



GUARDIANS

of

SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

LIFE STAGE

FOOD CHOICES

MAKING WISE

FOOD CHOICES

FOR KIDS

EGG FREE

EGG FREE

UNDERSTANDING
the importance
of food for
childrens
physical and
mental
wellbeing

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

IMPROVING CHILDREN'S LIVES THROUGH FOOD

fresha
responsible catering

WINTER
MENU 2023

EGG FREE

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

< WEEK 1 >

< WEEK 2 >

< WEEK 3 >

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

CHICKEN QUESADILLA Chicken, Vegetables & Cheddar Cheese In A Tortilla Wrap Served With Rice (1,6)

CHICKEN & HAM PIE Crisp Flaky Pastry Filled With Chicken & Ham Served With Seasoned Diced Potatoes (1,6)

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

PIZZA The All-american With Pepperoni & Potato Wedges (6)

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

VEGGIE MEAL

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 SAUSAGES Veggie Sausages, Crispy Roast Potatoes Lots Of Lovely Vegetables & Gravy (1)

PIZZA The Original Margherita Topped With Cheese & Tomato With Potato Wedges (1,6)

MOZZARELLA CHEESE STICKS Golden & Crispy On The Outside, Melted Goopy Cheese On The Inside, With Oven Baked Chips (1,6)

JACKET POTATOES

Cheddar Cheese (6), Tuna (5), Baked Beans or Baked Beans and Cheese (6)

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BAGUETTE BAR

Cheddar Cheese (1,6), Tuna (1,5) or Gammon Ham (1)

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DESSERTS

SOFT GINGER BISCUIT A Warm, Sweet, Flavoured Ginger Biscuit (1,8)

FRUIT CRUMBLE Old Fashioned Apple & Mixed Berry Crumble With Custard (1,6)

FRUITY FLAPJACK Crunchy, Chewy Flapjack With An Orange And Lemon Zing (1)

JOLLY JELLY Colourful, Tasty & Wobbly

CHOCOLATE COOKIE Thick, Crunchy & Crumbly (1)

MAIN MEAL

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)

VEGGIE MEAL

CHICKPEA CASSEROLE Packed With Warm Flavours. A Healthy Blend of Vegetables, Chickpeas & Rice (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 (1,7)

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DESSERTS

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

JAM TART Puff Pastry With Jam & A Generous Sprinkle Of Coconut (1,12)

APPLE CRUMBLE A Deliciously Moist Fruit Filling, Warmly Spiced With Custard (1)

ICE CREAM Rich, Sweet And Creamy (6)

ORANGE AND SULTANA COOKIE Wonderfully Crumbly, Filled With Orange & Sultanas (1)

MAIN MEAL

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

LASAGNE Beef Ragu, 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)

VEGGIE MEAL

MAC 'N' CHEESE Pasta In A Rich Cheesy Sauce With A Cheese Crust (1,6)

HOMINY 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)

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DESSERTS

CHOCOLATE & ORANGE SHORTBREAD Rich & Fudgy, With A Hint Of Orange (1)

APPLE & BANANA CRISP A Crunchy, Golden-brown Crust With A Mushy Mixture Of Banana & Apple With Custard (1,6)

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

JOLLY JELLY Colourful, Tasty & Wobbly

FRUIT CRUNCH BAR Packed With Fruit (1)



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