



## Devon-centric

Fresha is a privately owned company based in Exeter, in the heart of Devon and we always keep Devon at the heart of our business.

We live and work in Devon because we value our beautiful, diverse surroundings.

We are proud to support the local economy by working with food producers, big or small, to make the most of the superb produce available on our doorstep.

We love what we do at Fresha, and when you're feeding lots of hungry children each day and working to the tightest of deadlines to deliver the freshest food, that's pretty important.

Quality has always been at the forefront of Fresha's business philosophy, and that means fresh produce from hand-picked suppliers who have the same ethos as we do.

Our customers tell us they can really taste the difference, and that's exactly what we are aiming to achieve.

### OUR SUPPLIER FRIENDS

- 1- FRESHA LIMITED
- 2- CHUNK OF DEVON
- 3- COFFEEWORKS LTD
- 4- COUNTRY KITCHEN
- 5- DART FRESH PRODUCE
- 6- DEVONVALE LIMITED
- 7- FORD
- 8- FREE RANGE EGGS
- 9- ISCA FOODS
- 10- J&R FOOD SERVICE
- 11- JESSICAS FARMHOUSE CAKES
- 12- MJ BAKER FOODSERVICE LTD
- 13- PVM SUPPLIES
- 14- SHAULS BAKERIES LTD
- 15- SJB FOODS
- 16- WESTAWAY SAUSAGES LTD
- 17- GIBBINS QUALITY MEATS



*Serving up fresh & local food for schools*


All Fresha menus are made from local, fresh and nutritious ingredients. Our ingredients are sourced locally or within the southwest region and are visually appealing as a result of our careful selection process. We use seasonal produce and manage a 3-week rotational menu for providing children's meals that contribute to healthy eating and nutritional balance. When designing our menus, we strategically plan meals that are firm favourites in terms of seasonal foods, in addition to being nutritious and healthy.



# fresha

NAME:

CLASS:

 Freshly baked bread and salad are available each day with all meals

* WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	<b>Chicken Casserole</b> with root vegetables, new potatoes & peas <input type="checkbox"/>	<b>Beef Meatballs</b> in a tomato and sage sauce, pasta twists and garlic bread <input type="checkbox"/>	<b>Pizza topped with Sausages</b> and served with potato wedges and sweetcorn <input type="checkbox"/>	<b>Roast Gammon Ham</b> crispy roasted potatoes, carrots, broccoli and gravy <input type="checkbox"/>	<b>Breaded Chicken Burger</b> in a bap, oven chips, peas and baked beans <input type="checkbox"/>
<b>VEGGIE MEAL</b>	<b>Macaroni Cheese</b> with garden peas <input type="checkbox"/>	<b>Spinach and Feta Parcels</b> pasta twists and garlic bread <input type="checkbox"/>	<b>Three Cheese Pizza</b> with potato wedges and sweetcorn <input type="checkbox"/>	<b>Mixed Vegetables in a large Yorkshire Pudding</b> with roasted potatoes <input type="checkbox"/>	<b>Vegetable Sausages</b> in a roll, oven chips, peas and baked beans <input type="checkbox"/>
<b>JACKET POTATOES</b>	Gammon ham and Cheddar cheese <input type="checkbox"/>	Egg mayo and cress <input type="checkbox"/>	Tuna in a lemon mayo <input type="checkbox"/>	Chicken mayo and sweetcorn <input type="checkbox"/>	Cheddar cheese and baked beans <input type="checkbox"/>
<b>DESSERT</b>	Golden syrup flapjack <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Banana cake and custard <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Vanilla brownie <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Strawberry jelly and vanilla ice cream <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Vanilla oat cookie served with milk <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>
* WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	<b>Sausages</b> with potato croquets, peas and baked beans <input type="checkbox"/>	<b>Beef Bolognese Pasta Bake</b> with Cheddar cheese, garlic bread, cucumber and carrot sticks <input type="checkbox"/>	<b>Pizza topped with Gammon Ham</b> served with potato wedges and sweetcorn <input type="checkbox"/>	<b>Roast Beef</b> crispy roasted potatoes, carrots, green beans and gravy <input type="checkbox"/>	<b>Battered Fish</b> oven chips, peas and baked beans <input type="checkbox"/>
<b>VEGGIE MEAL</b>	<b>Quorn Sausages</b> with potato croquets, peas and baked beans <input type="checkbox"/>	<b>Vegetable Lasagne</b> garlic bread, carrots and cucumber sticks <input type="checkbox"/>	<b>Margarita Pizza</b> with potato wedges and sweetcorn <input type="checkbox"/>	<b>Lentil Bake</b> crispy roasted potatoes, carrots, green beans and gravy <input type="checkbox"/>	<b>Cheddar Cheese and Baked Beans</b> puff pastry wheels, oven chips and peas <input type="checkbox"/>
<b>JACKET POTATOES</b>	Tuna in a lemon mayo <input type="checkbox"/>	Gammon ham <input type="checkbox"/>	Baked beans <input type="checkbox"/>	Cheddar cheese <input type="checkbox"/>	Egg mayo and cress <input type="checkbox"/>
<b>DESSERT</b>	Ginger cake and custard <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Chocolate brownie <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Ice vanilla sponge cake <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Vanilla ice cream with seasonal fruit topping <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Chocolate rice crispy cake <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>
* WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	<b>Chicken Korma</b> served with rice and naan bread <input type="checkbox"/>	<b>Beef Stew with Root Vegetables</b> dumplings, potatoes and peas <input type="checkbox"/>	<b>Chunky Sausage Roll</b> with potato wedges and baked beans <input type="checkbox"/>	<b>Roast Chicken</b> crispy roasted potatoes, carrots, broccoli and gravy <input type="checkbox"/>	<b>Fish Fingers</b> oven chips, baked beans and peas <input type="checkbox"/>
<b>VEGGIE MEAL</b>	<b>Quorn Burrito</b> with mixed vegetables and rice <input type="checkbox"/>	<b>Vegetable Stir Fry</b> with sweet peppers, carrots, courgettes and onions with noodles <input type="checkbox"/>	<b>Vegetable Pizza</b> topped with sweet peppers, mushrooms and sweetcorn <input type="checkbox"/>	<b>Vegetable Filo Pie</b> in a tomato sauce, crispy roasted potatoes, carrots and broccoli <input type="checkbox"/>	<b>Loaded Potato Skins</b> topped with Mozzarella and Cheddar with peas and baked beans <input type="checkbox"/>
<b>JACKET POTATOES</b>	Tuna mayo and sweetcorn <input type="checkbox"/>	Cheddar cheese <input type="checkbox"/>	Chicken mayo <input type="checkbox"/>	Egg mayo and cress <input type="checkbox"/>	Cheddar cheese and baked beans <input type="checkbox"/>
<b>DESSERT</b>	Lemon sponge <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Chocolate shortbread served with milk <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Sticky toffee pudding with custard <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Raspberry mouse with a digestive biscuit <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Popcorn Tiffin <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL
*WEEK 1	*WEEK 2	*WEEK 1	*WEEK 1	*WEEK 1	*WEEK 1	*WEEK 1
Mon 1 8 15 22 29	Mon 2 5 12 19 26	Mon 3 10 17 24 31	Mon 7 14 21 28	Mon 4 11 18 25	Mon 3 4 11 18 25	Mon 1 8 15 22 29
Tue 2 9 16 23 30	Tue 6 13 20 27	Tue 4 11 18 25	Tue 1 8 15 22 29	Tue 5 12 19 26	Tue 5 12 19 26	Tue 2 9 16 23 30
Wed 3 10 17 24 31	Wed 7 14 21 28	Wed 5 12 19 26	Wed 2 9 16 23 30	Wed 6 13 20 27	Wed 6 13 20 27	Wed 3 10 17 24
Thu 4 11 18 25	Thu 1 8 15 22 29	Thu 6 13 20 27	Thu 3 10 17 24 31	Thu 7 14 21 28	Thu 7 14 21 28	Thu 4 11 18 25
Fri 5 12 19 26	Fri 2 9 16 23 30	Fri 7 14 21 28	Fri 4 11 18 25	Fri 1 8 15 22 29	Fri 1 8 15 22 29	Fri 5 12 19 26