

THE MEAD ACADEMY KITCHEN

TERM 2 – AUTUMN MENU

2017-2018

Dear Parents/Carers

Welcome to our Autumn Term 2 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Wednesday 11th October**, 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.

All meals are charged at £2.30 each and will be included on your nursery invoice.

The Mead Academy Kitchen

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)			



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: 30/10/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	INSET DAY				BONFIRE NIGHT
MAIN COURSE		CHICKEN TAGINE (HALAL)	ROAST LEG OF PORK WITH ROAST POTATOES	HOMEMADE BEEF COBBLER	BANGERS & MASH
VEGETARIAN		JACKET POTATO WITH CHEESE & BEANS	VEGETARIAN SAUSAGE AND ROAST POTATOES	LENTIL BURGERS WITH SWEET POTATO CHIPS	'CATHERINE WHEEL' PIZZA
COLD OPTION		BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES		SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
DESSERT		SEASONAL FRUIT CRUMBLE & CUSTARD	FRUIT YOGHURTS	BANANA CAKE	TOFFEE APPLE SPONGE WITH TOFFEE SAUCE

W/C: 6/11/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2					
MAIN COURSE	MACARONI CHEESE	COTTAGE PIE	HOMEMADE PEPPERONI PIZZA	ROAST CHICKEN & STUFFING WITH ROAST POTATOES	BREADED MCS FISH WITH POTATO WEDGES
VEGETARIAN	CHUNKY WINTER VEGETABLE RISOTTO	SWEET POTATO & CHICKPEA CURRY WITH WHOLEMEAL RICE	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	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
DESSERT	PEAR & CHOCOLATE SPONGE WITH CHOCOLATE SAUCE	DATE SLICE	PLUM CRUMBLE CAKE	FRUIT YOGHURTS	FLAPJACK

W/C: 13/11/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY CHILDREN IN NEED	
3										
MAIN COURSE	SALMON & BROCCOLI PASTA BAKE		MILD CHICKEN CURRY & BROWN RICE		PASTA BOLOGNAISE WITH WHOLEMEAL PASTA		PORK CHIPOLATA SAUSAGE WITH ROAST POTATO & YORKSHIRE PUDDING		PIRI PIRI CHICKEN GOUJONS & CHIPS	
VEGETARIAN	JACKET POTATO & CHEESE		SPICED BEAN & VEG STEW		VEGETARIAN BOLOGNAISE WITH WHOLEMEAL PASTA		QUORN CABBAGE ROLLS (GOLABKI)		PEPPER FRITTATA	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	APPLE & SULTANA SPONGE PUDDING WITH CUSTARD		RICE PUDDING & JAM		CHOCOLATE BROWNIE		FRUIT YOGHURTS		PUDSEY BISCUIT	

W/C: 20/11/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4										
MAIN COURSE	PASTA IN TOMATO & BASIL SAUCE TOPPED WITH MOZZERELLA		CHICKEN TAGINE (HALAL)		ROAST LEG OF PORK WITH ROAST POTATOES		HOMEMADE BEEF COBBLER		BREADED FISH FINGERS & CHIPS	
VEGETARIAN	WINTER VEGETABLE SOUP WITH CRUSTY WHOLEMEAL ROLL		JACKET POTATO WITH CHEESE & BEANS		VEGETARIAN SAUSAGE AND ROAST POTATOES		LENTIL BURGERS WITH SWEET POTATO CHIPS		VEGETABLE LASAGNE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	BLUEBERRY & VANILLA SPONGE		SEASONAL FRUIT CRUMBLE & CUSTARD		FRUIT YOGHURTS		BANANA CAKE		ORANGE SHORTBREAD	

W/C: 27/11/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5										
MAIN COURSE	MACARONI CHEESE		COTTAGE PIE		HOMEMADE PEPPERONI PIZZA		ROAST CHICKEN & STUFFING WITH ROAST POTATOES		BREADED MCS FISH WITH POTATO WEDGES	
VEGETARIAN	CHUNKY WINTER VEGETABLE RISOTTO		SWEET POTATO & CHICKPEA CURRY WITH WHOLEMEAL RICE		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	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	PEAR & CHOCOLATE SPONGE WITH CHOCOLATE SAUCE		DATE SLICE		PLUM CRUMBLE CAKE		FRUIT YOGHURTS		FLAPJACK	

W/C: 04/12/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6										
MAIN COURSE	SALMON & BROCCOLI PASTA BAKE		MILD CHICKEN CURRY & BROWN RICE		PASTA BOLOGNAISE WITH WHOLEMEAL PASTA		PORK CHIPOLATA SAUSAGE WITH ROAST POTATO & YORKSHIRE PUDDING		PIRI PIRI CHICKEN GOUJONS & CHIPS	
VEGETARIAN	JACKET POTATO & CHEESE		SPICED BEAN & VEG STEW		VEGETARIAN BOLOGNAISE WITH WHOLEMEAL PASTA		QUORN CABBAGE ROLLS (GOLABKI)		PEPPER FRITTATA	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	APPLE & SULTANA SPONGE PUDDING WITH CUSTARD		RICE PUDDING & JAM		CHOCOLATE BROWNIE		FRUIT YOGHURTS		OAT & RAISIN COOKIE	

W/C: 11/12/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7										
MAIN COURSE	PASTA IN TOMATO & BASIL SAUCE TOPPED WITH MOZZERELLA		CHICKEN TAGINE (HALAL)		ROAST LEG OF PORK WITH ROAST POTATOES		HOMEMADE BEEF COBBLER		BREADED FISH FINGERS & CHIPS	
VEGETARIAN	WINTER VEGETABLE SOUP WITH CRUSTY WHOLEMEAL ROLL		JACKET POTATO WITH CHEESE & BEANS		VEGETARIAN SAUSAGE AND ROAST POTATOES		LENTIL BURGERS WITH SWEET POTATO CHIPS		VEGETABLE LASAGNE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	BLUEBERRY & VANILLA SPONGE		SEASONAL FRUIT CRUMBLE & CUSTARD		FRUIT YOGHURTS		BANANA CAKE		ORANGE SHORTBREAD	

W/C: 18/12/2017	MONDAY		TUESDAY CHISTMAS DINNER		WEDNESDAY		THURSDAY		FRIDAY	
8										
MAIN COURSE	MACARONI CHEESE		ROAST TURKEY WITH ROAST POTATOES & CHIPOLATA SAUSAGE & CRANBERRY SAUCE		HOMEMADE PEPPERONI PIZZA					
VEGETARIAN	CHUNKY WINTER VEGETABLE RISOTTO		VEGETARIAN SAUSAGE WITH ROAST POTATOES & CRANBERRY SAUCE		WHOLEMEAL CHEESE & ONION PASTIES					
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR					
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG					
DESSERT	PEAR & CHOCOLATE SPONGE WITH CHOCOLATE SAUCE		GINGERBREAD CHRISTMAS BISCUIT		PLUM CRUMBLE CAKE					