



Autumn Menu Term 2

October 2023

Castle Mead Kitchen

Dear Parents/Carers

Please log into Arbor and select your meal choices by 17th October 2023, providing payment where necessary. **School meals cost £2.55 per child per day.**

PAYMENT MUST BE MADE IN ADVANCE AT TIME OF PLACING ORDER.

We aim to provide a nutritionally balanced menu that meets the standards set by the School Food Trust. We use quality ingredients that are:

1. Produced or grown locally (where possible)
2. From sustainable sources or ethically supplied
3. Farm assured, i.e. meat that carries the red tractor logo
4. 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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Dietary Requirements*: Allergies			
Gluten Free	<input type="checkbox"/>	Dairy Free	<input type="checkbox"/>
Nut Free	<input type="checkbox"/>	Other	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
Dietary restrictions/Choices: Vegetarian Vegan Halal Kosher			

***Dietary Requirements must be supported by a medical document. Please keep us updated with any changes.**

**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 30/10/23	TUESDAY 31/10/23	WEDNESDAY 1/11/23	THURSDAY 2/11/23	FRIDAY 3/11/23 Bonfire Night Special
MAIN COURSE	TD DAY	MACARONI CHEESE WITH SALAD	MILD CHICKEN CURRY WITH RICE GF	BEEF LASAGNE WITH SEASONAL VEGETABLES	HOT DOGS WITH OVEN CHIPS
MAIN COURSE MEAT FREE	TD DAY	VEGETABLE JAMBALAYA GF	TOMATO PASTA GF	JACKET POTATO WITH BAKED BEANS GF	QUORN SAUSAGE HOTDOG WITH OVEN CHIPS
COLD OPTION		BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT		VANILLA SPONGE	FRESH FRUIT SALAD GF	APPLE FLAPJACKS	FUNFETTI CAKE
				TOTAL	£.....

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

WEEK 2	MONDAY 6/11/23	TUESDAY 7/11/23	WEDNESDAY 8/11/23	THURSDAY 9/11/23	FRIDAY 10/11/23
MAIN COURSE	HIDDEN VEGETABLE PASTA GF	SWEET AND SOUR CHICKEN & RICE GF	HOMEMADE CHEESE AND TOMATO PIZZA	SAUSAGE AND TOMATO WHOLEWHEAT PASTA BAKE	BREADED FISH AND CHIPS GARDEN PEAS
MAIN COURSE MEAT FREE	CHEESE AND ONION ROLL	QUORN MINCE BOLOGNESE WITH PASTA	BEAN BURGER WITH SALAD	WINTER VEGETABLE RISOTTO GF	MIXED VEGETABLE FRITTATA WITH OVEN CHIPS
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	LEMON SPONGE	APPLE CRUMBLE AND CUSTARD	RICE PUDDING WITH FRUIT COULIS	BANANA CAKE	FRESH FRUIT SALAD
				TOTAL	£.....

WEEK 3	MONDAY 13/11/23	TUESDAY 14/11/23	WEDNESDAY 15/11/23	THURSDAY 16/11/23	FRIDAY 17/11/23 Children in Need
MAIN COURSE	TUNA AND CHEESE PASTA BAKE	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF	MORROCAN CHICKEN WITH RICE GF	SAUSAGE AND MASHED POTATO SEASONAL VEGETABLES GF	HOMEMADE VEGETABLE PIZZA
MAIN COURSE MEAT FREE	JACKET POTATO WITH BEANS GF	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA	CURRIED VEGETABLE PASTY WITH SALAD	QUORN SAUSAGE WITH MASHED POTATO SEASONAL VEGETABLES	RATATOUILLE PASTA GF
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	APPLE CAKE	CHOCOLATE BROWNIES	FRESH FRUIT SALAD	ICECREAM	PUDSEY BISCUIT
				TOTAL	£.....

WEEK 4	MONDAY 20/11/23		TUESDAY 21/11/23		WEDNESDAY 22/11/23		THURSDAY 23/11/23		FRIDAY 24/11/23	
MAIN COURSE	MACARONI CHEESE		MILD CHICKEN CURRY WITH RICE GF		HOMEMADE CHEESE AND TOMATO PIZZA		BEEF LASAGNE		FISH FINGERS WITH OVEN CHIPS GARDEN PEAS	
MAIN COURSE MEAT FREE	VEGETABLE AND BEAN JAMBALAYA GF		TOMATO PASTA GF		LENTIL BURGER AND SALAD		JACKET POTATO WITH BEANS GF		VEGETABLE AND BEAN ENCHILLADA	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	VANILLA SPONGE		FRESH FRUIT SALAD		CHOCOLATE SHORTBREAD		FLAPJACK		FRESH MELON	
							TOTAL	£.....		

WEEK 5	MONDAY 27/11/23		TUESDAY 28/11/23		WEDNESDAY 29/11/23		THURSDAY 30/11/23		FRIDAY 1/12/23	
MAIN COURSE	HIDDEN VEGETABLE PASTA GF		SWEET AND SOUR CHICKEN WITH RICE GF		HOMEMADE CHEESE AND TOMATO PIZZA		SAUSAGE AND TOMATO WHOLEWHEAT PASTA BAKE		BREADED FISH WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	CHEESE AND ONION ROLL		QUORN MINCE BOLOGNESE WITH PASTA		BEAN BURGER WITH SALAD		WINTER VEGETABLE RISOTTO GF		MIXED VEGETABLE FRITTATA GF	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	LEMON SPONGE		APPLE CRUMBLE WITH CUSTARD		RICE PUDDING		BANANA CAKE		FRESH FRUIT SALAD	
							TOTAL	£.....		

WEEK 6	MONDAY 4/12/23	TUESDAY 5/12/23	WEDNESDAY 6/12/23	THURSDAY 7/12/23	FRIDAY 8/12/23
MAIN COURSE	TUNA AND CHEESE PASTA BAKE	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF	MORROCAN CHICKEN WITH BROWN RICE GF	PORK SAUSAGE WITH MASHED POTATO GF	HOMEMADE VEGETABLE PIZZA
MAIN COURSE MEAT FREE	JACKET POTATO WITH BAKED BEANS	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA	CURRIED VEGETABLE PASTY	QUORN SAUSAGE WITH MASHED POTATO	RATATOUILLE PASTA GF
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	APPLE CAKE	CHOCOLATE BROWNIES	FRESH FRUIT SALAD	SPICED SHORTBREAD	ICE CREAM
				TOTAL	£.....

WEEK 7	MONDAY 11/12/23	TUESDAY 12/12/23	WEDNESDAY 13/12/23	THURSDAY 14/12/23 Christmas lunch	FRIDAY 15/12/23
MAIN COURSE	MACARONI CHEESE	MILD CHICKEN CURRY	BEEF LASAGNE	ROAST TURKEY ROAST POTATOES SEASONAL VEGETABLES	BREADED FISH AND CHIPS
MAIN COURSE MEAT FREE	VEGETABLE JAMBALAYA GF	TOMATO PASTA GF	JACKET POTATO WITH BAKED BEANS GF	QUORN SAUSAGE ROAST POTATOES SEASONAL VEGETABLES	VEGETABLE AND BEAN ENCHILLADA
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	VANILLA SPONGE	FRESH FRUIT SALAD	CHOCOLATE SHORTBREAD	CHRISTMAS BISCUIT	FRESH MELON
				TOTAL	£.....

WEEK 8	MONDAY 18/12/23	TUESDAY 19/12/23	WEDNESDAY 20/12/23	THURSDAY 21/11/23	FRIDAY 22/11/23
MAIN COURSE	HIDDEN VEGETABLE PASTA GF	SWEET AND SOUR CHICKEN WITH RICE GF	HOMEMADE CHEESE AND TOMATO PIZZA	HOLIDAYS	HOLIDAYS
MAIN COURSE MEAT FREE	CHEESE AND ONION ROLL	QUORN MINCE BOLOGNESE WITH PASTA	BEANBURGER WITH SALAD		
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR		
DESSERT	LEMON SPONGE	APPLE CRUMBLE AND CUSTARD	FRUIT SALAD		
				TOTAL	£.....

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.

FOR PARENTS USE:

TOTAL PAID £.....