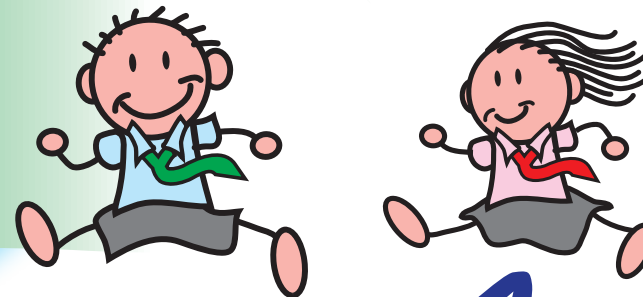
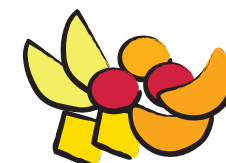


OUR SUPPLIER FRIENDS

- 1 - FRESHA LIMITED
- 2 - CHUNK OF DEVON
- 3 - COFFEEWORKS LTD
- 4 - COUNTRY KITCHEN
- 5 - DART FRESH PRODUCE
- 6 - DEVONVALE LIMITED
- 7 - FORD
- 8 - FREE RANGE EGGS
- 9 - ISCA FOODS
- 10 - J&R FOOD SERVICE
- 11 - JESSICAS FARMHOUSE CAKES
- 12 - MJ BAKER FOODSERVICE LTD
- 13 - PVM SUPPLIES
- 14 - SHAULS BAKERIES LTD
- 15 - SJB FOODS
- 16 - WESTAWAY SAUSAGES LTD
- 16 - GIBBINS QUALITY MEATS



School Menu



because what you eat matters

At Fresha, we want to help your children lead a healthy life. We believe the best meals are both delicious and nutritious and all the ingredients should come from trusted sources. To help us achieve this we have a dedicated team of chefs who create outstanding food using locally sourced ingredients from the best suppliers in the West Country.

We are different, proud and transparent about our food provenance. We feel it is important for you to know where and how we source our food, because what your children eat matters to you – and to us!

We educate and inspire our food suppliers on the importance we place on the sourcing of our ingredients.

Responsible Catering is at the very core of what Fresha stands for – 'because what you eat matters'. Working closely with local suppliers and using the freshest ingredients allows us to prepare a mouth-watering selection of children's menus.

We encourage teachers, parents and children to engage with us and to learn more about the food on your school dinner plates.

fresha
responsible catering



01392 447701 enquiries@fresha.org www.fresha.org

NAME:

CLASS:

★ Freshly baked bread and salad are available each day with all meals

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* WEEK 1	MAIN MEAL	Vegetarian lasagne packed with roasted vegetables in a tomato sauce with a cheese topping <input type="checkbox"/>	Build your own seasoned chicken wrap with carrots, cucumber, lettuce and basmati rice <input type="checkbox"/>	Cajun chicken pizza topped with fresh oregano, potato wedges, coleslaw and sweetcorn <input type="checkbox"/>	Roast Gammon ham and pineapple croquette potatoes, Chef's vegetables of the day and gravy <input type="checkbox"/>	Battered cod oven chips, peas and baked beans <input type="checkbox"/>
	VEGGIE MEAL	Vegetable bolognaise in a tomato sauce with wholemeal pasta twists <input type="checkbox"/>	Creamy Cheddar cheese risotto cakes with cucumber, carrots and lettuce <input type="checkbox"/>	Margarita pizza topped with fresh basil, potato wedges, coleslaw & sweetcorn <input type="checkbox"/>	Vegetarian parcel with carrot, butternut squash and fresh herbs, croquette potatoes, Chef's vegetables of the day and gravy <input type="checkbox"/>	Cheesy courgette sausages, oven chips, peas and baked beans <input type="checkbox"/>
	JACKET POTATOES	Cheddar cheese and baked beans <input type="checkbox"/>	Tuna lemon mayonnaise <input type="checkbox"/>	Gammon ham <input type="checkbox"/>	Cheddar cheese and Coleslaw <input type="checkbox"/>	Chicken and sweetcorn mayonnaise <input type="checkbox"/>
	DESSERT	Vanilla brownie <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Mango crunch cookie with a glass of milk <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Coconut cake and custard <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Fruit sorbet with a shortbread finger biscuit and fruit coulis <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Orange sponge cake <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>
* WEEK 2	MAIN MEAL	Hearty wholemeal pasta bake with sweet seasonal vegetables topped with grated Cheddar cheese <input type="checkbox"/>	Super Duper sweet and sour chicken with vegetables and seasoned rice <input type="checkbox"/>	Pepperoni pizza potato wedges, coleslaw and sweetcorn <input type="checkbox"/>	Roast chicken roasted potatoes, stuffing, Chef's veg of the day and gravy <input type="checkbox"/>	Chicken burger in a burger bun, oven chips, peas and baked beans <input type="checkbox"/>
	VEGGIE MEAL	Seasonal roasted vegetable wrap in a tomato sauce with wholemeal pasta twists <input type="checkbox"/>	Savoury cheese pancake packed with vegetables and quorn mince topped with a cheese sauce <input type="checkbox"/>	Margarita pizza topped with fresh basil, potato wedges, coleslaw and sweetcorn <input type="checkbox"/>	Cauliflower and broccoli wholemeal pasta bake <input type="checkbox"/>	Veggie burger in a burger bun, oven chips, peas and baked beans <input type="checkbox"/>
	JACKET POTATOES	Cheddar cheese and baked beans <input type="checkbox"/>	Tuna lemon mayonnaise <input type="checkbox"/>	Chicken and sweetcorn <input type="checkbox"/>	Cheddar cheese and baked beans <input type="checkbox"/>	Gammon ham <input type="checkbox"/>
	DESSERT	Lemon drizzle cake <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Apricot flapjack <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Ginger cake with custard <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Sponge cake with a cream cheese topping <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Chocolate brownie <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>
* WEEK 3	MAIN MEAL	Chinese stir fried noodles packed with seasoned vegetables <input type="checkbox"/>	Macaroni bake with crispy bacon topped with bread crumbs and served with garden peas <input type="checkbox"/>	Ham pizza potato wedges, sweetcorn and coleslaw <input type="checkbox"/>	Roast beef with roasted potatoes, Yorkshire pudding, Chef's veg of the day and gravy <input type="checkbox"/>	Fish finger sandwich oven chips, peas and baked beans <input type="checkbox"/>
	VEGGIE MEAL	Tomato risotto with mixed salad and garlic bread <input type="checkbox"/>	Mac 'N' Cheese topped with bread crumbs and served with garden peas <input type="checkbox"/>	Margarita pizza topped with fresh basil, potato wedges, sweetcorn and coleslaw <input type="checkbox"/>	Vegetarian loaf made from lentils, carrots, butternut squash and fresh herbs in a vegetarian gravy <input type="checkbox"/>	Cheddar cheese and beans pinwheel oven chips, peas and baked beans <input type="checkbox"/>
	JACKET POTATOES	Cheddar cheese and Coleslaw <input type="checkbox"/>	Sausage and baked beans <input type="checkbox"/>	Chicken and sweetcorn <input type="checkbox"/>	Cheddar cheese and baked beans <input type="checkbox"/>	Gammon ham <input type="checkbox"/>
	DESSERT	Chocolate banana cake <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Sticky fruit cake and custard <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Carrot cake with a yoghurt topping <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Rice pudding and jam <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>	Coconut oatmeal cookie with a glass of milk <input type="checkbox"/> or fruit <input type="checkbox"/> or yoghurt <input type="checkbox"/>

OCTOBER

*WEEK					1
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thu	3	10	17	24	31
Fri	4	11	18	25	

NOVEMBER

*WEEK	2	3	1	2	3
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

DECEMBER

*WEEK	1	2	3	1	2
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	

JANUARY

*WEEK	3	1	2	3	1
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	31

FEBRUARY

*WEEK	2	3	1	2
Mon	3	10	17	24
Tue	4	11	18	25
Wed	5	12	19	26
Thu	6	13	20	27
Fri	7	14	21	28

MARCH

*WEEK	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	