

# Castle Mead Kitchen Spring/Summer Menu - Term 5

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

<b>CHILDS NAME:</b>	<b>CLASS:</b>
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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 17/4/23	TUESDAY 18/4/23	WEDNESDAY 19/4/23	THURSDAY 20/4/23	FRIDAY 21/4/23
<b>MAIN COURSE</b>	Jacket Potato With Tuna and Sweetcorn	Hidden Vegetable Pasta	Mild Chicken Curry Served with Rice	Beef Lasagne with Seasonal Vegetables	Homemade Cheese and Tomato Pizza
<b>MAIN COURSE MEAT FREE</b>	Jacket Potato with Cheese and Beans	Whole Wheat cheese and spring onion quiche	Vegetable Enchilada with Rice	Quorn and Vegetable Stir Fry With Noodles	Bean Burger In a bun with Side Salad
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Blueberry Sponge	Cinnamon Cake	Apple Flapjack	Various Ice Cream	Fresh Fruit Salad
				<b>TOTAL</b>	£.....

WEEK 2	MONDAY 24/4/23	TUESDAY 25/4/23	WEDNESDAY 26/4/23	THURSDAY 27/4/23	FRIDAY 28/4/23
<b>MAIN COURSE</b>	Macaroni Cheese With Salad	Beef Bolognese With whole wheat Pasta Twists	Sweet and Sour Chicken Served with Rice	Homemade Cheese and Tomato Pizza	Breaded Fish With Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Bean and Vegetable Goulash With Brown Rice	Lentil Bolognese With Whole Wheat Pasta	Jacket Potato with Cheese	Tomato Pasta	Vegetable Frittata With Oven Chips
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Banana Cake	Peach and Raspberry Crumble with Cream	Oat and Raisin Cookie	Fresh Fruit Salad	Various Ice Cream
				<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	<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"/>
<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 Bank Holiday	TUESDAY 2/5/23	WEDNESDAY 3/5/23	THURSDAY 4/5/23 Coronation Celebration	FRIDAY 5/5/23
MAIN COURSE		Tuna and Sweetcorn Pasta Bake	Homemade Cheese and Tomato Pizza	Chicken a la king with Pasta	Fish Fingers with Oven Chips
MAIN COURSE MEAT FREE		Spring Vegetable Risotto	Lentil Burger with Salad	Vegetable Jambalaya	Cauliflower Cheese with Wholemeal Bread
COLD OPTION		Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT		Lemon Sponge	Banana Flapjacks	Crown Biscuits	Fresh Fruit salad
				TOTAL	£.....

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

WEEK 4	MONDAY Bank Holiday	TUESDAY 9/5/23	WEDNESDAY 10/5/23	THURSDAY 11/5/23	FRIDAY 12/5/23
MAIN COURSE		Hidden vegetable Pasta	Mild Chicken Curry Served with Rice	Beef Lasagne With Seasonal vegetables	Homemade Cheese and Tomato Pizza
MAIN COURSE MEAT FREE		Whole Wheat Cheese and Spring Onion Quiche	Vegetable Enchilada With Rice	Quorn and Vegetable Stir Fry With Noodles	Bean burger in a Bun with Salad
COLD OPTION		Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT		Cinnamon Cake	Apple Flapjack	Various Ice Cream	Fresh Fruit Salad

WEEK 5	MONDAY 15/5/23	TUESDAY 16/5/23	WEDNESDAY 17/5/23	THURSDAY 18/5/23	FRIDAY 19/5/23
<b>MAIN COURSE</b>	Macaroni Cheese	Beef Bolognese Served with Whole Wheat Pasta	Sweet and Sour Chicken With Served Rice	Homemade Cheese and Tomato Pizza	Breaded Fish with Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Vegetable and Bean Goulash with Brown Rice	Lentil Bolognese with Whole Wheat Pasta	Jacket Potato with Cheese	Tomato Pasta	Vegetable Frittata With Oven Chips
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>Dessert</b>	Banana Cake	Peach and Raspberry crumble Served with cream	Oat and Raisin Cookie	Fresh Fruit Salad	Shortbread
<b>TOTAL</b>					£.....

WEEK 6	MONDAY 22/5/23	TUESDAY 23/5/23	WEDNESDAY 24/5/23	THURSDAY 25/5/23	FRIDAY 26/5/23
<b>MAIN COURSE</b>	Mild Beef Chilli with Rice	Tuna and Sweetcorn Pasta Bake	Homemade Cheese and Tomato Pizza	Chicken a la King and Pasta	Fish Fingers with Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Jacket Potato with Baked Beans	Spring Vegetable Risotto	Lentil Burger with Salad	Vegetable Jambalaya	Cauliflower Cheese with Wholemeal Bread
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Chocolate Brownies	Lemon Sponge	Banana Flapjacks	Shortbread Biscuits	Fresh Fruit salad
				<b>TOTAL</b>	£.....

**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.**