

THE MEAD ACADEMY KITCHEN

TERM 1 – AUTUMN MENU

2017-2018

Dear Parents/Carers

Welcome to our Autumn Term 1 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Thursday 13th July 2017**, providing payment where necessary. Cheques should be made payable to 'The Mead Academy Trust.' We will copy and return your menu for you to retain for next term.

We aim to provide a nutritionally balanced menu that meets the standards set by the School Food Trust. We use quality ingredients that are:

- Produced locally
- From sustainable sources or ethically supplied
- Farm assured, i.e. meat that carries the red tractor logo
- Approved by the Marine Conservation Society (Fish)

All hot meals are served with a selection of seasonal vegetables which will include some of the following: carrots, squash/pumpkin, sweetcorn, cabbage, and we offer a daily meat-free option, suitable for vegetarians

Please encourage your children to choose a hot meal every day. Drinking water, milk and bread is freely available. All children will be offered the main dessert option; however, seasonal fruit will be available as an alternative.

Please be aware the menu may change due to situations beyond our control.

If you have any special dietary needs please contact the school office to discuss your menu options.

Food Allergen Advice Note: This is available from the school office and on our website.

Key Stage 2 meals cost £2.30 per child per day.

The Mead Academy Kitchen



PLEASE TICK EITHER MAIN, VEGETARIAN OR COLD OPTION COURSE EACH DAY

CHILD'S NAME:		OFFICE USE ONLY
CHILD'S CLASS:		DATE:
		INITIALS:
		TOTAL:

W/C: 04/09 /2017 1	MONDAY INSET DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE		BEEF BOLOGNESE WITH WHOLEMEAL PASTA TWISTS	FARM ASSURED PORK SAUSAGES, ROAST POTATOES, YORKSHIRE PUDDING & GRAVY	HOMEMADE HAM PIZZA	BREADED MCS FISH WITH OVEN CHIPS
VEGETARIAN		LENTIL BURGERS WITH SWEET POTATO CHIPS	TOMATO & PEPPER PASTA BAKE	HOMEMADE CHEESE & TOMATO PIZZA	VEGETARIAN SAUSAGE TOAD IN THE HOLE
COLD OPTION		BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES		MIXED SALAD OR BROCCOLI	GREEN BEANS & CARROTS	BAKED BEANS OR SWEETCORN	GARDEN PEAS
DESSERT		SEASONAL FRUIT CRUMBLE & CUSTARD	CHOCOLATE ICE CREAM ROLL	BANANA CAKE	ORANGE SHORTBREAD
				KS2 TOTAL	£.....

W/C: 11/09/2017 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHEESE & HAM MACARONI	COTTAGE PIE	HOMEMADE PEPPERONI PIZZA	ROAST CHICKEN & STUFFING WITH ROAST POTATOES	BREADED MCS FISH WITH POTATO WEDGES
VEGETARIAN	BORSCHT	POTATO TOPPED LENTIL & VEGETABLE PIE	WHOLEMEAL CHEESE & ONION PASTIES	SPANISH OMELETTE	CAULIFLOWER & BROCCOLI CHEESE WITH POTATO WEDGES
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES	TOSSED SALAD	BAKED BEANS	SWEETCORN	CARROTS & BROCCOLI	GARDEN PEAS
DESSERT	BLUEBERRY SPONGE	BANANA CUSTARD	FRUIT YOGHURTS	CHOCOLATE BROWNIE	FRESH FRUIT PLATTER
				KS2 TOTAL	£.....

W/C: 18/09/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3										
MAIN COURSE	SALMON & LEEK PASTA BAKE		MILD CHICKEN CURRY & BROWN RICE		FARM ASSURED MINCED BEEF LASAGNE		ROAST PORK WITH APPLE SAUCE & ROAST POTATOES		ITALIAN CHICKEN	
VEGETARIAN	JACKET POTATO & CHEESE		AUTUMN VEGETABLE RISOTTO		SWEET POTATO LENTIL CURRY & COUS COUS		VEGETARIAN SAUSAGE & ROAST POTATOES		VEGETABLE CHEESE & BEAN WRAPS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	MIXED SALAD		BROCCOLI & CUCUMBER STICKS		GREEN BEANS		CARROTS & CABBAGE		SWEETCORN	
DESSERT	LEMON CAKE		EVE'S PUDDING & CUSTARD		FRUIT YOGHURTS		SELECTION OF MARSHFIELD ICE CREAM		OAT & RAISIN COOKIES	
								KS2 TOTAL	£.....	

W/C: 25/09/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4										
MAIN COURSE	LAMB KABSA (HALAL)		BEEF BOLOGNESE WITH WHOLEMEAL PASTA TWISTS		FARM ASSURED PORK SAUSAGES, ROAST POTATOES, YORKSHIRE PUDDING & GRAVY		HOMEMADE HAM PIZZA		BREADED MCS FISH WITH OVEN CHIPS	
VEGETARIAN	JACKET POTATO WITH CHEESE & BEANS		LENTIL BURGERS WITH SWEET POTATO CHIPS		TOMATO & PEPPER PASTA BAKE		HOMEMADE CHEESE & TOMATO PIZZA		VEGETARIAN SAUSAGE TOAD IN THE HOLE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	MIXED SALAD		MIXED SALAD OR BROCCOLI		GREEN BEANS & CARROTS		BAKED BEANS OR SWEETCORN		GARDEN PEAS	
DESSERT	FRESH FRUIT PLATTER		SEASONAL FRUIT CRUMBLE & CUSTARD		CHOCOLATE ICE CREAM ROLL		BANANA CAKE		ORANGE SHORTBREAD	
								KS2 TOTAL	£.....	

W/C: 02/10/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5										
MAIN COURSE	CHEESE & HAM MACARONI		COTTAGE PIE		HOMEMADE PEPPERONI PIZZA		ROAST CHICKEN & STUFFING WITH ROAST POTATOES		BREADED MCS FISH WITH POTATO WEDGES	
VEGETARIAN	BORSCHT		POTATO TOPPED LENTIL & VEGETABLE PIE		WHOLEMEAL CHEESE & ONION PASTIES		SPANISH OMELETTE		CAULIFLOWER & BROCCOLI CHEESE WITH POTATO WEDGES	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	TOSSED SALAD		BAKED BEANS		SWEETCORN		CARROTS & BROCCOLI		GARDEN PEAS	
DESSERT	BLUEBERRY SPONGE		BANANA CUSTARD		FRUIT YOGHURTS		CHOCOLATE BROWNIE		FRESH FRUIT PLATTER	
								KS2 TOTAL	£.....	

W/C:09/10/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
6											
MAIN COURSE	SALMON & LEEK PASTA BAKE		MILD CHICKEN CURRY & BROWN RICE		FARM ASSURED MINCED BEEF LASAGNE		ROAST PORK WITH APPLE SAUCE & ROAST POTATOES		ITALIAN CHICKEN		
VEGETARIAN	JACKET POTATO & CHEESE		AUTUMN VEGETABLE RISOTTO		SWEET POTATO LENTIL CURRY & COUS COUS		VEGETARIAN SAUSAGE ROAST POTATOES		VEGETABLE CHEESE & BEAN WRAPS		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
VEGETABLES	MIXED SALAD		BROCCOLI & CUCUMBER STICKS		GREEN BEANS		CARROTS & CABBAGE		SWEETCORN		
DESSERT	LEMON CAKE		EVES PUDDING		FRUIT YOGHURTS		SELECTION OF MANSFIELD ICE CREAM		OAT & RAISIN COOKIES		
								KS2 TOTAL		£.....	

W/C:16/10/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
7											
MAIN COURSE	LAMB KABSA (HALAL)		BEEF BOLOGNESE WITH WHOLEMEAL PASTA TWISTS		FARM ASSURED PORK SAUSAGES, ROAST POTATOES, YORKSHIRE PUDDING & GRAVY						
VEGETARIAN	JACKET POTATO WITH CHEESE & BEANS		LENTIL BURGERS WITH SWEET POTATO CHIPS		TOMATO & PEPPER PASTA BAKE						
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR						
VEGETABLES	MIXED SALAD		MIXED SALAD OR BROCCOLI		GREEN BEANS & CARROTS						
DESSERT	FRESH FRUIT PLATTER		SEASONAL FRUIT CRUMBLE & CUSTARD		CHOCOLATE ICE CREAM ROLL						
								KS2 TOTAL		£.....	

FOR PARENTS USE:
TOTAL PAID £.....

Dietary Requirements:

If your child has a specific dietary requirement, we kindly request that this must be supported by a medical document.

Other Requirements:

Please put any parental preferences, cultural requirements or other dietary wishes in this section.

Dietary Requirements: (Please tick)		Other Requirements: (Please indicate)	
Gluten Free		Halal	
Dairy Free		Kosher	
Nut Free			
Wheat Free			
Other (please specify)			