

Welcome to Fresha School Meals



Autumn/Winter 2025 - Allergy Menu

Fresha has a vision to improve the life chances of children and young people, through their food choices

We are making a positive difference to your children's diet and health

Our menus contain 30 different plant based ingredients because what they eat matters

We champion fresh, seasonal, local and sustainable produce

Our delicious, healthy menus are good for both your children and the planet

If there's one group of people that truly benefit from a nutritious, healthy and sustainable diet, it's your children

Improving Children's lives through food



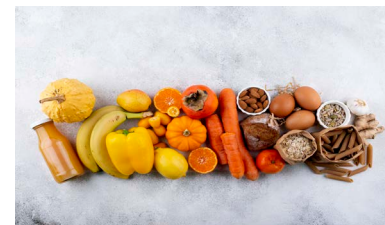
Fresh local produce

We use fresh, regional, sustainable food in season, selecting produce when it is at its best



High quality, varied meals

We offer menus featuring well-loved favourites, while introducing new and exciting choices, ensuring a daily balance of essential nutrients.



Allergies/food allergies

We offer specific menus to address allergies and dietary preferences. Please speak to our in house supervisors should you have any concerns

Please take five minutes to send us your feedback



We offer a daily salad bar with a selection of freshly prepared vegetables to accompany all meals.

Soya based yogurt (11) and fresh fruit are available as an alternative dessert

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	CHEESY BOLOGNAISE AND MACARONI BAKE Plant powered bolognaise mixed with pasta and topped with cheese VG	ULTIMATE BANGERS 'N' MASH Devon pork sausages with creamy mashed potato	ROAST CHICKEN Tender and juicy with tasty potatoes and colourful veggies	PIZZA The all-American with pepperoni	FISH FINGERS Our classic fish fingers sustainably sourced (5)
Option 2	CHEESY POTATO BAKE Potatoes in a creamy cheesy sauce VG	GARDEN GLOW RICE Golden rice with sweet garden veggies VG	WINTER LOAF Seasonal vegetables packed into a traditional bake VG	PIZZA The original cheese and tomato VG	VEGGIE HOT DOG A veggie-packed hotdog in a soft, squishy roll VG
Sides	Garden peas Carrots	Baked beans Green beans	Roast Potatoes Carrots and Broccoli Gravy	Herby diced potatoes Salad bar Sweetcorn	Chips Baked beans Rainbow veggie sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheese, Tuna, or just Cheese with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	APPLE FLAPJACK Soft baked flapjack with juicy apple pieces VG	CHOCOLATE AND TOFFEE COOKIE A naturally chewy, chocolaty cookie VG	SPICED ORANGE SHORTBREAD Soft crumbly shortbread with a zesty orange twist VG	WINTER BERRY SQUARES A sweet, juicy, fruit packed flapjack VG	BANANA MUFFINS Moist, fluffy and packed with banana VG



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

V= Vegetarian VG= Vegan

NOVEMBER

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	CHILLI NON CARNE A mild chilli tucked inside a crunchy taco shell VG	STICKY CHICKEN GOUJON WRAP Chicken bites in a sticky glaze with a salad crunch, served with herby diced potatoes	THE ROAST Classic Gammon Ham	PIZZA The classic chicken with our tomato sauce, topped with chicken	FISH FINGERS Our classic fish fingers sustainably sourced (5)
	BUFFALO BITES Crunchy, lightly battered cauliflower nuggets with a tangy dipping sauce VG	PASTA WITH CREAMY ROASTED TOMATO SAUCE Pasta in a smooth, yummy tomato sauce VG	ROASTED SQUASH, RED PEPPER AND TOMATO WELLINGTON Crispy, flaky pastry filled with classic flavours VG	RAINBOW PIZZA The original cheese and tomato topped with rainbow peppers VG	VEGGIE SAUSAGE ROLL Golden, flaky and full of veggie goodness VG
Sides	Rice Peas Green beans	Sweetcorn Baked beans	Roast potatoes Carrots, Garden peas Gravy	Potato wedges Salad bar Corn on the cob	Chips Peas Rainbow veggie sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheese, Tuna, or just Cheese with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	CHOCOLATE & CHERRY COOKIE Rich chocolate cookie with a cherry drizzle VG	APPLE & BERRY CRUMBLE Traditional winter crumble, packed with apples and winter berries VG	LEMON MUFFIN Bursting with fresh, fruity flavours VG	OATY FLAPJACK Soft baked, crumbly flapjack VG	DESSERT OF THE DAY Our chefs choice of all your favourite desserts VG



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Autumn/Winter 2025 - Allergy Menu



Week Three

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	PASTA BOLOGNESE Penne pasta in a plant-powered bolognese sauce VG	CHICKEN CURRY Chicken and sweet potato in a mildly spiced sauce	ROAST PORK Tender slices of pork with tasty potatoes and colourful veggies	POWERBALL PIZZA An out of this world pizza, topped with meteor balls VG	CHICKEN BURGER A crispy, chicken burger tucked in a soft roll
	MAC 'N' CHEESE Soft pasta in a rich, cheesy sauce VG	COTTAGE PIE Beans, pulses and vegetables in a rich tomato sauce VG	VEGGIE SAUSAGE ROAST Tasty vegetable sausages in a rich gravy VG	PIZZA The original cheese and tomato VG	CARROT AND CHICKPEA BURGER Tasty, colourful and crunchy burger packed in a soft roll VG
Sides	Garlic bread Garden peas Salad bar	Carrots Green beans	Roast potatoes Carrots, Broccoli Gravy	Herby diced potatoes Salad bar Sweetcorn	Chips Baked beans Rainbow veggie sticks
Jacket Potato	Stuffed with Baked Beans with or without Grated Cheese, Tuna, or just Cheese with your choice of freshly prepared vegetables from our Salad Bar				
Dessert	CHERRY SHORTBREAD Buttery shortbread with a burst of cherry VG	CHOCOLATE COOKIE Rich, chocolaty and secretly good for you VG	GINGER COOKIE A warm, sweet, flavoured ginger biscuit VG	LEMON SHORTBREAD Crumbly shortbread with a zingy lemon twist VG	APPLE CRUMBLE BAR A soft granola bar with classic apple pie flavours VG



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