

# Castle Mead Kitchen Winter Menu -Term 4

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 on Arbor** wherever possible.

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 Huckett 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>CHILDS NAME:</b>	<b>CLASS:</b>
---------------------	---------------

**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 20/2/23		TUESDAY 21/2/23		WEDNESDAY 22/2/23		THURSDAY 24/2/23		FRIDAY 25/2/23	
<b>MAIN COURSE</b>	Pasta Arrabiata (Tom and pepper sauce) GF		Moroccan Chicken served with Rice GF		Homemade Cheese and Tomato Pizza GF		Beef Cobbler With Seasonal Vegetables		Fish Fingers With Oven Chips and Garden Peas	
<b>MAIN COURSE MEAT FREE</b>	Winter Vegetable Risotto GF		Vegetarian Meatballs (Quorn)		Lentil Brgrer With Salad		Jacket Potato with Baked Beans GF		Cauliflower Cheese With Wholemeal Bread	
<b>COLD OPTION</b>	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
<b>DESSERT</b>	Vanilla Sponge		Apple Flapjack		Ice Cream GF		Fresh Fruit Salad GF		Spiced Shortbread	
							<b>TOTAL</b>		£.....	

WEEK 2	MONDAY 27/2/23		TUESDAY 28/2/23		WEDNESDAY 1/3/23		THURSDAY 2/3/23		FRIDAY 3/3/23	
<b>MAIN COURSE</b>	Hidden Vegetable Pasta Bake GF		Chicken Paprika With Rice GF		Beef Bolognese Served with Wholewheat Pasta GF		Tuna Pasta Bake GF		Homemade Cheese and Tomato Pizza GF	
<b>MAIN COURSE MEAT FREE</b>	Cheese and Onion Pasty With Baked Beans		Vegetable Enchillada		Lentil Bolognese Served with Wholewheat Pasta		Jacket Potato with Cheese and Baked Beans GF		Bean Burger with Side Salad	
<b>COLD OPTION</b>	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
<b>DESSERT</b>	Sultana Sponge		Chocolate Brownie		Peaches and Custard GF		Blueberry Scone		Fresh Fruit Salad GF	
							<b>TOTAL</b>		£.....	

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

<b>Dietary Requirements</b>			
Vegetarian	<input type="checkbox"/>	Dairy Free	<input type="checkbox"/>

Vegan Gluten Free Nut Free	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Halal Kosher Other	<input type="checkbox"/> <input type="checkbox"/> <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 6/3/23		TUESDAY 7/3/23		WEDNESDAY 8/3/23		THURSDAY 9/3/23		FRIDAY 10/3/23	
<b>MAIN COURSE</b>	Macaroni Cheese		Mild Chicken Curry and Rice GF		Cottage Pie With Seasonal Vegetables GF		Pepperoni Pasta Bake GF with Garlic Bread		Breaded Fish with Oven Chips	
<b>MAIN COURSE MEAT FREE</b>	Winter Vegetable Jambalaya GF		Sweet Potato Fritters with Rice		Jacket Potato with Baked Beans Gf		Ratatouille Pasta With Garlic Bread		Mixed Vegetable Frittata with Oven Chips GF	
<b>COLD OPTION</b>	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
<b>DESSERT</b>	Apple Crumble And Cream GF		Chocolate Sponge with Chocolate Sauce		Banana Flapjack		Fresh Fruit Salad GF		Shortbread Biscuit	
								<b>TOTAL</b>	£.....	

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

WEEK 4	MONDAY 13/3/23		TUESDAY 14/3/23		WEDNESDAY 15/3/23		THURSDAY 16/3/23		FRIDAY 17/3/23	
<b>MAIN COURSE</b>	Pasta Arrabiata (Tomato and Pepper)		Moroccan Chicken with Rice		Homemade Cheese and Tomato Pizza		Beef Cobbler With Seasonal Vegetables		Fish Fingers with Oven Chips	
<b>MAIN COURSE MEAT FREE</b>	Winter Vegetable Risotto		Vegetarian Meatballs (QUORN) With Brown Rice		Lentil Burger with Side Salad		Vegetable Lasagne		Cauliflower Cheese with Wholemeal Bread	
<b>COLD OPTION</b>	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
<b>DESSERT</b>	Vanilla Sponge		Apple Flapjack		Ice Cream		Fresh Fruit Salad		Winter Spiced Shortbread	

WEEK 5	MONDAY 20/3/23	TUESDAY 21/3/23	WEDNESDAY 22/3/23	THURSDAY 23/3/23	FRIDAY 24/3/23
<b>MAIN COURSE</b>	Hidden Vegetable Pasta	Chicken Paprika With Rice	Beef Bolognese with Wholewheat Pasta	Tuna Pasta Bake	Homemade Cheese and Tomato Pizza
<b>MAIN COURSE MEAT FREE</b>	Cheese and Onion Pasty with Baked Beans	Vegetable Enchillada with Rice	Lentil Bolognese with Wholewheat Pasta	Jacket Potato with Cheese	Bean Burger with Side Salad
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Sultana Sponge	Chocolate Brownie	Peaches and Custard	Blueberry Scone	Fresh Fruit Salad
TOTAL					£.....

WEEK 6	MONDAY 27/3/23	TUESDAY 28/3/23	WEDNESDAY 29/3/23	THURSDAY 30/3/23	FRIDAY 31/3/23
<b>MAIN COURSE</b>	Macaroni Cheese	Mild Chicken Curry with Rice	Cottage Pie With Seasonal Vegetables	Pepperoni Pasta bake With Garlic Bread	Breaded Fish With Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Winter Vegetable Jambalaya	Sweet Potato Fritters with Brown Rice	Jacket Potato with Baked Beans	Ratatouille Pasta Bake With Garlic Bread	Mixed Vegetable Frittata With Oven Chips
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Apple Crumble and Custard	Chocolate Sponge	Banana Flapjacks	Fruit Salad	Shortbread Biscuit
				TOTAL	£.....