



School Menu

because what you eat matters

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
- 17 - GIBBINS QUALITY MEATS

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

September to December 2020 Menu

★ Freshly prepared and sliced salad and fruit are available daily

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* WEEK 1	MAIN MEAL	Chicken in a tomato & coconut sauce with vegetables, rice & naan bread, (1) <input type="checkbox"/>	Cottage pie with a crunchy potato topping, (1,6) & sweetcorn <input type="checkbox"/>	Ham pizza, (1, 6) potato wedges & baked beans <input type="checkbox"/>	Roast beef Yorkshire pudding, (1,6,8) roast potatoes, Chef's choice of vegetables & gravy <input type="checkbox"/>	Fish fingers (1,5) chips & peas or baked beans <input type="checkbox"/>
	VEGGIE MEAL	Chick pea and lentils in a tomato & coconut sauce with vegetables, rice & naan bread, (1) <input type="checkbox"/>	Roasted vegetable and Quorn lasagne in a tomato sauce with a cheese topping (1,6) <input type="checkbox"/>	Margarita pizza (1,6) (tomato sauce contains bell peppers) potato wedges & baked beans <input type="checkbox"/>	Quorn roast Yorkshire pudding, (1,6,8) roast potatoes, Chef's choice of vegetables & gravy <input type="checkbox"/>	Veggie fingers, (1) chips & peas or baked beans <input type="checkbox"/>
	JACKET POTATOES	Chicken & sweetcorn mayo, (8) or Cheese, (6) & baked beans <input type="checkbox"/>	Tuna mayo, (5, 8) or Cheese, (6) & baked beans <input type="checkbox"/>	Chicken & sweetcorn mayo, (8) or Cheese, (6) & baked beans <input type="checkbox"/>	Ham & cheese, (8) or Cheese, (6) & baked beans <input type="checkbox"/>	Tuna mayo, (5, 8) or Cheese, (6) & baked beans <input type="checkbox"/>
	DESSERT	Apricot & raisin Flapjack, (1) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Iced carrot cake with chocolate sprinkles (1,8) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Rice pudding with a fruit compote, (6) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Apple & vanilla muffin, (1, 8,6) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Chocolate orange crispy bar <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>
* WEEK 2	MAIN MEAL	Sausages, (1) mash potatoes, (6) baked beans or garden peas & gravy <input type="checkbox"/>	Meatballs in tomato sauce, pasta twists, (1) & Garlic bread, (1) <input type="checkbox"/>	Pepperoni pizza, (1,6,7) potato wedges & sweetcorn <input type="checkbox"/>	Roast gammon joint roast potatoes, Chef's choice of vegetables & gravy <input type="checkbox"/>	Beef burger in a bun, (1) with or without cheese, (6) in roll with chips, peas or baked beans <input type="checkbox"/>
	VEGGIE MEAL	Vegetarian sausages mash potatoes, (6) baked beans or garden peas & gravy <input type="checkbox"/>	Macaroni cheese (1, 6) with broccoli, peas & a cheesy crumb crust with garlic bread, (1) <input type="checkbox"/>	Margarita pizza, (1,6) (tomato sauce contains bell peppers) potato wedges & sweetcorn <input type="checkbox"/>	Carrot and lentil patties roast potatoes, Chef's choice of vegetables & gravy <input type="checkbox"/>	Veggie burger in a bun, (1) with or without cheese, (6), with chips, peas or baked beans <input type="checkbox"/>
	JACKET POTATOES	Tuna mayo, (5, 8) or baked beans & Cheese, (6) <input type="checkbox"/>	Sausage onion & cheese, (6) or baked beans & Cheese, (6) <input type="checkbox"/>	Tuna mayo, (5, 8) or baked beans & Cheese, (6) <input type="checkbox"/>	Sausage onion & cheese, (6) or baked beans & Cheese, (6) <input type="checkbox"/>	Tuna, (5) & sweetcorn mayo, (8) or baked beans & (Cheese, 6) <input type="checkbox"/>
	DESSERT	Syrup sponge, (1, 8) Custard, (6) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Chocolate fudge cake (1,6,8) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Pear & apple crumble, (1) with vanilla custard, (6) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Vanilla Sponge (1,8) & custard (6) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Chocolate brownie (1,8) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>
* WEEK 3	MAIN MEAL	Beef Bolognese Bake with pasta twists, Cheddar cheese, (1, 6) & garlic bread, (1) <input type="checkbox"/>	Chicken & ham pie with a puff pastry top, (1,8) roasted mid potatoes, green beans & carrots <input type="checkbox"/>	Pepperoni, (1,6,7) & ham pizza potato wedges & sweetcorn <input type="checkbox"/>	Roast chicken with roast potatoes, Chef's choice of vegetables, (stuffing ball, (1) & gravy <input type="checkbox"/>	Battered cod (1,5,8) with chips, peas or baked beans <input type="checkbox"/>
	VEGGIE MEAL	Vegetarian Bolognese bake with Quorn mince, pasta twists, Cheddar cheese, (1, 6) & (garlic bread, (1) <input type="checkbox"/>	Cheese & potato Pasty, (1,6,8) green beans & carrots <input type="checkbox"/>	Margarita pizza with cheddar and mozzarella (1,6) (tomato sauce contains bell peppers) potato wedges & sweetcorn <input type="checkbox"/>	Roasted Mediterranean vegetables puff parcel, (1,8) roast potatoes, Chef's choice of vegetables, stuffing ball, (1) & gravy <input type="checkbox"/>	Vegetable nuggets, (1) with chips, peas or baked beans <input type="checkbox"/>
	JACKET POTATOES	Tuna mayo, (5, 8) or baked beans & Cheese, (6) <input type="checkbox"/>	Chicken & sweetcorn mayo, (8) or baked beans & Cheese, (6) <input type="checkbox"/>	Beef bolognese & cheese, (1,6) or baked beans & Cheese, (6) <input type="checkbox"/>	Tuna mayo, (5, 8) OR baked beans & Cheese, (6) <input type="checkbox"/>	Chicken & sweetcorn mayo, (8) or baked beans & Cheese, (6) <input type="checkbox"/>
	DESSERT	Summer crumble, rhubarb, raspberries, (1) & custard, (6) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Shortbread, (1) & fruit slices <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Gluten free banana & oatmeal muffin <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Raspberry jelly & mandarins <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>	Chocolate cookie, (1) <input type="checkbox"/> or sliced fruit platter <input type="checkbox"/> or yoghurt (6) <input type="checkbox"/>

SEPTEMBER

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

OCTOBER

*WEEK	2	3	1	2	
Mon		5	12	19	26
Tue		6	13	20	27
Wed		7	14	21	28
Thu	1	8	15	22	29
Fri	2	9	16	23	30

NOVEMBER

*WEEK	3	1	2	3	1
Mon	2	9	16	23	30
Tue	3	10	17	24	
Wed	4	11	18	25	
Thu	5	12	19	26	
Fri	6	13	20	27	

DECEMBER

*WEEK	1	2	3		
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	

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) Dairy (7) Mustard (8) Eggs (9) Peanuts
 (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
 (13) Tree Nuts (14) Molluscs