

# Castle Mead Kitchen

## Summer Menu - Term 6 2023

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 Parent Mail** 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>CHILD'S 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	TUESDAY 6/6/23	WEDNESDAY 7/6/23	THURSDAY 8/6/23	FRIDAY 9/6/23
<b>MAIN COURSE</b>	TD DAY	Macaroni Cheese	Mild Chicken Curry With Rice Gf	Homemade Cheese and Tomato Pizza	Breaded Fish With Oven Chips
<b>MAIN COURSE MEAT FREE</b>	TD DAY	Vegetable and Bean Chilli with Cous Cous GF	Lentil ratatouille with Brown Rice GF	Tomato Pasta GF	Cheesy vegetable Bake
<b>COLD OPTION</b>	TD DAY	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>		Lemon Sponge	Apple Flapjack	A Selection of Ice Cream GF	Chocolate Shortbread
				<b>TOTAL</b>	£.....

WEEK 2	MONDAY 12/6/23	TUESDAY 13/6/23	WEDNESDAY 14/6/23	THURSDAY 15/6/23	FRIDAY 16/6/23
Healthy Eating Week					
<b>MAIN COURSE</b>	Hidden Vegetable Pasta GF	Mild Beef and lentil Chilli with Brown Rice GF	Homemade Vegetable topped pizza Slice	Tuna and Tomato Pasta With Rainbow Salad GF	Cajun Chicken Goujons With Sweet Potato wedges GF
<b>MAIN COURSE MEAT FREE</b>	Summer vegetable Risotto GF	Jacket Potato With Baked Beans GF	Falafel with Pitta Bread and Salad	Mediterranean Vegetable Pasta Bake GF	Vegetable Frittata With Sweet potato Wedges
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Summer Fruit Crumble	Melon Slice GF	Strawberries GF	Carrot Cake Muffins	Fresh Fruit Salad GF
				<b>TOTAL</b>	£.....

**\*\* 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"/>
<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 19/6/23	TUESDAY 20/6/23	WEDNESDAY 21/6/23	THURSDAY 22/6/23	FRIDAY 23/6/23
<b>MAIN COURSE</b>	Tomato ,Mozzarella and Basil Penne Pasta GF	Beef Bolognese Served with Whole wheat Pasta GF	Homemade Cheese and Tomato Pizza slice	Chicken and Leek Pie With Summer Vegetables	Fish Fingers With Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Vegetable Jambalaya GF	Lentil Bolognese Served with Whole wheat Pasta GF	Bean Burger In a bun with Salad	Sweet Potato and Lentil Curry with Brown Rice GF	Cauliflower and Broccoli Cheese With Wholemeal Bread
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Apple Crumble and Custard	Chocolate Brownies	Vanilla Sponge	Fresh Fruit Salad GF	Cinnamon Shortbread
				<b>TOTAL</b>	£.....

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

WEEK 4	MONDAY 26/6/23	TUESDAY 27/6/23	WEDNESDAY 28/6/23	THURSDAY 29/6/23	FRIDAY 30/6/23
<b>MAIN COURSE</b>	Jacket Potato with Tuna and Sweetcorn	Macaroni Cheese	Mild Chicken Curry with Rice GF	Homemade Cheese and Tomato pizza	Breaded Fish with Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Jacket Potato with Cheese and Baked Beans GF	Vegetable and Bean Chilli with Rice GF	Lentil Ratatouille with Rice GF	Tomato Pasta GF	Cheesy Vegetable Bake
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Fresh Melon GF	Lemon Sponge	Apple Flapjack	A Selection of Ice Cream Gf	Chocolate Shortbread

WEEK 5		MONDAY 3/7/23	TUESDAY 4/7/23	WEDNESDAY 5/7/23 Sports Day	THURSDAY 6/7/23	FRIDAY 7/7/23
<b>MAIN COURSE</b>	Hidden vegetable Pasta GF	Mild Beef Chilli with Rice GF	Pork sausage Hot Dog	Tuna Pasta with Rainbow Salad GF	Homemade Cheese and Tomato Pizza	
<b>MAIN COURSE MEAT FREE</b>	Summer Vegetable Risotto GF	Jacket Potato with baked Beans GF	Vegetarian Sausage Hot Dog	Mediterranean vegetable Pasta Bake GF	Cheese and onion pasty	
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	No Cold Option	Buffet Bar	Buffet Bar	
<b>DESSERT</b>	Banana Cake	Peaches and Custard GF	Shortbread Biscuit	Fresh Fruit Salad Gf	A Selection of Ice Cream	
<b>TOTAL</b>					£.....	

WEEK 6		MONDAY 10/7/23	TUESDAY 11/7/23	WEDNESDAY 12/7/23	THURSDAY 13/7/23	FRIDAY 14/7/23
<b>MAIN COURSE</b>	Tomato, Mozzarella and Basil Penne Pasta GF	Beef Bolognese with Whole wheat pasta Gf	Homemade Cheese and Tomato Pizza Slice	Chicken and Leek Pie with Summer Vegetables	Fish fingers with Oven Chips	
<b>MAIN COURSE MEAT FREE</b>	Vegetable Jambalaya GF	Lentil Bolognese with Whole wheat Pasta Gf	Bean Burger in a bun with Salad	Sweet Potato and Lentil Curry served with Brown Rice Gf	Cauliflower and Broccoli Cheese With Wholemeal Bread	
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	
<b>DESSERT</b>	Apple Crumble and Custard	Chocolate Brownies	Vanilla Sponge	Fresh Fruit Salad Gf	Cinnamon Shortbread	
<b>TOTAL</b>					£.....	

WEEK 7	MONDAY 17/7/23	TUESDAY 18/7/23	WEDNESDAY 19/7/23 (SDR)	THURSDAY 20/7/23	FRIDAY 21/7/23
<b>MAIN COURSE</b>	Macaroni Cheese	Mild Chicken Curry With Rice Gf	Homemade Cheese and Tomato Pizza	Sausage Pasta Bake Served with Salad Gf	Breaded Fish with Oven Chips
<b>MAIN COURSE MEAT FREE</b>	Vegetable and Bean Chilli with Cous Cous	Lentil Ratatouille With Brown Rice Gf	Lentil Burger in a Bun with Salad	Jacket potato with baked Beans Gf	Cheesey Vegetable Bake
<b>COLD OPTION</b>	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
<b>DESSERT</b>	Fresh Melon	Lemon Sponge	Apple Flapjack	A Selection of Ice Cream Gf	Chocolate Shortbread
				<b>TOTAL</b>	£.....

WEEK 8	MONDAY 24/7/23	TUESDAY 25/7/23	Summer Holidays				
<b>MAIN COURSE</b>	Hidden Vegetable Pasta Gf	Mild Beef Chilli with Rice Gf	☺				
<b>MAIN COURSE MEAT FREE</b>	Summer Vegetable Risotto	Jacket Potato with Baked Beans Gf	☺				
<b>COLD OPTION</b>	Buffet Bar	Buffet bar	☺				
<b>Fruit Salad</b>	Banana Cake	Fruit Salad Gf					
				<b>TOTAL</b>	£.....		
				<b>TOTAL PAID</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.