

# Spring Menu Term 4 2024 (GF)



## Castle Mead Kitchen

Dear Parents/Carers

Please log into Arbor and select your meal choices by Feb 2nd 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 19/2/24		TUESDAY 20/2/24		WEDNESDAY 21/2/24		THURSDAY 22/2/24		FRIDAY 23/2/24	
<b>MAIN COURSE</b>	TOMATO, BASIL AND MOZZARELLA PENNE PASTA GF		TASTY BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF		HOMEBAKED CHICKEN AND LEEK PIE WITH SEASONAL VEGETABLES		HOMEMADE CHEESE AND TOMATO PIZZA WITH SALAD		BREADED FISH WITH OVEN CHIPS GARDEN PEAS	
<b>MAIN COURSE MEAT FREE</b>	SPRING VEGETABLE RISOTTO		LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA		JACKET POTATO WITH BAKED BEANS GF		VEGETABLE AND BEAN ENCHILLADA WITH RICE		CAULIFLOWER AND BROCCOLI CHEESE WITH WHOLEMEAL BREAD	
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
<b>DESSERT</b>	BLUEBERRY SPONGE		CHOCOLATE MARBLE CAKE		GINGER FLAPJACKS		FRUIT SALAD		LEMON SHORTBREAD	
							<b>TOTAL</b>		£.....	

WEEK 2	MONDAY 26/2/24		TUESDAY 27/2/24		WEDNESDAY 28/2/24		THURSDAY 29/2/24		FRIDAY 1/3/24	
<b>MAIN COURSE</b>	MACARONI CHEESE  WITH SALAD		MILD CHICKEN CURRY  WITH RICE  GF		TASTY BEEF COBBLER  WITH SEASONAL VEGETABLES		SAUSAGE PASTA BAKE  GF		FISH FINGERS  WITH OVEN CHIPS	
<b>MAIN COURSE MEAT FREE</b>	VEGETABLE AND BEAN JAMBALAYA  GF		LENTIL BURGER  WITH SALAD		CAULIFLOWER, POTATO AND CHICKPEA CURRY WITH BROWN RICE  GF		WHOLEMEAL CHEESE AND ONION PASTY  WITH SALAD		SPRING VEGETABLE FRITTATA  GF	
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
<b>DESSERT</b>	RASPBERRY CAKE		FRESH FRUIT SALAD		CHOCOLATE SHORTBREAD		FRESH MELON		<b>SULTANA SPONGE</b>	

		GF		GF	
				<b>TOTAL</b>	£.....

WEEK 3	MONDAY 4/3/24		TUESDAY 5/3/24		WEDNESDAY 6/3/24		THURSDAY 7/3/24		FRIDAY 8/2/24	
<b>MAIN COURSE</b>	HIDDEN VEGETABLE PASTA  GF		CHICKEN A LA KING  WITH RICE		BEEF LASAGNE		SAUSAGE ROAST  WITH ROAST POTATOES  SEASONAL VEGETABLES  GF		HOMEMADE CHEESE AND TOMATO PIZZA	
<b>MAIN COURSE MEAT FREE</b>	CHEESE AND BROCCOLI QUICHE  WITH SALAD		JACKET POTATO WITH BAKED BEANS  GF		VEGETABLE AND CHICKPEA RATATOUILLE WITH RICE  GF		LEEK AND POTATO CAKE  WITH SEASONAL VEGETABLES  GF		HOMEMADE FALAFELS WITH PITTA BREAD AND SALAD	
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
<b>DESSERT</b>	JAMMY SPONGE		BANANA FLAPJACK		FRESH FRUIT SALAD  GF		A SELECTION OF ICE CREAM  GF		FRESH MELON  GF	
							<b>TOTAL</b>	£.....		

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

WEEK 4	MONDAY 11/3/24		TUESDAY 12/3/24		WEDNESDAY 13/3/24		THURSDAY 14/3/24		FRIDAY 15/3/24	
<b>MAIN COURSE</b>	TOMATO, BASIL AND MOZZARELLA PENNE		TASTY BEEF BOLOGNESE WITH WHOLEWHEAT		HOMEBAKED CHICKEN AND LEEK PIE		HOMEMADE CHEESE AND TOMATO PIZZA		BREADED FISH WITH OVEN CHIPS	

	GF		PASTA GF		WITH SEASONAL VEGETABLES			GARDEN PEAS	
<b>MAIN COURSE MEAT FREE</b>	SPRING VEGETABLE RISOTTO  GF		LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA  GF		JACKET POTATO WITH BAKED BEANS  GF		VEGETABLE AND BEAN ENCHILLADA  WITH RICE	CAULIFLOWER AND BROCCOLI CHEESE WITH WHOLEMEAL BREAD	
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	BUFFET BAR	
<b>DESSERT</b>	BLUEBERRY SPONGE		CHOCOLATE MARBLE CAKE		GINGER FLAPJACKS		FRUIT SALAD  GF	LEMON SHORTBREAD	

WEEK 5	MONDAY 18/3/24	TUESDAY 19/3/24	WEDNESDAY 20/3/24	THURSDAY 21/3/24	FRIDAY 22/3/24
<b>MAIN COURSE</b>	MACARONI CHEESE WITH SALAD	MILD CHICKEN CURRY WITH RICE GF	TASTY BEEF COBBLER WITH SEASONAL VEGETABLES	SAUSAGE PASTA BAKE GF	FISH FINGERS WITH OVEN CHIPS
<b>MAIN COURSE MEAT FREE</b>	VEGETABLE AND BEAN JAMBALAYA GF	LENTIL BURGER WITH SALAD	CAULIFLOWER ,POTATO AND CHICKPEA CURRY GF WITH BROWN RICE	WHOLEMEAL CHEESE AND ONION PASTY  WITH SALAD	SPRING VEGETABLE FRITTATA GF
<b>COLD OPTION</b>	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
<b>DESSERT</b>	RASPBERRY CAKE	FRESH FRUIT SALAD  GF	CHOCOLATE SHORTBREAD	FRESH MELON  GF	SULTANA SPONGE
				<b>TOTAL</b>	£.....

WEEK 6	MONDAY 25/3/24		TUESDAY 26/3/24		WEDNESDAY 27/3/24		THURSDAY 28/3/24 		FRIDAY 29/3/24	
<b>MAIN COURSE</b>	HIDDEN VEGETABLE PASTA GF		HOMEMADE CHEESE AND TOMATO PIZZA		BEEF LASAGNE		ROAST CHICKEN WITH ROAST POTATOES AND SEASONAL VEGETABLES GF	EASTER HOLS		
<b>MAIN COURSE MEAT FREE</b>	BROCCOLI AND CHEESE QUICHE WITH SALAD		JACKET POTATO WITH BAKED BEANS GF		VEGETABLE AND CHICKPEA RATATOUILLE WITH RICE GF		QUORN SAUSAGE ROAST WITH ROAST POTATOES AND SEASONAL VEGETABLES			
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR			
<b>DESSERT</b>	JAMMY SPONGE		BANANA FLAPJACK		FRESH FRUIT SALAD GF		EASTER BISCUIT			
								£.....		

