

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:
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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 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 (Tom and pepper sauce)	BEEF COBBLER WITH SEASONAL VEGETABLES	FISH FINGERS WITH OVEN CHIPS
MAIN COURSE MEAT FREE		TD Day	WINTER VEGETABLE RISOTTO	JACKET POTATOES WITH BAKED BEANS	CAULIFLOWER CHEESE WITH CRUSTY BREAD
COLD OPTION		TD Day	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT			VANILLA SPONGE	FRESH FRUIT SALAD	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	Creamy chicken and sweetcorn fricassee with Rice	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA	PORK SAUSAGE AND MASHED POTATOES	HOMEMADE CHEESE AND TOMATO PIZZA
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	FRESH FRUIT SALAD	ARTIC ROLL
				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"/>

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.