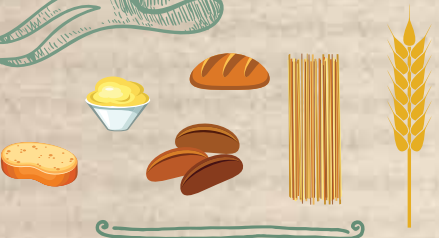




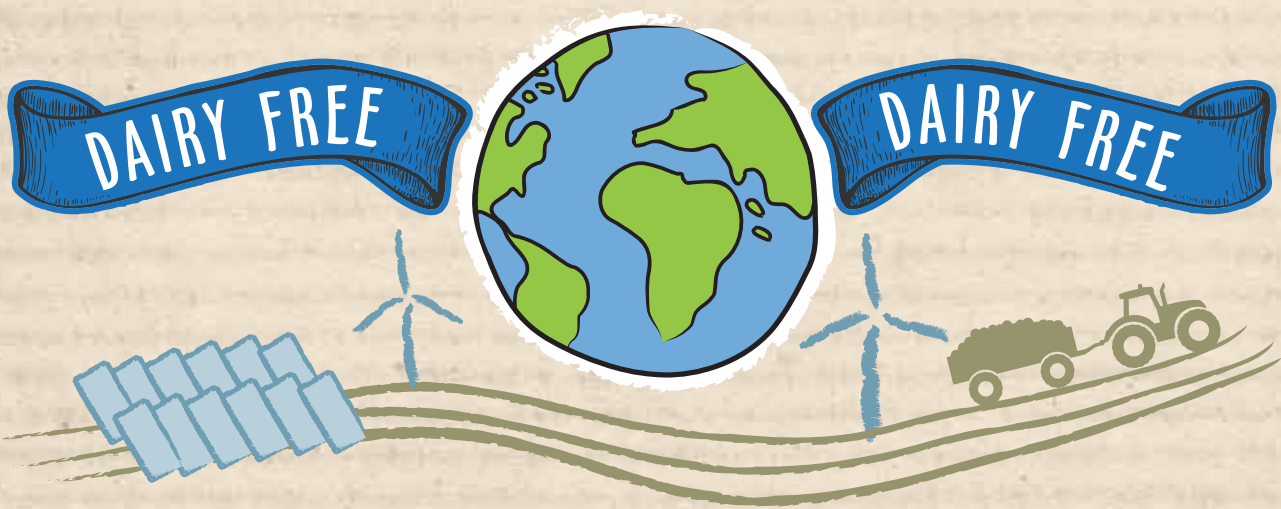
GUARDIANS of SCHOOL MEALS we CARE & PREPARE

MEANINGFUL
LIFE STAGE
FOOD CHOICES

MAKING WISE
FOOD CHOICES
FOR KIDS



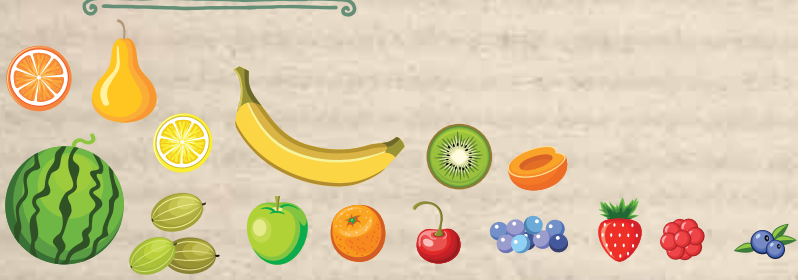
UNDERSTANDING
the importance
of food for
childrens
physical and
mental
wellbeing



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

IMPROVING CHILDREN'S LIFE THROUGH FOOD

fresha
responsible catering



SUMMER MENU 2022

DAIRY FREE

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



< WEEK 1 >

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Macaroni Cheese with Garlic bread & Peas (Made with Coconut milk and Vegan cheese) **(1)** ☐

Meatballs in a tomato sauce with rice & Focaccia bread **(1,2,11,12)** ☐

Chicken Pizza (Vegan cheese) Potato wedges & Sweetcorn **(1)** ☐

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

Fish fingers (1,5), Chips, Peas, ☐ or Baked beans ☐

VEGGIE MEAL

Vegetable Lasagne, Garlic bread & Peas (Made with Coconut milk and Vegan cheese) **(1)** ☐

Falafels in flatbread with a BBQ sauce, served with rice and salad **(1)** ☐

Margherita Pizza (Vegan cheese) Potato wedges & Sweetcorn **(1)** ☐

Yorkshire Pudding (made with Coconut milk) filled with roasted vegetables, Roasted potatoes, Chef's choice of extra vegetables & Gravy **(1,8)** ☐

Vegetable wraps (1), Chips, Peas, ☐ or Baked beans ☐

JACKET POTATOES

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

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DESSERTS

Shortbread with fruit slices **(1)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Apple Cake **(1,8)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Fruit Flapjack **(1)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Jelly with fruit, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Iced Chocolate Cake **(1,8)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

< WEEK 2 >

MAIN MEAL

BBQ Chicken Wrap with a Rice Salad **(1)** ☐

Macaroni Cheese (made with Coconut milk and Vegan cheese) Olive oil & Basil bread, & Sweetcorn **(1)** ☐

Ham Pizza (Vegan cheese), Potato wedges and Sweetcorn **(1)** ☐

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

Beef Burger in a bread roll with Chips, Peas, ☐ or Baked beans **(1,2,11,12)** ☐

VEGGIE MEAL

Sweet and Sour vegetable wrap with a Rice Salad **(1)** ☐

Crunchy Vegetable Crumble with Seasonal veg and a Vegan cheese topping with Olive oil & Basil bread **(1)** ☐

Margherita Pizza (1) (Vegan cheese), Potato wedges and Sweetcorn ☐

Roasted Mediterranean vegetables Puff Parcel, Roast potatoes, Chef choice of vegetables & Gravy **(1)** ☐

Plant based Burger in a bread roll with Chips, Peas, ☐ or Baked beans **(1,7)** ☐

JACKET POTATOES

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

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DESSERTS

Ginger sponge **(1,8)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Mango sorbet, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Chocolate and Banana Cake **(1,8)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Jelly with fruit, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Chocolate Cookie **(1)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

< WEEK 3 >

MAIN MEAL

Macaroni Cheese with Rosemary Focaccia bread & Sweetcorn (Made with Coconut milk and Vegan cheese) **(1)** ☐

Sausages (1,12), Mash potato, Peas & Gravy ☐

Pepperoni Pizza (Vegan cheese) **(1)**, Potato wedges & Sweetcorn ☐

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

Fish Fingers with Chips, Peas, ☐ or Baked beans **(1,5)** ☐

VEGGIE MEAL

Tomato pasta bake with Rosemary Focaccia bread & Sweetcorn **(1)** ☐

Plant based Sausages, Mash potato, Peas & Gravy ☐

Margherita Pizza (Vegan cheese) Potato wedges & Sweetcorn **(1)** ☐

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

Vegan Cheese and Baked bean Pinwheel with Chips, Peas, ☐ or Baked beans **(1)** ☐

JACKET POTATOES

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

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DESSERTS

Chocolate Shortbread **(1)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Mango sorbet, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Jam and Coconut Cake **(1,8)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Jelly with fruit, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐

Vanilla Cookie **(1)**, Sliced fruit ☐ or Soya Yoghurt **(11)** ☐



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