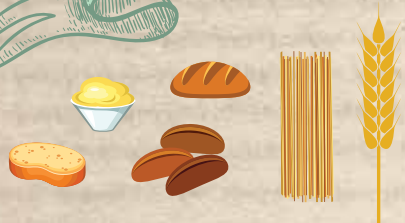




# GUARDIANS of SCHOOL MEALS we CARE & PREPARE

MEANINGFUL  
LIFE STAGE  
FOOD CHOICES

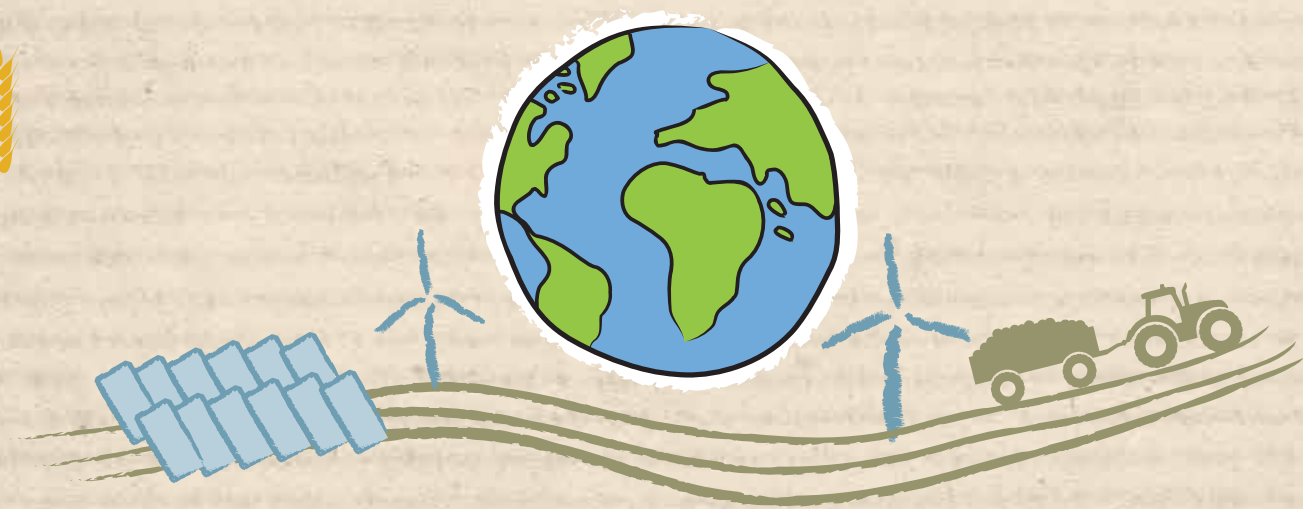


UNDERSTANDING  
the importance  
of food for  
childrens  
physical and  
mental  
wellbeing

MAKING WISE  
FOOD CHOICES  
FOR KIDS

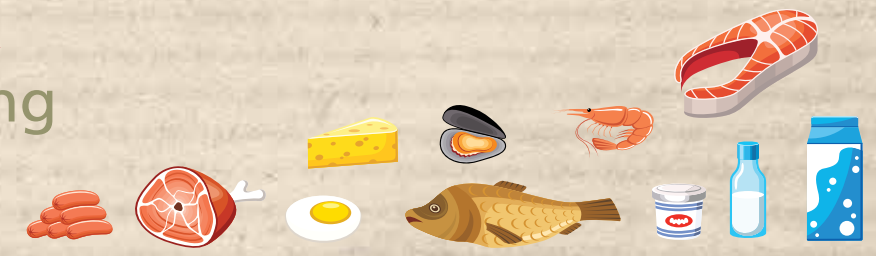
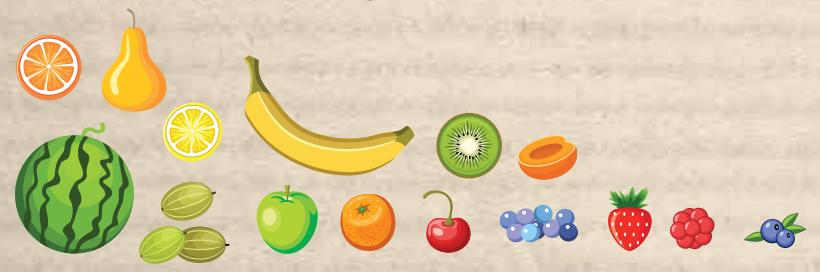


CHAMPIONING  
fresh, local,  
sustainable  
produce for  
healthier diets  
and the  
environment



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 >



MAIN MEAL

VEGGIE MEAL

JACKET POTATOES

BAGUETTE BAR

DESSERTS

MONDAY

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

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

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)

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

TUESDAY

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

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

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)

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

WEDNESDAY

**THE ROAST**  
Devon Sausages With Crispy Potatoes, Yorkshire Pudding & Gravy (1,6,8,12)

**VEGGIE TOAD IN THE HOLE**  
Crispy Yorkshire Pudding With Veggie Sausages, Lots Of Lovely Vegetables & Gravy (1,6,8)

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)

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

THURSDAY

**PIZZA**  
The All-American With Pepperoni & Potato Wedges (1,6)

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

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)

**JOLLY JELLY**  
Colourful, Tasty & Wobbly

FRIDAY

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

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

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)

**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 (1,6)

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

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)

**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 (1,6)

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)

**JAM SPONGE & CUSTARD**  
Sponge Cake With Jam & A Generous Sprinkle Of Coconut (1,6,8,12)

**THE ROAST**  
Gammon Ham With Crispy Potatoes & Gravy

**CAULIFLOWER & BROCCOLI CHEESE**  
Flaky Pastry Packed With A Creamy Cauliflower & Broccoli Cheese (1,6)

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)

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

**PIZZA**  
Chicken Pizza & Potato Wedges (1,6)

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

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)

**ICE CREAM**  
Rich, Sweet And Creamy (6)

**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)

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)

**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 Cheesy Sauce With A Cheese Crust (1,6)

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)

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

**LASAGNE** Beef Ragu, Layered With White Sauce & Pasta, Topped With Melted Mozzarella (1,6)

**HOMITY PIE** Cheese & Potato Pie Topped With Tomatoes (1,6)

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)

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

**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)

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)

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

**PIZZA**  
Classic Ham Pizza & Potato Wedges (1,6)

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

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)

**JOLLY JELLY**  
Colourful, Tasty & Wobbly

**FISH & CHIPS**  
Breaded Cod With Oven Baked Chips (1,5,6)

**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 (1,6), Tuna Mayo (1,5,8) Or Gammon Ham (1)

**FRUIT MUFFIN**  
Light, Moist & Super Fluffy Packed With Fruit (1,6,8)

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