



GUARDIANS  
of

# SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

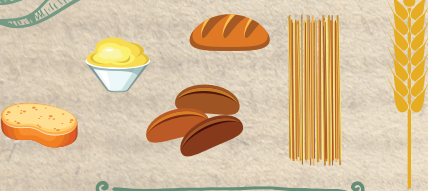
LIFE STAGE

FOOD CHOICES

MAKING WISE

FOOD CHOICES

FOR KIDS



UNDERSTANDING  
the importance  
of food for  
childrens  
physical and  
mental  
wellbeing

EGG FREE



EGG FREE



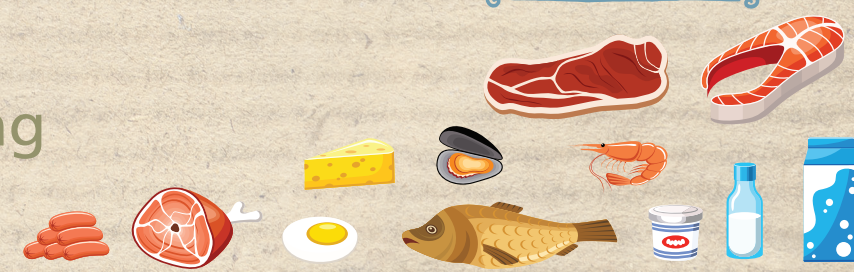
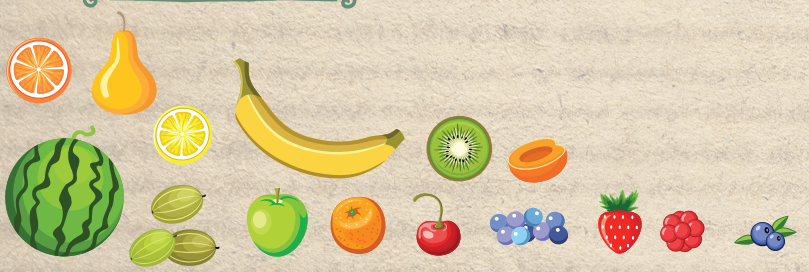
IMPROVING CHILDREN'S LIFE THROUGH FOOD



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

fresha

responsible catering





# SUMMER MENU 2022

**EGG FREE**

\* FRESHLY PREPARED AND SLICED SALAD AND FRUIT ARE AVAILABLE DAILY \*

< WEEK 1 >

**MAIN MEAL**

**Macaroni Cheese**  
with Garlic bread & Peas (1,6)  
☐

**TUESDAY**

**Meatballs**  
in a tomato sauce with rice & Focaccia bread (1,2,11,12) ☐

**WEDNESDAY**

**Chicken Pizza,**  
Potato wedges & Sweetcorn (1,6) ☐

**THURSDAY**

**Roast Ham,** Roast potatoes, Chef's choice of vegetables & Gravy ☐

**FRIDAY**

**Fish fingers,** Chips, Peas, ☐ or Baked beans (1.5) ☐

**VEGGIE MEAL**

**Vegetable Lasagne,**  
Garlic bread & Peas (1,6)  
☐

**Falafels in flatbread**  
with a yoghurt dressing, served with rice and salad (1,6)  
☐

**Margherita Pizza,** Potato wedges & Sweetcorn (1,6)  
☐

**Roasted vegetable patties,** Roasted potatoes, Chef's choice of vegetables & Gravy ☐

**Mozzarella Fingers,** Chips, Peas, ☐ or Baked beans (1,6)  
☐

**JACKET POTATOES**

Choose from Cheddar Cheese ☐  
and/or, Baked beans (6) ☐

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**DESSERTS**

Shortbread with fruit slices (1),  
Sliced fruit or ☐ Yoghurt (6) ☐

Apple pastry (1)  
sliced fruit ☐ or yoghurt (6) ☐

Fruit Flapjack (1),  
Sliced fruit ☐ or Yoghurt (6) ☐

Jelly with fruit,  
Sliced fruit ☐ or Yoghurt (6) ☐

Vanilla Cookie (1)  
Sliced fruit ☐ or Yoghurt (6) ☐

< WEEK 2 >

**MAIN MEAL**

**BBQ Chicken Wrap**  
with a Rice Salad (1)  
☐

**Macaroni Cheese,**  
Olive oil & Basil bread, & Sweetcorn (1,6)  
☐

**Ham Pizza,**  
Potato wedges and Sweetcorn (1,6)  
☐

**Roast Chicken,** Roast potatoes, Chef's choice of vegetables & Gravy ☐

**Beef Burger** in a bread roll with Chips, Peas, ☐ or Baked beans (1,2,11,12) ☐

**VEGGIE MEAL**

**Sweet and Sour vegetable wrap**  
with a Rice Salad (1)  
☐

**Crunchy Vegetable Crumble** with Seasonal veg and a Cheese topping with Olive oil & Basil bread (1,6) ☐

**Margherita Pizza,** Potato wedges & Sweetcorn (1,6)  
☐

**Roasted Mediterranean vegetables Puff Parcel,** Roast potatoes, Chef's choice of vegetables & Gravy (1) ☐

**Plant based Burger** in a bread roll with Chips, Peas, ☐ or Baked beans (1,7) ☐

**JACKET POTATOES**

Choose from Cheddar Cheese ☐  
and/or, Baked beans (6) ☐

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and/or, Baked beans (6) ☐

**DESSERTS**

Ginger biscuit (1)  
Sliced fruit or ☐ yoghurt (6) ☐

Strawberry Ice Cream (6),  
Sliced fruit ☐ or Yoghurt (6) ☐

Chocolate & Banana Cake  
Sliced fruit or ☐ yoghurt (6) ☐

Jelly with fruit,  
Sliced fruit or ☐ Yoghurt (6) ☐

Chocolate cookie (1),  
sliced fruit ☐ or yoghurt (6) ☐

< WEEK 3 >

**MAIN MEAL**

**Macaroni Cheese**  
with Rosemary Focaccia bread & Sweetcorn (1,6) ☐

**Sausages,**  
Mash potato, Peas & Gravy (1,12)  
☐

**Pepperoni Pizza,**  
Potato wedges & Sweetcorn (1,6)  
☐

**Roast Turkey,** Roast potatoes, Chef's choice of vegetables & Gravy ☐

**Fish Fingers**  
with Chips, Peas, ☐ or Baked beans (1,5)  
☐

**VEGGIE MEAL**

**Pasta in a Tomato sauce,**  
Rosemary Focaccia bread & Sweetcorn (1) ☐

**Plant based Sausages,**  
Mash potato, Peas & Gravy  
☐

**Margherita Pizza,** Potato wedges & Sweetcorn (1,6)  
☐

**Veggie Loaf,** Roast potatoes, Chef's choice of vegetables & Gravy ☐

**Cheddar Cheese and Baked bean Pinwheel** with Chips, Peas, ☐ or Baked beans (1,6) ☐

**JACKET POTATOES**

Choose from Cheddar Cheese ☐  
and/or, Baked beans (6) ☐

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and/or, Baked beans (6) ☐

**DESSERTS**

Chocolate Shortbread (1),  
Sliced fruit ☐ or Yoghurt (6) ☐

Vanilla Ice Cream (6),  
Sliced fruit or Yoghurt (6) ☐

Jam Tart (1)  
Sliced fruit or ☐ Yoghurt (6) ☐

Jelly with fruit,  
Sliced fruit ☐ or Yoghurt (6) ☐

Vanilla Cookie (1),  
Sliced fruit or ☐ Yoghurt (6) ☐



**APRIL**

WEEK		-	-	1
MON	4	11	18	25
TUE	5	12	19	26
WED	6	13	20	27
THU	7	14	21	28
FRI	8	15	22	29

**MAY**

WEEK	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	

**JUNE**

WEEK	3	1	2	3
MON	6	13	20	27
TUE	7	14	21	28
WED	1	8	15	22
THU	2	9	16	23
FRI	3	10	17	24

**JULY**

WEEK	3	1	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