

GUARDIANS

of

# SCHOOL MEALS

we

CARE & PREPARE

MEANINGFUL

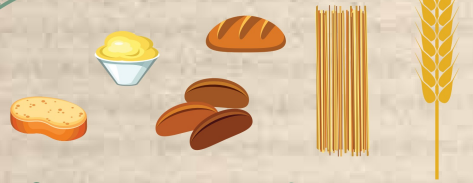
LIFE STAGE

FOOD CHOICES

MAKING WISE

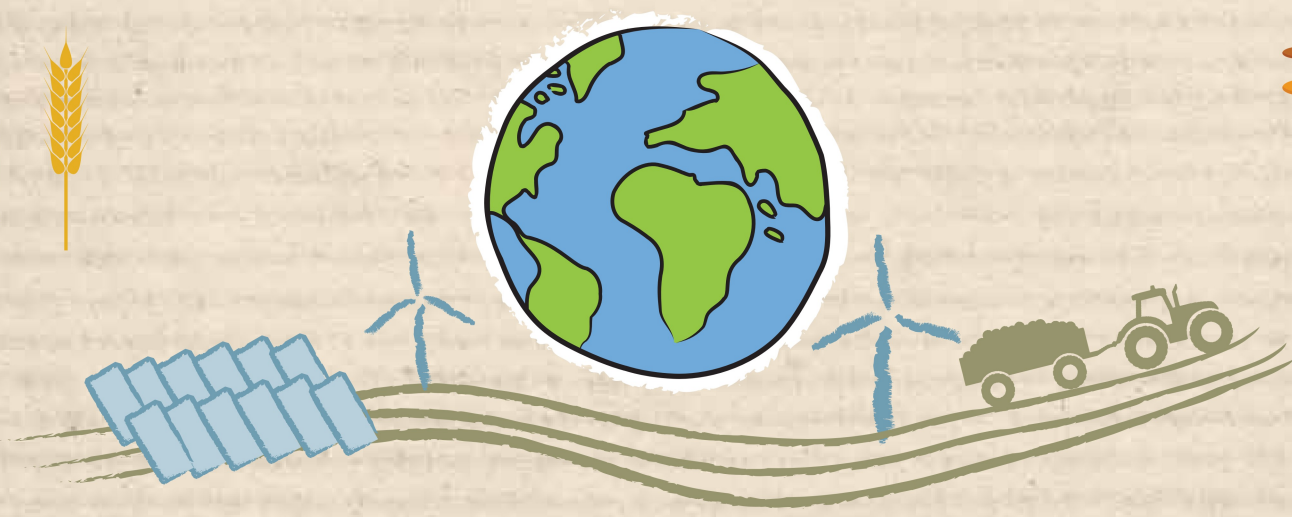
FOOD CHOICES

FOR KIDS



UNDERSTANDING  
the importance  
of food for  
childrens  
physical and  
mental  
wellbeing

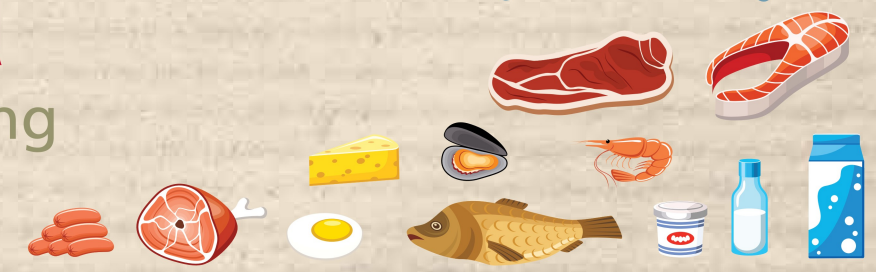
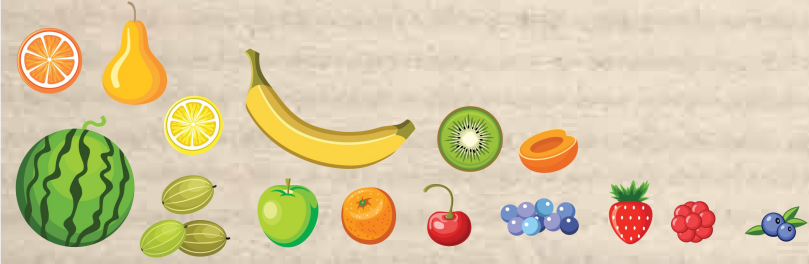
CHAMPIONING  
fresh, local,  
sustainable  
produce for  
healthier diets  
and the  
environment



IMPROVING CHILDREN'S LIFE THROUGH FOOD

# fresha

responsible catering



# SUMMER MENU 2022

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

> WEEK 1 <

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

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

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

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

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

**Fish & Chips**, Peas,  or Baked beans (1,5,6)

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)

**Yorkshire Pudding** filled with roasted vegetables, Roasted potatoes, Chef's choice of extra vegetables & Gravy (1,6,8)

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

JACKET POTATOES

Choose from Tuna mayo (5,8), Baked beans  and/or Cheddar Cheese (6)

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DESSERTS

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

Apple Cake (1,8), Sliced fruit  or Yoghurt (6)

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

Jelly with fruit, Sliced fruit  or Yoghurt (6)

Iced Chocolate Cake (1,8), 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 & 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

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DESSERTS

Ginger sponge & custard (1,6,8), Sliced fruit  or Yoghurt (6)

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

Chocolate and Banana Cake (1,8), 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

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DESSERTS

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

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

Jam and Coconut Cake (1,8), 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	1	8	15 22 29

MAY

WEEK	2	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	

JUNE

WEEK	3	1	2	3
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

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