

# Winter Menu Term 3 Jan 2024



## Castle Mead Kitchen

Dear Parents/Carers

Please log into Arbor and select your meal choices by December 18<sup>th</sup> 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. 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:

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

### *The Castle Mead Academy Kitchen*

<b>CHILD'S NAME:</b>	<b>CLASS:</b>
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**\*\* Dairy free pizza available – please indicate on your form if you require this option.**

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"/>

<b>Dietary restrictions/Choices:</b> Vegetarian Vegan Halal Kosher	
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\*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 1/1/24	TUESDAY 2/1/24	WEDNESDAY 3/1/24	THURSDAY 4/1/24	FRIDAY 5/1/24
MAIN COURSE				TD DAY	MSC FISH FINGERS AND OVEN CHIPS
MAIN COURSE MEAT FREE					VEGETABLE AND BEAN ENCHILLADA WITH RICE
COLD OPTION					BUFFET BAR
DESSERT					FRUITY FRIDAY FRESH MELON
				TOTAL	£.....

WEEK 2	MONDAY 8/1/24	TUESDAY 9/1/24	WEDNESDAY 10/1/24	THURSDAY 11/1/24	FRIDAY 12/1/24
MAIN COURSE	HIDDEN VEGETABLE PASTA  GF	SWEET AND SOUR CHICKEN  WITH RICE  GF	COTTAGE PIE  WITH SEASONAL VEGETABLES  GF	TUNA AND TOMATO WHOLEWHEAT PASTA BAKE  GF	HOMEMADE CHEESE AND TOMATO PIZZA  & SALAD
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO  GF	QUORN BOLOGNESE WITH SPAGHETTI  GF	SWEET POTATO AND LENTIL CURRY  WITH BROWN RICE  GF	JACKET POTATO WITH CHEESE  GF	BEAN and CARROT BURGER IN A ROLL WITH SALAD
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	LEMON SPONGE	RAISIN FLAPJACK	ICE CREAM	PINEAPPLE UPSIDE DOWN PUDDING WITH CUSTARD	FRUITY FRIDAY  FRESH FRUIT SALAD
				TOTAL	£.....

WEEK 3	MONDAY 15/1/24	TUESDAY 16/1/24	WEDNESDAY 17/1/24	THURSDAY 18/1/24	FRIDAY 19/1/24
<b>MAIN COURSE</b>	TOMATO , BASIL AND MOZZARELLA PENNE PASTA  GF	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA  GF	CHICKEN CASSEROLE WITH MASHED POTATO  GF	HOMEMADE CHEESE AND TOMATO PIZZA	BREADED FISH WITH OVEN CHIPS
<b>MAIN COURSE MEAT FREE</b>	JACKET POTATO AND BEANS  GF	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA  GF	QUORN SAUSAGE WITH MASHED POTATO	VEGETABLE AND BEAN ENCHILADA	CAULIFLOWER AND BROCOLI CHEESE WITH Brown Rice
<b>COLD OPTION</b>	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
<b>DESSERT</b>	DORSET APPLE TRAYBAKE	CHOCOLATE SPONGE	FRESH FRUIT SALAD  GF	SPICED SHORTBREAD	FRUITY FRIDAY  FRESH MELON  GF
				<b>TOTAL</b>	£.....

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

WEEK 4	MONDAY 22/1/24	TUESDAY 23/1/24	WEDNESDAY 24/1/24	THURSDAY 25/1/24	FRIDAY 26/1/24
<b>MAIN COURSE</b>	MACARONI CHEESE	MILD CHICKEN CURRY WITH RICE  GF	BEEF LASAGNE  WITH SEASONAL VEGETABLES	HOMEMADE VEGETABLE PIZZA	MSC FISH FINGERS WITH OVEN CHIPS
<b>MAIN COURSE MEAT FREE</b>	VEGETABLE JAMBALAYA  GF	TOMATO AND LENTIL SOUP  WITH A CHEESE SCONE	JACKET POTATO WITH BAKED BEANS  GF	LENTIL BURGER IN A BUN WITH SALAD	VEGETABLE AND BEAN GOULASH WITH RICE  GF
<b>COLD OPTION</b>	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
<b>DESSERT</b>	VANILLA SPONGE	FRESH FRUIT SALAD  GF	APPLE FLAPJACKS	CHOCOLATE SHORTBREAD	FRUITY FRIDAY  FRESH MELON

					SLICE GF
				TOTAL	£.....

WEEK 5	MONDAY 29/1/24	TUESDAY 30/1/24	WEDNESDAY 31/1/24	THURSDAY 1/02/24	FRIDAY 2/2/24
MAIN COURSE	HIDDEN VEGETABLE PASTA GF	CHICKEN CASSEROLE WITH RICE GF	COTTAGE PIE WITH SEASONAL VEGETABLES GF	TUNA AND TOMATO WHOLEWHEAT PASTA BAKE GF	HOMEMADE CHEESE AND TOMATO PIZZA & SALAD
MAIN COURSE MEAT FREE	WINTER VEGETABLE RISOTTO GF	VEGETARIAN QUORN BOLOGNESE WITH PASTA GF	SWEET POTATO AND LENTIL CURRY WITH BROWN RICE GF	JACKET POTATO WITH CHEESE GF	BEAN AND CARROT BURGER IN A BUN WITH SALAD
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	LEMON SPONGE	RAISIN FLAPJACK	ICE CREAM GF	PINEAPPLE UPSIDE DOWN PUDDING WITH CUSTARD	FRUITY FRIDAY FRESH FRUIT SALAD GF
				TOTAL	£.....

WEEK 6	MONDAY 5/2/24	TUESDAY 6/2/24	WEDNESDAY 7/2/24	THURSDAY 8/2/24 Lunar new Year	FRIDAY 9/2/24
MAIN COURSE	TOMATO, BASIL AND MOZZARELLA PASTA GF	BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF	HOMEMADE CHEESE AND TOMATO PIZZA	SWEET AND SOUR CHICKEN WITH RICE GF	BREADED FISH WITH OVEN CHIPS
MAIN COURSE MEAT FREE	JACKET POTATO AND BAKED BEANS GF	LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA GF	VEGETABLE AND BEAN ENCHILLADA	VEGETABLE STIR FRY WITH NOODLES	Cauliflower and Broccoli Cheese with Oven Chips-
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
DESSERT	DORSET APPLE TRAYBAKE	CHOCOLATE SPONGE	FRESH FRUIT SALAD GF	FRESH MELON GF	SPICED SHORTBREAD
					£.....

WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					

MAIN COURSE MEAT FREE									
COLD OPTION									
DESSERT									
							TOTAL	£.....	

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.**

**FOR PARENTS USE:**

TOTAL PAID £.....