

Castle Mead Kitchen

Winter Menu - Term 3 - January 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

| | |
|---------------------|---------------|
| CHILDS NAME: | CLASS: |
|---------------------|---------------|

**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 2/1/23 | | TUESDAY 3/1/23 | | WEDNESDAY 4/1/23 | | THURSDAY 5/1/23 | | FRIDAY 6/1/23 | |
|-----------------------|------------------|--|-------------------|--|---|--|---------------------------------------|--|--------------------------------------|--|
| MAIN COURSE | | | TD Day | | PASTA ARRABIATA GF (Tom and pepper sauce) | | BEEF COBBLER WITH SEASONAL VEGETABLES | | FISH FINGERS WITH OVEN CHIPS | |
| MAIN COURSE MEAT FREE | | | TD Day | | WINTER VEGETABLE RISOTTO GF | | JACKET POTATOES WITH BAKED BEANS GF | | CAULIFLOWER CHEESE WITH CRUSTY BREAD | |
| COLD OPTION | | | TD Day | | Buffet Bar | | Buffet Bar | | Buffet Bar | |
| DESSERT | | | | | VANILLA SPONGE | | FRESH FRUIT SALAD GF | | WINTER SPICED SHORTBREAD | |
| | | | | | | | TOTAL | | £..... | |

| WEEK 2 | MONDAY 9/1/23 | | TUESDAY 10/1/23 | | WEDNESDAY 11/1/23 | | THURSDAY 12/1/22 | | FRIDAY 13/1/22 | |
|-----------------------|--|--|--|--|---|--|-------------------------------------|--|-------------------------------------|--|
| MAIN COURSE | HIDDEN VEGETABLE PASTA BAKE GF | | Creamy chicken and sweetcorn fricassee with Rice | | BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF | | PORK SAUSAGE AND MASHED POTATOES GF | | HOMEMADE CHEESE AND TOMATO PIZZA GF | |
| MAIN COURSE MEAT FREE | CHEESE AND ONION ROLL WITH BAKED BEANS | | VEGETABLE ENCHILLADA | | LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA | | QUORN SAUSAGE WITH MASHED POTATOES | | BEAN BURGER WITH SALAD | |
| COLD OPTION | Buffet Bar | | Buffet Bar | | Buffet Bar | | Buffet Bar | | Buffet Bar | |
| DESSERT | SULTANA SPONGE | | CHOCOLATE BROWNIE | | BAKED APPLES AND CUSTARD GF | | FRESH FRUIT SALAD GF | | ARTIC ROLL | |
| | | | | | | | TOTAL | | £..... | |

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

| |
|----------------------|
| Dietary Requirements |
|----------------------|

| | | | |
|--|--|--|--|
| Vegetarian Vegan Gluten Free Nut Free | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Dairy Free Halal Kosher Other | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <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 16/1/23 | TUESDAY 17/1/23 | WEDNESDAY 18/1/23 | THURSDAY 19/1/23 | FRIDAY 20/1/23 |
|------------------------------|-------------------------------|---------------------------------|-----------------------------------|--|---|
| MAIN COURSE | MACARONI CHEESE | MILD CHICKEN CURRY AND RICE GF | MINCED BEEF AND VEGETABLE PIE | SAUSAGE PASTA BAKE WITH GARLIC BREAD GF | BREADED FISH WITH OVEN CHIPS |
| MAIN COURSE MEAT FREE | WINTER VEGETABLE JAMBALAYA GF | SWEET POTATO FRITTERS WITH RICE | JACKET POTATO WITH BAKED BEANS GF | RATATOUILLE PASTA BAKE WITH GARLIC BREAD | MIXED VEGETABLE FRITTATA WITH OVEN CHIPS GF |
| COLD OPTION | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar |
| DESSERT | JAM TART | CHOCOLATE SPONGE AND CUSTARD | CARROT CAKE | FRESH FRUIT SALAD GF | SHORTBREAD BISCUIT |
| | | | | TOTAL | £..... |

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

| WEEK 4 | MONDAY 23/1/23 | TUESDAY 24/1/23 | WEDNESDAY 25/1/23 | THURSDAY 26/1/23 | FRIDAY 27/1/23 |
|------------------------------|---|-------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|
| MAIN COURSE | PASTA ARRABIATA (TOM AND PEPPER SAUCE) GF | MOROCCAN CHICKEN WITH RICE GF | HOMEMADE CHEESE AND TOMATO PIZZA GF | BEEF COBBLER WITH SEASONAL VEGETABLES | FISH FINGERS WITH OVEN CHIPS |
| MAIN COURSE MEAT FREE | WINTER VEGETABLE RISOTTO GF | VEGETARIAN MEATBALLS (QUORN) | LENTIL BURGER WITH SALAD | VEGETABLE LASAGNE | CAULIFLOWER CHEESE WITH CRUSTY BREAD |
| COLD OPTION | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar |
| DESSERT | VANILLASPONGE | APPLE FLAPJACK | GINGER CAKE | FRESH FRUIT SALAD GF | WINTER SPICED SHORTBREAD |
| | | | | | |

| WEEK 5 | MONDAY 30/1/23 | TUESDAY 31/1/23 | WEDNESDAY 1/2/23 | THURSDAY 2/2/23 | FRIDAY 3/2/23 |
|-----------------------|--|--|--|--|----------------------------------|
| MAIN COURSE | HIDDEN VEGETABLE PASTA | CREAMY CHICKEN AND SWEETCORN FRICASSEE | BEEF BOLOGNESE WITH WHOLEWHEAT PASTA | PORK SAUSAGE AND MASHED POTATO SEASONAL VEGETABLES | HOMEMADE CHEESE AND TOMATO PIZZA |
| MAIN COURSE MEAT FREE | CHEESE AND ONION ROLL WITH BAKED BEANS | VEGETABLE ENCHILLDA WITH RICE | LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA | QUORN SAUSAGE WITH MASHED POTATO SEASONAL VEGETABLES | BEAN BURGER WITH SALAD |
| COLD OPTION | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar |
| DESSERT | SULTANA SPONGE | CHOCOLATE BROWNIE | FRUIT SALAD | PEACHES AND CUSTARD | ARTIC ROLL |
| TOTAL | | | | | £..... |

| WEEK 6 | MONDAY 6/2/23 | TUESDAY 7/2/23 | WEDNESDAY 8/2/23 | THURSDAY 9/2/23 | FRIDAY 10/2/23 |
|-----------------------|----------------------------|---------------------------------------|--|--|--|
| MAIN COURSE | MACARONI CHEESE | MILD CHICKEN CURRY WITH RICE | MINCED BEEF PIE WITH SEASONAL VEGETABLES | SAUSAGE PASTA BAKE WITH GARLIC BREAD | BREADED FISH WITH OVEN CHIPS |
| MAIN COURSE MEAT FREE | WINTER VEGETABLE JAMBALAYA | SWEET POTATO FRITTERS WITH RICE | JACKET POTATO WITH BAKED BEANS | RATATOIULLE PASTA BAKE WITH GARLIC BREAD | MIXED VEGETABLE FRITTATA WITH OVEN CHIPS |
| COLD OPTION | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar |
| DESSERT | JAM TART | CHOCOLATE SPONGE WITH CHOCOLATE SAUCE | FRESH FRUIT SALAD | VARIOUS ICE CREAM | SHORTBREAD BISCUIT |
| | | | | TOTAL | £..... |

| WEEK 7 | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY Christmas Lunch | | FRIDAY | |
|--------------------------|------------|--|------------|--|------------|--|--------------------------------|--|------------|--|
| MAIN COURSE | | | | | | | | | | |
| MAIN COURSE MEAT FREE | | | | | | | | | | |
| COLD OPTION | Buffet Bar | | Buffet Bar | | Buffet Bar | | | | Buffet Bar | |
| DESSERT | | | | | | | | | | |
| | | | | | | | 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.