



GUARDIANS

of

SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

LIFE STAGE

FOOD CHOICES



UNDERSTANDING
the importance
of food for
childrens
physical and
mental
wellbeing

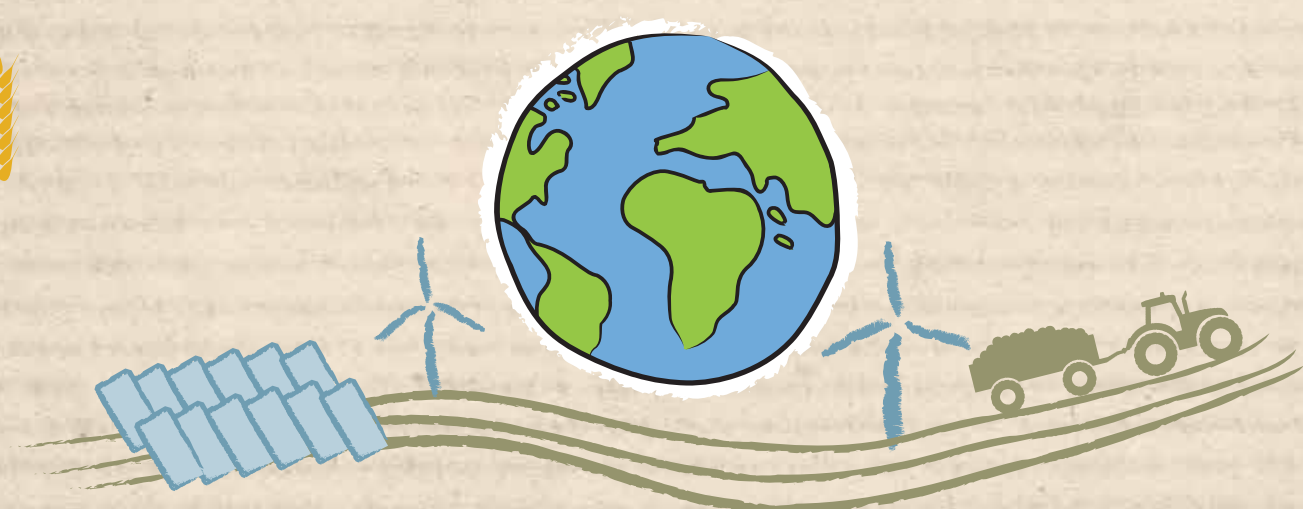
MAKING WISE

FOOD CHOICES

FOR KIDS

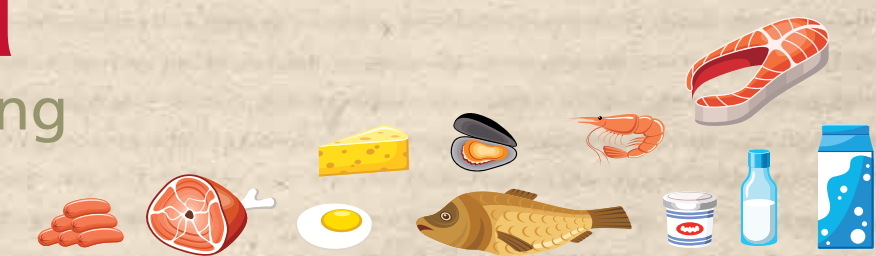


CHAMPIONING
fresh, local,
sustainable
produce for
healthier diets
and the
environment



IMPROVING CHILDREN'S LIVES THROUGH FOOD

fresha
responsible catering



WINTER MENU 2023

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

< WEEK 1 >

< WEEK 2 >

< WEEK 3 >

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE CHICKEN QUESADILLA Chicken, Vegetables & Cheddar Cheese in a Tortilla Wrap Served with Rice (1,6)	CHICKEN & HAM PIE Crisp Flaky Puff Pastry Filled with Chicken & Ham served with Seasoned Diced Potatoes (1)	THE ROAST Devon Sausages with Crispy Potatoes, Yorkshire Pudding & Gravy (1,6,8,12)	PIZZA The All-American with Pepperoni & Potato Wedges (1,6)	FISH FINGERS Fish Fingers with Oven Baked Chips (1,5)
SIDES Garden Peas, Broccoli	Sweetcorn, Green Beans	Carrot, Savoy Cabbage	Carrot Sticks, Sweetcorn	Baked Beans
MEAT FREE PASTA BOLOGNAISE Plant Powered Bolognese Sauce Mixed with Penne Pasta (1,11)	SWEET POTATO CRUMBLE Lentils & Sweet Potato in a Tomato Sauce with a Crunchy Topping & Rice (1)	VEGGIE TOAD IN THE HOLE Crispy Yorkshire Pudding with Veggie Sausages, lots of lovely Vegetables & Gravy (1,6,8)	PIZZA The original Margherita topped with Cheese & Tomato with Potato Wedges (1,6)	MOZZARELLA CHEESE STICKS Golden & crispy on the outside, melted gooey Cheese on the inside, with Oven Baked Chips (1,6)
JACKET POTATOES Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)
FILLED BAGUETTE Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)
DESSERT GINGERBREAD A Warm, Sweet, Flavoured Ginger Cake (1,8) Fruit Selection or Yoghurt (6)	FRUIT CRUMBLE Old Fashioned Apple & Mixed Berry Crumble with Custard (1,6) Fruit Selection or Yoghurt (6)	CARROT CAKE Sweet & Moist, full of Carrots, Covered in Creamy Icing (1,8) Fruit Selection or Yoghurt (6)	JOLLY JELLY Colourful, tasty & wobbly Fruit Selection or Yoghurt (6)	CHOCOLATE COOKIE Thick, crunchy & crumbly (1) Fruit Selection or Yoghurt (6)
MAIN COURSE MAC 'N' CHEESE WITH BACON The Ultimate - Creamy, Cheesy Bake (1,6)	ULTIMATE BANGERS 'N' MASH Devon Sausages with a Creamy Mash Potato (1,12)	THE ROAST Gammon Ham with Crispy Potatoes & Gravy	PIZZA Chicken Pizza & Potato Wedges (1,6)	BEEF BURGER Juicy, Local Beef Burger in a soft White Bap with Oven Baked Chips (1,2,12)
SIDES Green Beans, Garden Peas	Carrot, Sweetcorn	Broccoli, Garden Peas	Red & Yellow Sweet Pepper Sticks	Baked Beans
MEAT FREE CHICKPEA CASSEROLE Packed with Warm Flavours. A Healthy Blend of Vegetables, Chickpeas & Cous Cous (1)	VEGGIE LASAGNE Pasta Layered With Vegetables & Beans, Baked in a Rich Sauce (1,6)	CAULIFLOWER & BROCCOLI CHEESE Flaky Pastry Packed with a Creamy Cauliflower & Broccoli Cheese (1,6)	PIZZA The Original Margherita topped with Cheese & Tomato with Potato Wedges (1,6)	VEGGIE BURGER In a Soft White Bap with Oven Baked Chips (1)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)
Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)	Cheddar Cheese (1,6), Tuna Mayo (1,5,8) or Gammon Ham (1)
DESSERT CHERRY SHORTBREAD Traditional Shortbread with Sweet Cherries (1,12) Fruit Selection or Yoghurt (6)	JAM SPONGE & CUSTARD Sponge Cake with Jam & a Generous Sprinkle of Coconut (1,6,8,12) Fruit Selection or Yoghurt (6)	APPLE CAKE A Deliciously Moist Fruit Cake with a Warm Spice (1,8) Fruit Selection or Yoghurt (6)	ICE CREAM Rich, Sweet and Creamy (6) Fruit Selection or Yoghurt (6)	ROCK CAKES Wonderfully Crumbly, filled with Orange & Sultanas (1,8) Fruit Selection or Yoghurt (6)
MAIN COURSE CHICKEN CURRY A Mild Creamy, Lightly Spiced Chicken Curry served over Rice (7)	LASAGNE Beef Ragù, Layered with White Sauce & Pasta, Topped with Melted Mozzarella (1,6)	THE ROAST Chicken with Crispy Potatoes, Chef's Stuffing & Gravy (1)	PIZZA Classic Ham Pizza & Potato Wedges (1,6)	FISH & CHIPS Breaded Cod with oven Baked Chips (1,5,6)
SIDES Green Beans, Garden Peas	Sweetcorn, Broccoli	Carrots, Green Beans	Sweetcorn, Cucumber Sticks	Garden Peas
MEAT FREE MAC 'N' CHEESE Pasta in a Rich Cheesy Sauce with a Cheese Crust (1,6)	HOMITY PIE Cheese & Potato Pie Topped with Tomatoes (1,6)	VEGETABLE FILO PARCEL Seasonal Root Vegetables with a Rich Tomato Sauce in a Pastry Wrap (1)	PIZZA The Original Margherita topped with Cheese & Tomato with Potato Wedges (1,6)	VEGGIE HOT DOG In a Soft White Roll with Oven Baked Chips (1)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)	Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans or Baked Beans and Cheese (6)
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DESSERT CHOCOLATE BROWNIE Rich & Fudgy, with a Hint of Beetroot (1,8) Fruit Selection or Yoghurt (6)	APPLE & BANANA CRISP A Crunchy, Golden-brown Crust with a Mushy Mixture of Banana & Apple with Custard (1,6) Fruit Selection or Yoghurt (6)	FRUITY FLAPJACK Sticky, chewy & bursting with fruity goodness (1) Fruit Selection or Yoghurt (6)	JOLLY JELLY Colourful, tasty & wobbly Fruit Selection or Yoghurt (6)	FRUIT MUFFIN Light, Moist & Super Fluffy Packed with Fruit (1,6,8) Fruit Selection or Yoghurt (6)



OCTOBER

WEEK	-	-	-	1
MON	9	16	23	30
TUE	10	17	24	31
WED	11	18	25	
THU	12	19	26	
FRI	13	20	27	

NOVEMBER

WEEK	1	2	3	1	2
MON		6	13	20	27
TUE		7	14	21	28
WED	1	8	15	22	29
THU	2	9	16	23	30
FRI	3	10	17	24	

DECEMBER

WEEK	2	3	1	2	-
MON		4	11	18	25
TUE		5	12	19	26
WED		6	13	20	27
THU		7	14	21	28
FRI	1	8	15	22	29

ALLERGENS CODE:

(1) Cereals containing Gluten - including wheat, rye, barley & oats
(2) Celery (3) Crustaceans- such as prawns, crabs & lobsters
(4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts
(10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
(13) Tree Nuts (14) Molluscs