



GUARDIANS

of

SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

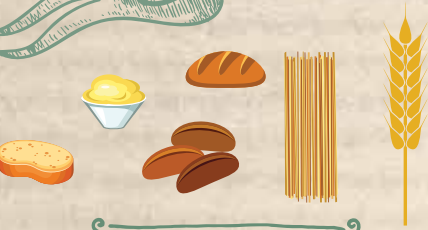
LIFE STAGE

FOOD CHOICES

MAKING WISE

FOOD CHOICES

FOR KIDS



UNDERSTANDING
the importance
of food for
childrens
physical and
mental
wellbeing

DAIRY FREE



DAIRY FREE

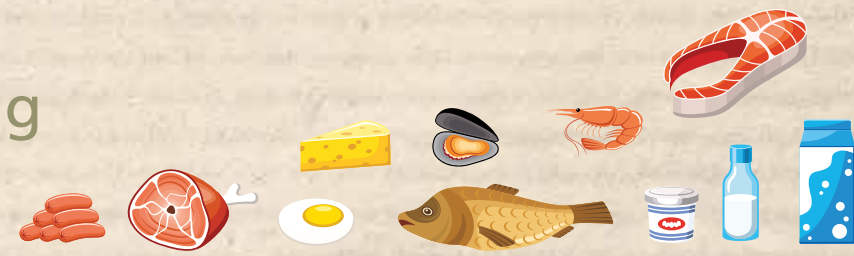
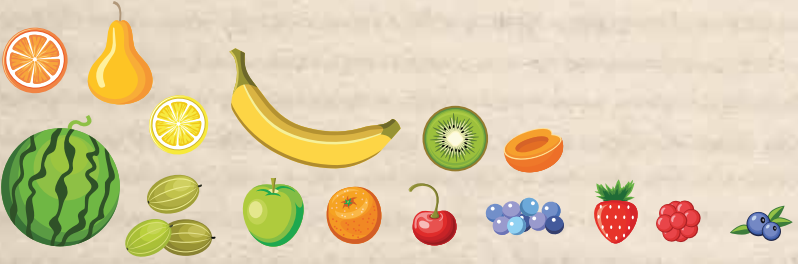


CHAMPIONING
fresh, local,
sustainable
produce for
healthier diets
and the
environment

IMPROVING CHILDREN'S LIVES THROUGH FOOD

fresha

responsible catering



DAIRY FREE

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

< WEEK 1 >

< WEEK 2 >

< WEEK 3 >

MAIN MEAL

VEGGIE MEAL

JACKET POTATOES

BAGUETTE BAR

DESSERTS

CHICKEN QUESADILLA Chicken, Vegetables & Vegan Cheese In A Tortilla Wrap Served With Rice (1)

PASTA BOLOGNAISE Plant Powered Bolognaise Sauce Mixed With Penne Pasta (1,11)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

GINGERBREAD
A Warm, Sweet, Flavoured Ginger Cake (1,8)

TUESDAY

CHICKEN AND HAM PIE Crisp Flaky Puff Pastry, Filled With Chicken And Ham Served With Seasoned Diced Potatoes (1)

SWEET POTATO CRUMBLE Lentils & Sweet Potato In A Tomato Sauce With A Crunchy Topping & Rice (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

FRUIT CRUMBLE Old Fashioned Apple & Mixed Berry Crumble (1,8)

WEDNESDAY

THE ROAST Devon Sausages With Crispy Potatoes Yorkshire Pudding & Gravy (1,8,12)

VEGGIE TOAD IN THE HOLE Crispy Yorkshire Pudding With Veggie Sausages, Lots Of Lovely Vegetables & Gravy (1,8,11)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

CARROT CAKE Sweet & Moist, Full Of Carrots, Covered In Creamy Icing (1,8)

THURSDAY

PIZZA The All-American With Pepperoni & Potato Wedges (1)

PIZZA The Original Margherita Topped With Vegan Cheese & Tomato With Potato Wedges (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

JOLLY JELLY
Colourful, Tasty & Wobbly

FRIDAY

FISH FINGERS
Fish Fingers With Oven Baked Chips (1,5)

VEGAN CHEESE STICKS
Golden & Crispy On The Outside, Melted Goopy Cheese On The Inside, With Oven Baked Chips (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

CHOCOLATE COOKIE
Thick, Crunchy & Crumbly (1)

MAIN MEAL

VEGGIE MEAL

JACKET POTATOES

BAGUETTE BAR

DESSERTS

MAC 'N' CHEESE WITH BACON
The Ultimate - Creamy, Cheesy Bake (1)

CHICKPEA CASSEROLE
Packed With Warm Flavours. A Healthy Blend Of Vegetables, Chickpeas & Cous Cous (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

CHERRY SHORTBREAD Traditional Shortbread With Sweet Cherries (1,12)

ULTIMATE BANGERS 'N' MASH Devon Sausages With A Creamy Mash Potato (1,12)

VEGGIE LASAGNE
Pasta Layered With Vegetables & Beans, Baked In A Rich Sauce (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

JAM SPONGE
Sponge Cake With Jam & A Generous Sprinkle Of Coconut (1,8,12)

THE ROAST
Gammon Ham With Crispy Potatoes & Gravy

CAULIFLOWER & BROCCOLI CHEESE
Flaky Pastry Packed With A Creamy Cauliflower & Broccoli Vegan Cheese (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

APPLE CAKE
A Deliciously Moist Fruit Cake With A Warm Spice (1,8)

PIZZA
Chicken Pizza & Potato Wedges (1)

PIZZA
The Original Margherita Topped With Vegan Cheese & Tomato With Potato Wedges (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

Fruit Sorbet
Refreshingly Fruity

BEEF BURGER Juicy, Local Beef Burger In A Soft White Bap With Oven Baked Chips (1,2,12)

VEGGIE BURGER
In A Soft White Bap With Oven Baked Chips (1,7)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

ROCK CAKES
Wonderfully Crumbly, Filled With Orange & Sultanas (1, 8)

MAIN MEAL

VEGGIE MEAL

JACKET POTATOES

BAGUETTE BAR

DESSERTS

CHICKEN CURRY A Mild Creamy, Lightly Spiced Chicken Curry Served Over Rice (7)

MAC 'N' CHEESE Pasta In A Rich Vegan Cheesy Sauce With A Cheese Crust (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

CHOCOLATE BROWNIE Rich & Fudgy, With A Hint Of Beetroot (1,8)

LASAGNE Beef Ragu, Layered With White Sauce & Pasta, Topped With Melted Vegan Cheese (1)

HOMITY PIE Vegan Cheese & Potato Pie Topped With Tomatoes (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

APPLE & BANANA CRISP
A Crunchy, Golden-brown Crust With A Mushy Mixture Of Banana & Apple (1)

THE ROAST Chicken With Crispy Potatoes, Chef's Stuffing & Gravy (1)

VEGETABLE FILO PARCEL Seasonal Root Vegetables With A Rich Tomato Sauce In A Pastry Wrap (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

FRUITY FLAPJACK Sticky, Chewy & Bursting With Fruity Goodness (1)

PIZZA
Classic Ham Pizza & Potato Wedges (1)

PIZZA The Original Margherita Topped With Cheese & Tomato With Potato Wedges (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

JOLLY JELLY
Colourful, Tasty & Wobbly

FISH FINGERS & CHIPS
Breaded Cod With Oven Baked Chips (1,5)

VEGGIE HOT DOG
In A Soft White Roll With Oven Baked Chips (1)

Vegan Cheese, Tuna Mayo (5,8), Baked Beans Or Baked Beans And Vegan Cheese

Vegan Cheese (1), Tuna Mayo (1,5,8) Or Gammon Ham (1)

FRUIT MUFFIN Light, Moist & Super Fluffy Packed With Fruit (1,8,11)

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	-	-
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

