GF	Chicken Paprika With Rice GF	Pasta Bolognese With Wholewheat Pasta GF	Homemade Cheese and Tomato Pizza	Tuna Fishcakes With Herby Diced Potatoes GF
MAIN COURSE MEAT FREE	Autumn Vegetable Risotto GF	Jacket Potato With Baked Beans GF	Lentil Bolognese With Wholewheat Pasta	Vegetable and Bean Chilli With Brown Rice GF	Vegetarian Nuggets With Herby Diced Potato
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	Lemon Cake	Toffee Apple Sponge Cake	Oat and Raisin Cookies	Shortbread	Fresh Fruit Salad
				TOTAL	£.....

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

WEEK 4	MONDAY 21/11/22	TUESDAY 22/11/22	WEDNESDAY 23/11/22	THURSDAY 24/11/22	FRIDAY 25/11/22
MAIN COURSE	Macaroni Cheese With A Mixed Salad	Mild Chicken Curry and Rice GF	Homemade Cheese and Tomato Pizza	Cottage Pie With Seasonal Vegetables GF	Breaded Fish With Oven Chips
MAIN COURSE MEAT FREE	Vegetable Paella GF	Butternut Squash And Lentil Tagine with Cous Cous	Ratatouille Pasta GF	Vegetable Biryani with Brown Rice GF	Bean Burger With Oven Chips
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar

DESSERT	Apple Crumble And Vanilla Custard	Chocolate Brownies	Fresh Fruit Salad	Banana Cake	Winter Spiced Shortbread

WEEK 5	MONDAY 28/11/22	TUESDAY 29/11/22	WEDNESDAY 30/11/22	THURSDAY 1/12/22	FRIDAY 2/12/22
MAIN COURSE	Hidden Vegetable Pasta GF	Sweet and Sour Chicken with Brown Rice GF	Beef Lasagne	Sausage Roast With Seasonal Vegetables GF	Homemade Cheese And Tomato Pizza
MAIN COURSE MEAT FREE	Butternut Squash Soup With Wholemeal Bread	Jacket Potato With Cheese GF	Winter Vegetable Crumble	Quorn Sausage Roast With Seasonal Vegetables	Vegetable And Bean Enchillada
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	Cherry Cake	Apple Flapjack	Rice Pudding	Ice Cream	Fresh Fruit Salad
TOTAL					£.....

WEEK 6	MONDAY 5/12/22	TUESDAY 6/12/22	WEDNESDAY 7/12/22	THURSDAY 8/12/22	FRIDAY 9/12/22
MAIN COURSE	Tomato,Basil And Mozzarella Penne Pasta GF	Chicken Paprika With Rice GF	Pasta Bolognese With Wholewheat Pasta GF	Homemade Cheese and Tomato Pizza	Tuna Fishcakes With Herby Diced Potatoes GF
MAIN COURSE MEAT FREE	Autumn Vegetable Risotto GF	Jacket Potato With Baked Beans GF	Lentil Bolognese With Wholewheat Pasta	Vegetarian and Bean Chilli With Brown Rice GF	Vegetarian Nuggets With Herby Diced Potato
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	Lemon Cake	Toffee Apple Sponge	Oat and Raisin Cookies	Fresh Fruit Salad	Spiced Shortbread
				TOTAL	£.....

WEEK 7	MONDAY 12/12/22		TUESDAY 13/12/22		WEDNESDAY 14/12/22		THURSDAY 15/12/22 Christmas Lunch		FRIDAY 16/12/22	
MAIN COURSE	Macaroni Cheese With Mixed Salad		Mild Chicken Curry With Rice GF		Homemade Pepperoni Pizza		Roast Turkey Roast Potatoes Seasonal Vegetables GF		Breaded Fish Oven Chips	
MAIN COURSE MEAT FREE	Vegetable Paella GF		Butternut Squash and Lentil Tagine		Homemade Cheese and Tomato Pizza		Quorn Sausage Roast Roast Potatoes Seasonal Vegetables		Vegetable Frittata GF	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar				Buffet Bar	
DESSERT	Apple Crumble With Vanilla Custard		Chocolate Brownie		Fresh Fruit Salad		Christmas Biscuit		Vanilla Sponge	
							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.