

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

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

| WEEK 2 | MONDAY 24/4/23 | TUESDAY 25/4/23 | WEDNESDAY 26/4/23 | THURSDAY 27/4/23 | FRIDAY 28/4/23 |
|----------------------------------|---|---|---|--|--|
| MAIN COURSE | Macaroni Cheese With Salad | Beef Bolognese With whole wheat Pasta Twists GF | Sweet and Sour Chicken Served with Rice GF | Homemade Cheese and Tomato Pizza GF | Breaded Fish With Oven Chips |
| MAIN COURSE MEAT FREE | Bean and Vegetable Goulash With Brown Rice GF | Lentil Bolognese With Wholewheat Pasta GF | Jacket Potato with Cheese GF | Tomato Pasta GF | Vegetable Frittata With Oven Chips GF |
| COLD OPTION | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar | Buffet Bar |
| DESSERT | Banana Cake | Peach and Raspberry Crumble with Cream | Oat and Raisin Cookie | Fresh Fruit Salad GF | Various Ice Cream GF |
| | | | | 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): | | | |

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*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 GF | Chicken a la king with Pasta GF | Fish Fingers with Oven Chips |
| MAIN COURSE MEAT FREE | | Spring Vegetable Risotto GF | Lentil Burger with Salad | Vegetable Jambalaya GF | 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 GF |
| | | | | 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 GF | Mild Chicken Curry Served with Rice GF | Beef Lasagne With Seasonal vegetables | Homemade Cheese and Tomato Pizza GF |
| MAIN COURSE MEAT FREE | | Wholewheat Cheese and Spring Onion Quiche | Vegetable Enchillada With Rice | Quorn and Vegetable Stir Fry With Noodles GF | 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 GF | Fresh Fruit Salad GF |
| | | | | | |

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

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

| WEEK 7 | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | |
|--------------------------|--------|--|---------|--|-----------|--|----------|--------|--------|--|--|
| MAIN COURSE | | | | | | | | | | | |
| MAIN COURSE MEAT FREE | | | | | | | | | | | |
| COLD OPTION | | | | | | | | | | | |
| 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.