



GUARDIANS
of

SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

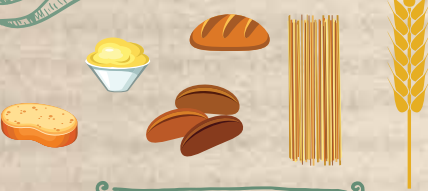
LIFE STAGE

FOOD CHOICES

MAKING WISE

FOOD CHOICES

FOR KIDS



UNDERSTANDING
the importance
of food for
childrens
physical and
mental
wellbeing

GLUTEN FREE



GLUTEN FREE

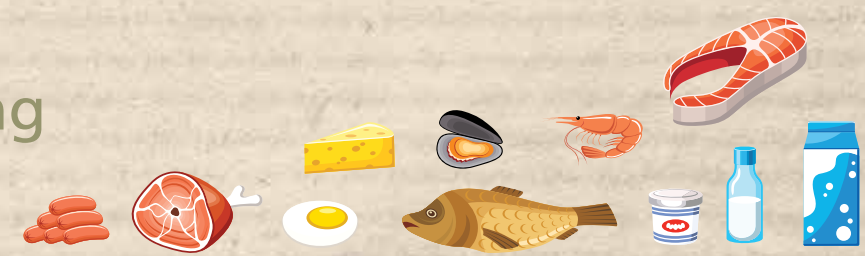
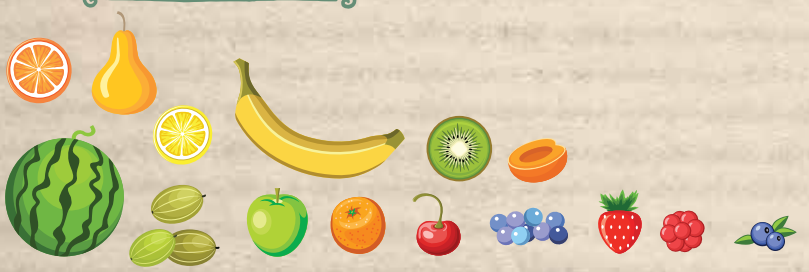


CHAMPIONING
fresh, local,
sustainable
produce for
healthier diets
and the
environment

IMPROVING CHILDREN'S LIVES THROUGH FOOD

fresha

responsible catering



WINTER
MENU 2023

GLUTEN FREE

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

< WEEK 1 >

< WEEK 2 >

< WEEK 3 >

MAIN MEAL
VEGGIE MEAL
JACKET POTATOES
BAGUETTE BAR
DESSERTS

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VEGGIE MEAL
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MONDAY

CHICKEN QUESADILLA Chicken, Vegetables & Cheddar Cheese In A Tortilla Wrap Served With Rice (6)
PASTA BOLOGNAISE Plant Powered Bolognaise Sauce Mixed With Penne Pasta. (11)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
GINGERBREAD A Warm, Sweet, Flavoured Ginger Cake (8)

MAC 'N' CHEESE WITH BACON The Ultimate - Creamy, Cheesy Bake (6)
CHICKPEA CASSEROLE Packed With Warm Flavours. A Healthy Blend Of Vegetables, Chickpeas & Rice
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
CHERRY SHORTBREAD Traditional Shortbread With Sweet Cherries (12)

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 (6)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
CHOCOLATE BROWNIE Rich & Fudgy, With A Hint Of Beetroot (8)

TUESDAY

CHICKEN & HAM PIE Crisp Flaky Pastry Filled With Chicken & Ham Served With Seasoned Diced Potatoes (6)
SWEET POTATO CRUMBLE Lentils & Sweet Potato In A Tomato Sauce With A Crunchy Topping & Rice
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
FRUIT CRUMBLE Old Fashioned Apple & Mixed Berry Crumble With Custard (6)

ULTIMATE BANGERS 'N' MASH Devon Sausages With A Creamy Mash Potato
VEGGIE PASTA BAKE Penne Pasta With Vegetables & Beans, Baked In A Rich Sauce (6)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
JAM SPONGE & CUSTARD Sponge Cake With Jam & A Generous Sprinkle Of Coconut (6,8,12)

LASAGNE Beef Ragu, Layered With White Sauce & Pasta, Topped With Melted Mozzarella (6)
HOMITY PIE Cheese & Potato Pie Topped With Tomatoes (6)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
APPLE & BANANA CRISP A Crunchy, Golden-brown Crust With A Mushy Mixture Of Banana & Apple With Custard (6)

WEDNESDAY

THE ROAST Devon Sausages With Crispy Potatoes & Gravy
VEGGIE TOAD IN THE HOLE Crispy Yorkshire Pudding With Veggie Sausages, Lots Of Lovely Vegetables & Gravy (6,8)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
CARROT CAKE Sweet & Moist, Full Of Carrots, Covered In Creamy Icing (8)

THE ROAST Gammon Ham With Crispy Potatoes & Gravy
CAULIFLOWER & BROCCOLI CHEESE Flaky Pastry Packed With A Creamy Cauliflower & Broccoli Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
APPLE CAKE A Deliciously Moist Fruit Cake With A Warm Spice (8)

THE ROAST Chicken With Crispy Potatoes & Gravy
VEGETABLE PARCEL Seasonal Root Vegetables With A Rich Tomato Sauce In A Pastry Wrap
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
FRUITY FLAPJACK Sticky, Chewy & Bursting With Fruity Goodness

THURSDAY

PIZZA The All-American With Pepperoni & Potato Wedges (6)
PIZZA The Original Margherita Topped With Cheese & Tomato With Potato Wedges (6)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
JOLLY JELLY Colourful, Tasty & Wobbly

PIZZA Chicken Pizza & Potato Wedges (6)
PIZZA The Original Margherita Topped With Cheese & Tomato With Potato Wedges
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
ICE CREAM Rich, sweet and creamy (6)

PIZZA Classic Ham Pizza & Potato Wedges (6)
PIZZA The Original Margherita Topped With Cheese & Tomato With Potato Wedges (6)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
JOLLY JELLY Colourful, tasty & wobbly

FRIDAY

FISH FINGERS Fish Fingers With Oven Baked Chips (5)
CHEDDAR AND MOZZARELLA TURNOVER Golden & Crispy On The Outside, Melted Goopy Cheese On The Inside, With Oven Baked Chips (6)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
CHOCOLATE COOKIE Thick, Crunchy & Crumbly

BEEF BURGER Juicy, Local Beef Burger In A Soft White Bap With Oven Baked Chips
VEGGIE BURGER In A Soft White Bap With Oven Baked Chips (7)
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
ROCK CAKES Wonderfully Crumbly, Filled With Orange & Sultanas (8)

FISH FINGERS & CHIPS Fish Fingers With Oven Baked Chips (5)
VEGGIE HOT DOG With Oven Baked Chips
Cheddar Cheese (6), Tuna Mayo (5,8), Baked Beans Or Baked Beans And Cheese (6)
Cheddar Cheese (6), Tuna Mayo (5,8) Or Gammon Ham
FRUIT MUFFIN Light, Moist & Super Fluffy Packed With Fruit (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