

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

WEEK 2	MONDAY 27/2/23		TUESDAY 28/2/23		WEDNESDAY 1/3/23		THURSDAY 2/3/23		FRIDAY 3/3/23	
MAIN COURSE	Hidden Vegetable Pasta Bake		Chicken Paprika With Rice		Beef Bolognese Served with Wholewheat Pasta		Tuna Pasta Bake		Homemade Cheese and Tomato Pizza	
MAIN COURSE MEAT FREE	Cheese and Onion Pasty With Baked Beans		Vegetable Enchillada		Lentil Bolognese Served with Wholewheat Pasta		Jacket Potato with Cheese and Baked Beans		Bean Burger with Side Salad	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
DESSERT	Sultana Sponge		Chocolate Brownie		Peaches and Custard		Blueberry Scone		Fresh 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 6/3/23		TUESDAY 7/3/23		WEDNESDAY 8/3/23		THURSDAY 9/3/23		FRIDAY 10/3/23	
MAIN COURSE	Macaroni Cheese		Mild Chicken Curry and Rice		Cottage Pie With Seasonal Vegetables		Pepperoni 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		Ratatouille Pasta With Garlic Bread		Mixed Vegetable Frittata with Oven Chips	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
DESSERT	Apple Crumble And Cream		Chocolate Sponge with Chocolate Sauce		Banana Flapjack		Fresh Fruit Salad		Shortbread Biscuit	
							TOTAL	£.....		

**** 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	
MAIN COURSE	Pasta Arrabiata		Moroccan Chicken with Rice		Homemade Cheese and Tomato Pizza		Beef Cobbler With Seasonal Vegetables		Fish Fingers with Oven Chips	
MAIN COURSE MEAT FREE	Winter Vegetable Risotto		Vegetarian Meatballs (QUORN) With Brown Rice		Lentil Burger with Side Salad		Vegetable Lasagne		Cauliflower Cheese with Wholemeal Bread	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
DESSERT	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
MAIN COURSE	Hidden Vegetable Pasta	Chicken Paprika With Rice	Beef Bolognese with Wholewheat Pasta	Tuna Pasta Bake	Homemade Cheese and Tomato Pizza
MAIN COURSE MEAT FREE	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
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	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
MAIN COURSE	Macaroni Cheese	Mild Chicken Curry with Rice	Cottage Pie With Seasonal Vegetables	Pepperoni Pasta bake With Garlic Bread	Breaded Fish With Oven Chips
MAIN COURSE MEAT FREE	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
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	Apple Crumble and Custard	Chocolate Sponge	Banana Flapjacks	Fruit Salad	Shortbread Biscuit
				TOTAL	£.....