



GUARDIANS
of

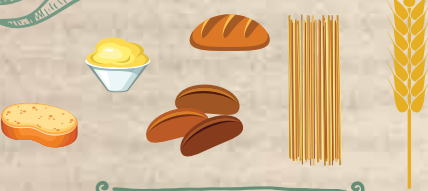
SCHOOL MEALS

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

GLUTEN FREE



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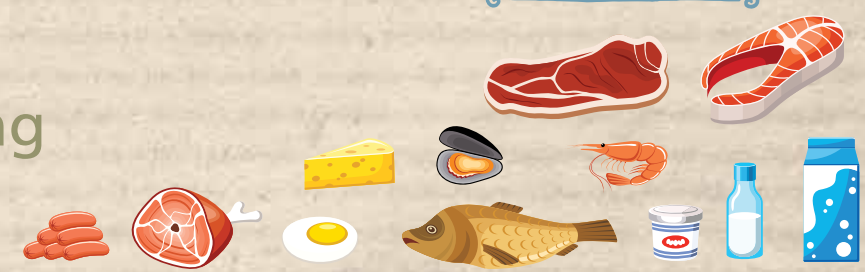


CHAMPIONING
fresh, local,
sustainable
produce for
healthier diets
and the
environment

IMPROVING CHILDREN'S LIFE THROUGH FOOD

fresha

responsible catering



SUMMER MENU 2022

GLUTEN FREE

* FRESHLY PREPARED AND SLICED SALAD AND FRUIT ARE AVAILABLE DAILY *

< WEEK 1 >

MAIN MEAL

Macaroni Cheese
with Garlic bread and Peas (6)
☐

TUESDAY

Meatballs in a tomato sauce
with rice & Focaccia bread
☐

WEDNESDAY

Chicken Pizza,
Potato wedges & Sweetcorn (6)
☐

THURSDAY

Roast Ham, Roast potatoes,
Chef's choice of vegetables & Gravy
☐

FRIDAY

Fish fingers (5),
Chips, Peas, ☐ or Baked beans ☐

VEGGIE MEAL

Vegetable pasta bake
with Garlic bread and Peas (6)
☐

Falafels in a Flat bread
with a Yoghurt dressing (6), served with
Rice and Salad ☐

Margherita Pizza,
Potato wedges & Sweetcorn (6)
☐

Yorkshire pudding filled with roasted
vegetable, Roasted potatoes, Chef's choice
of extra vegetables & Gravy (6,8) ☐

Vegetable wrap,
Chips, Peas, ☐ or Baked beans ☐

JACKET POTATOES

Choose from Tuna mayo (5,8),
Baked beans ☐ and/or Cheese (6) ☐

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DESSERTS

Shortbread with fruit slices,
Sliced fruit ☐ or Yoghurt (6) ☐

Apple Cake,
Sliced fruit ☐ or Yoghurt (6) ☐

Fruit Flapjack,
Sliced fruit ☐ or Yoghurt (6) ☐

Jelly with fruit,
Sliced fruit ☐ or Yoghurt (6) ☐

Iced Chocolate Cake (8),
Sliced fruit ☐ or Yoghurt (6) ☐

< WEEK 2 >

MAIN MEAL

BBQ Chicken Wrap with a Rice Salad
☐

Macaroni Cheese
Olive oil & Basil bread, & Sweetcorn (6)
☐

Ham Pizza,
Potato wedges and Sweetcorn (6)
☐

Roast Chicken,
Roast potatoes, Chef's choice of vegetables
& Gravy ☐

Beef Burger in a bread roll
with Chips, Peas, ☐ or Baked beans (2,12),
☐

VEGGIE MEAL

Sweet and Sour vegetable wrap
with a Rice Salad
☐

Crunchy Vegetable Crumble with
Seasonal veg and a Cheese topping with
Olive oil & Basil bread ☐ (6)

Margherita Pizza,
Potato wedges & Sweetcorn (6)
☐

Vegetable patties, Roast potatoes,
Chef's choice of vegetables & Gravy
☐

Plant based Burger in a bread roll
with Chips, Peas, ☐ or Baked beans (2,12),
☐

JACKET POTATOES

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DESSERTS

Ginger sponge & custard (8),
Sliced fruit ☐ or Yoghurt (6) ☐

Strawberry Ice Cream (6),
Sliced fruit ☐ or Yoghurt (6) ☐

Chocolate and Banana Cake (8),
Sliced fruit ☐ or Yoghurt (6) ☐

Jelly with fruit,
Sliced fruit ☐ or Yoghurt (6) ☐

Chocolate Cookie,
Sliced fruit ☐ or yoghurt (6) ☐

< WEEK 3 >

MAIN MEAL

Macaroni Cheese (6)
with Rosemary Focaccia bread & Sweetcorn
☐

Sausages,
Mash potato, Peas & Gravy
☐

Pepperoni Pizza,
Potato wedges & Sweetcorn (6)
☐

Roast Turkey, Roast potatoes,
Chef's choice of vegetables & Gravy
☐

Fish Fingers (5)
with Chips, Peas, ☐ or Baked beans ☐

VEGGIE MEAL

Pasta in a Tomato sauce,
Rosemary Focaccia bread & Sweetcorn
☐

Plant based Sausages,
Mash potato, Peas & Gravy
☐

Margherita Pizza,
Potato wedges & Sweetcorn (6)
☐

Veggie Loaf, Roast potatoes,
Chef's choice of vegetables & Gravy
☐

Cheddar Cheese and Baked bean
Pinwheel with Chips, Peas, ☐ or Baked
beans (6) ☐

JACKET POTATOES

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Baked beans ☐ and/or Cheese (6) ☐

DESSERTS

Chocolate Shortbread,
Sliced fruit ☐ or Yoghurt (6) ☐

Vanilla Ice Cream (6),
Sliced fruit ☐ or Yoghurt (6) ☐

Jam and Coconut Cake (8),
Sliced fruit ☐ or Yoghurt (6) ☐

Jelly and fruit,
Sliced fruit ☐ or Yoghurt (6) ☐

Vanilla Cookie,
Sliced fruit ☐ or Yoghurt (6) ☐



APRIL

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

MAY

WEEK	2	3	1	2	3
MON	2	9	16	23	30
TUE	3	10	17	24	31
WED	4	11	18	25	
THU	5	12	19	26	
FRI	6	13	20	27	

JUNE

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

JULY

WEEK	3	1	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