

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

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

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					
MAIN COURSE	Hidden Vegetable Pasta	Mild Beef and lentil Chilli with Brown Rice	Homemade Vegetable topped pizza Slice	Tuna and Tomato Pasta With Rainbow Salad	Cajun Chicken Goujons With Sweet Potato wedges
MAIN COURSE MEAT FREE	Summer vegetable Risotto	Jacket Potato With Baked Beans	Falafel with Pitta Bread and Salad	Mediterranean Vegetable Pasta Bake	Vegetable Frittata With Sweet potato Wedges
COLD OPTION	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar	Buffet Bar
DESSERT	Summer Fruit Crumble	Melon Slice	Strawberries	Carrot Cake Muffins	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 19/6/23		TUESDAY 20/6/23		WEDNESDAY 21/6/23		THURSDAY 22/6/23		FRIDAY 23/6/23	
MAIN COURSE	Tomato ,Mozzarella and Basil Penne Pasta		Beef Bolognese Served with Whole wheat Pasta		Homemade Cheese and Tomato Pizza slice		Chicken and Leek Pie With Summer Vegetables		Fish Fingers With Oven Chips	
MAIN COURSE MEAT FREE	Vegetable Jambalaya		Lentil Bolognese Served with Whole wheat Pasta		Bean Burger In a bun with Salad		Sweet Potato and Lentil Curry with Brown Rice		Cauliflower and Broccoli Cheese With Wholemeal Bread	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
DESSERT	Melon Selection		Chocolate Brownies		Vanilla Sponge		Fresh Fruit Salad		Cinnamon Shortbread	
								TOTAL	£.....	

**** 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	
MAIN COURSE	Macaroni Cheese		Beef Lasagne		Mild Chicken Curry with Rice		Homemade Cheese and Tomato pizza		Breaded Fish with Oven Chips	
MAIN COURSE MEAT FREE	Vegetable and Bean Chilli With Rice		Jacket Potato with Baked Beans		Lentil Ratatouille with Rice		Tomato Pasta		Cheesy Vegetable Bake	
COLD OPTION	Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar		Buffet Bar	
DESSERT	Fresh Melon		Lemon Sponge		Apple Flapjack		A Selection of Ice Cream		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
MAIN COURSE	Hidden vegetable Pasta	Mild Beef Chilli with Rice	Pork sausage Hot Dog	Tuna Pasta with Rainbow Salad	Homemade Cheese and Tomato Pizza	
MAIN COURSE MEAT FREE	Summer Vegetable Risotto	Jacket Potato with baked Beans	Vegetarian Sausage Hot Dog	Mediterranean vegetable Pasta Bake	Cheese and onion pasty	
COLD OPTION	Buffet Bar	Buffet Bar	No Cold Option	Buffet Bar	Buffet Bar	
DESSERT	Banana Cake	Peaches and Custard	Shortbread Biscuit	Fresh Fruit Salad	A Selection of Ice Cream	
TOTAL						£.....

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

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

WEEK 8	MONDAY 24/7/23	TUESDAY 25/7/23	Summer Holidays				
MAIN COURSE	Hidden Vegetable Pasta	Mild Beef Chilli with Rice	☺				
MAIN COURSE MEAT FREE	Summer Vegetable Risotto	Jacket Potato with Baked Beans	☺				
COLD OPTION	Buffet Bar	Buffet bar	☺				
DESSERT	Banana Cake	Peaches and Custard					
				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.