

Summer Menu Term 5 2024



Castle Mead Kitchen

Dear Parents/Carers

Please log into Arbor and select your meal choices 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. 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

CHILD'S NAME:	CLASS:
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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"/>
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**

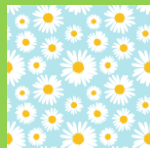
WEEK 1	MONDAY 15/4/24		TUESDAY 16/4/24		WEDNESDAY 17/4/24		THURSDAY 18/4/24		FRIDAY 19/4/24		
MAIN COURSE	TUNA AND TOMATO PENNE PASTA BAKE GF		MILD CHICKEN CURRY SERVED WITH RICE GF		HOMEMADE CHEESE AND TOMATO PIZZA		BEEF LASAGNE		BREADED FISH WITH OVEN CHIPS GARDEN PEAS		
MAIN COURSE MEAT FREE	JACKET POTATO WITH CHEESE GF		SWEET POTATO CAKES WITH SALAD GF		RATATOUILLE PASTA GF		VEGETABLE AND BEAN PAELLA GF		HOMEMADE CAULIFLOWER AND BROCCOLI CHEESE WITH WHOLEMEAL BREAD		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
DESSERT	LEMON SPONGE		CHOCOLATE SHORTBREAD		MELON SLICE GF		ICE CREAM GF		FRUITY FRIDAY FRUIT SALAD GF		
								TOTAL		£.....	

WEEK 2	MONDAY 22/4/24		TUESDAY 23/4/24		WEDNESDAY 24/4/24		THURSDAY 25/4/24		FRIDAY 26/4/24	
MAIN COURSE	MACARONI CHEESE WITH SALAD		BEEF BOLOGNESE WITH WHOLEWHEAT PASTA GF		CHICKEN PAPRIKA AND RICE GF		SAUSAGE PASTA BAKE GF		HOMEMADE CHEESE AND TOMATO PIZZA	
MAIN COURSE MEAT FREE	SPRING VEGETABLE RISOTTO GF		LENTIL BOLOGNESE WITH WHOLEWHEAT PASTA		JACKET POTATO WITH CHEESE GF		CURRIED VEGETABLE PASTY		VEGETABLE AND BEAN ENCHILLADA	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	SUMMER FRUIT CRUMBLE AND CUSTARD		APPLE FLAPJACK		CHOCOLATE AND VANILLA BROWNIES		FRESH FRUIT SALAD GF		LEMON SHORTBREAD	

					TOTAL
					£.....

WEEK 3	MONDAY 29/4/24		TUESDAY 30/4/24		WEDNESDAY 1/5/24		THURSDAY 2/5/24		FRIDAY 3/5/24	
MAIN COURSE	HIDDEN VEGETABLE PASTA		SPRING CHICKEN CASSEROLE		MILD BEEF CHILLI		HOMEMADE VEGETABLE PIZZA		FISH FINGERS WITH OVEN CHIPS	
	GF		WITH RICE		SERVED WITH RICE					
			GF		GF					
MAIN COURSE MEAT FREE	VEGETABLE FLAN		JACKET POTATO WITH BAKED BEANS		CHEESEY VEGETABLE PASTA		QUORN SAUSAGE HOT DOGS		HOMEMADE FALAFELS WITH PITTA BREAD AND SALAD	
	WITH SALAD		GF				WITH SALAD			
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	VANILLA CAKE		BANANA FLAPJACK		BLUEBERRY SPONGE		A SELECTION OF ICE CREAM		FRESH MELON	
							GF		GF	
							TOTAL		£.....	

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

WEEK 4	MONDAY 6/5/24		TUESDAY 7/5/24		WEDNESDAY 8/5/24		THURSDAY 9/5/24		FRIDAY 10/5/24	
MAIN COURSE	MAY DAY		MILD CHICKEN CURRY WITH RICE		HOMEMADE CHEESE AND TOMATO PIZZA		BEEF LASAGNE		BREADED FISH WITH OVEN CHIPS	
MAIN COURSE MEAT FREE	MAY DAY 		SWEET POTATO CAKE WITH SALAD		RATATOUILLE PASTA		VEGETABLE AND BEAN PAELLA		CAULIFLOWER AND BROCCOLI CHEESE WITH WHOLEMEAL BREAD	
COLD OPTION			BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	

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 £.....