



Welcome to Fresha School Meals Spring/Summer 2026 - Allergy Menu

At Fresha our vision is simple and heartfelt, to improve the life chances of children and young people through the food they eat. We are proud to be making a positive contribution to your children's diet and overall health.

Alongside meat and fish, our menus include at least 30 different plant-based ingredients, because what children eat matters. By offering a wide variety of wholesome foods, we help develop healthy habits that can last a lifetime.

We champion fresh, seasonal, local and sustainable produce. Not only does this mean tastier, more vibrant meals, it also supports our communities and protects the world your children are growing up in.



Fresh local produce

We love using fresh, regional and sustainably sourced ingredients in our meals. By choosing produce that's in season, we make sure everything is selected at its very best



High quality, varied meals

We create menus that bring together well-loved favourites and new, exciting dishes packed with quality, flavour and goodness



Allergies/food allergies

We understand that every child is different. That's why we provide carefully planned menus to support food allergies and intolerances

We offer a colourful salad bar filled with a fresh selection of seasonal vegetables and fruit to enjoy alongside each meal. For dessert, we also provide the option of yogurt (6) or fresh fruit

fresha
responsible catering



Please take five minutes
to send us your feedback



Please scan for our
allergen charts



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	PASTA BAR Penne pasta in a smooth, creamy chicken sauce	HOMEMADE SAUSAGE ROLL Golden pastry filled with quality, Devon sausage meat	ROAST CHICKEN Roast chicken breast with crispy potatoes and gravy	PIZZA The classic American topping of pepperoni	FISH FINGERS Cod fillet in a crispy breadcrumb coating (5)
Main Two	PASTA BAR Penne pasta in a tomato and basil sauce (VG)	CHEESY POTATO BAKE Potato slices baked in a creamy cheese sauce (VG)	VEGGIE SAUSAGE ROAST Veggie Sausages with crispy potatoes and gravy (VG)	PIZZA The original cheese and tomato (VG)	VEGAN NUGGETS With a BBQ dip (VG)
Sides	Garlic bread (VG) Garden peas (VG) Salad bar (VG)	Jacket wedges (VG) Cucumber sticks (VG) Baked beans (VG)	Roasted potatoes (VG) Chefs vegetables of the day (VG) Gravy (VG)	Herby diced potatoes (VG) Salad bar (VG) Sweetcorn (VG)	Oven chips (VG) Garden peas (VG) Baked beans (VG)
Jacket Potato / Pasta	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)	Pasta with a tomato and basil sauce (VG)	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)	Pasta with a tomato and basil sauce (VG)	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)
Filled Baguette	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham
Dessert	LEMON SHORTBREAD Traditional shortbread with a zing (VG)	CHOCOLATE COOKIE A chewy, chocolatey cookie (VG)	ORANGE JELLY Colourful, tasty and wobbly (VG)	RICE PUDDING With an apple jam (VG)	CHEFS DESSERT OF THE DAY Our chefs choice of all your favourite desserts (VG)

APRIL

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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

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	CHICKEN CURRY Mild chicken and sweet potato curry with fluffy rice	BANGERS 'N' MASH Devon pork sausages with creamy mashed potato	THE ROAST Gammon ham with crispy potatoes and gravy	PIZZA BBQ chicken pizza	FISH FINGERS Cod fillet in a crispy breadcrumb coating (5)
Main Two	PASTA BAKE Roasted veg and chickpeas in a tomato sauce (VG)	VEGGIE BANGERS 'N' MASH Veggie sausages with creamy mashed potato (VG)	VEGGIE LOAF Hearty lentil and vegetable loaf (VG)	PIZZA The original cheese and tomato (VG)	VEGGIE BURGER Veggie burger in a soft roll (VG)
Sides	Garden peas (VG) Salad bar (VG)	Herby diced potatoes (VG) Baked beans (VG) Green beans (VG)	Roasted potatoes (VG) Chefs vegetables of the day (VG) Gravy (VG)	Jacket potato wedges (VG) Sweetcorn (VG) Salad bar (VG)	Oven chips (VG) Garden peas (VG) Salad bar (VG)
Jacket Potato / Pasta	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)	Pasta with a tomato and basil sauce (VG)	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)	Pasta with a tomato and basil sauce (VG)	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)
Filled Baguette	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham
Dessert	LEMON MUFFIN Fluffy lemon muffin with lemon icing (VG)	SPICED ORANGE SHORTBREAD Lightly spiced, orange biscuit (VG)	SORBET Choice of orange or lemon (VG)	FLAPJACK Traditional oatly flapjack (VG)	CHEFS DESSERT OF THE DAY Our chefs choice of all your favourite desserts (VG)



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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main One	CHEESY BOLOGNAISE BAKE Beef ragu mixed with pasta and topped with cheese. Served with garlic bread	BBQ CHICKEN WRAP Tangy BBQ chicken and crunchy slaw in a soft tortilla wrap	THE ROAST Devon sausages with a crispy potatoes and gravy	PIZZA A classic topping of cheese, tomato and ham	BUTCHERS BURGER Westcountry burger tucked in a soft roll
Main Two	VEGGIE CURRY Mixed pepper and butternut squash in a mildly spiced sauce served with rice (VG)	FALAFEL WRAP Sweet potato and chickpea falafels in a soft tortilla wrap (VG)	MEDITERRANEAN TART Crispy pastry tart filled with mediterranean vegetables (VG)	PIZZA The original cheese and tomato (VG)	FRIDAY FAVOURITE HOTDOG Quorn sausage in a soft roll (VG)
Sides	Garden peas (VG) Salad bar (VG)	Jacket wedges (VG) Sweetcorn (VG) Salad bar (VG)	Roasted potatoes (VG) Chefs vegetables of the day (VG) Gravy (VG)	Herby diced potatoes (VG) Carrot and cucumber sticks (VG) Salad bar (VG)	Oven chips (VG) Slaw (VG) Sweetcorn salsa (VG)
Jacket Potato/ Pasta	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)	Pasta with a tomato and basil sauce (VG)	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)	Pasta with a tomato and basil sauce (VG)	Vegan cheese (VG) Tuna (5), Baked beans (VG) Baked beans and cheese (VG)
Filled Baguette	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham	Vegan cheese (VG) Tuna (5) Gammon ham
Dessert	BLUEBERRY MUFFIN Bursting with fresh fruity flavours (VG)	STRAWBERRY JELLY Colourful, tasty and wobbly (VG)	CHOCOLATE CRACKNEL Rich and chocolatey rice crispy cake (VG)	SORBET Choice of orange or lemon (VG)	CHEFS DESSERT OF THE DAY Our chefs choice of all your favourite desserts (VG)



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