

THE MEAD ACADEMY KITCHEN

TERM 6 – SUMMER MENU (HILPERTON SITE)

2016-2017

Dear Parents and Carers,

Welcome to our Summer Term 6 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Monday 22nd May 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, green beans, spring greens, squash or salad and we offer a daily meat-free option, suitable for vegetarians.

The Buffet selection will be reduced for this season. 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.

Oxenwood, Kilve and Plas Pencelli residentials are all taking place in Term 6. If your child is attending a residential, please do not book a lunch on these days.

Please note there will be no buffet bar available on Sports Day.

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:

PLAS PENCELLI & OXENWOOD RESIDENTIALS

W/C:05/06/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1										
MAIN COURSE	HOMEMADE CHEESE & TOMATO PIZZA		CHINESE CHICKEN & RICE		BEEF LASAGNE		CHIPOLATA SAUSAGE WITH ROAST POTATOES & YORKSHIRE PUDDING		HOMEMADE SALMON FISHCAKES WITH POTATO WEDGES	
VEGETARIAN	VEGETABLE & BUTTERBEAN CURRY & BROWN RICE		VEGETABLE STIR FRY & NOODLES		WHOLEMEAL SPRING ONION & CHEDDAR QUICHE		HALF STUFFED PEPPER WITH COUSCOUS		JACKET POTATO WITH CHEESE & BEANS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	BANANA FLAPJACK		CHOCOLATE & ORANGE MUFFIN		SELECTION OF YOGHURTS		MARSHFIELD ICE CREAM WITH FRESH FRUIT		SUMMER FRUIT PLATTER & NATURAL YOGHURT	
							KS2 TOTAL		£.....	

W/C 12/06/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2										
MAIN COURSE	CHICKEN & BACON PASTA		MIXED FISH PIE WITH GRILLED CHEESY TOPPING		BEEF BOLOGNAISE & WHOLEMEAL PASTA TWISTS		ROAST GAMMON, WITH POTATOES & PEAS		MCS FISH FINGERS & CHIPS	
VEGETARIAN	CHUNKY CHICKPEA RATATOUILLE PASTA		GOLABKI (MEAT FREE POLISH CABBAGE ROLLS)		SWEETCORN & PEPPER FRITTATA		VEGETARIAN SAUSAGE WITH POTATOES & PEAS		FALAFEL WITH A TORTILLA WRAP & SALAD	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	APPLE CAKE		SUMMER FRUIT MERINGUE		RASPBERRY RIPPLE ICE CREAM ROLL		SELECTION OF YOGHURTS		VANILLA SHORTBREAD & STRAWBERRIES	
							KS2 TOTAL		£.....	

W/C: 19/06/2017	MONDAY		TUESDAY HILPERTON SITE SPORTS DAY		WEDNESDAY		THURSDAY		FRIDAY	
3										
MAIN COURSE	TUNA PASTA BAKE		PACKED LUNCH WITH HAM		HALAL HOMEMADE PEPPERONI PIZZA		ROAST CHICKEN, ROAST POTATOES & STUFFING		BREADED MCS FISH WITH CROQUET POTATOES	
VEGETARIAN	SUMMER BEAN & VEGETABLE RISOTTO		PACKED LUNCH WITH CHEESE		SWEETCORN & SWEET POTATO BURGER		HOMEMADE VEGETABLE NUGGETS WITH SALSA, DIP & WHOLEMEAL RICE SALAD		BAKED EGG & BEAN VEGETABLE RICE	
COLD OPTION	BUFFET BAR		NOT AVAILABLE		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	RASPBERRY YOGHURT SPONGE		OAT & RAISIN COOKIE		CHOCOLATE ICE CREAM ROLL		SUMMER FRUIT PLATTER		ICED LEMON CAKE	
								KS2 TOTAL	£.....	

W/C:26/06/2017	MONDAY INSET DAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4										
MAIN COURSE	HOMEMADE CHEESE & TOMATO PIZZA		CHINESE CHICKEN & RICE		BEEF LASAGNE		CHIPOLATA SAUSAGE WITH ROAST POTATOES & YORKSHIRE PUDDING		HOMEMADE SALMON FISHCAKES WITH POTATO WEDGES	
VEGETARIAN	VEGETABLE & BUTTERBEAN CURRY & BROWN RICE		VEGETABLE STIR FRY & NOODLES		WHOLEMEAL SPRING ONION & CHEDDAR QUICHE		HALF STUFFED PEPPER WITH COUSCOUS		JACKET POTATO WITH CHEESE & BEANS	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	BANANA FLAPJACK		CHOCOLATE & ORANGE MUFFIN		SELECTION OF YOGHURTS		MARSHFIELD ICE CREAM WITH FRESH FRUIT		SUMMER FRUIT PLATTER & NATURAL YOGHURT	
								KS2 TOTAL	£.....	

KILVE RESIDENTIAL

W/C:03/07/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5										
MAIN COURSE	CHICKEN & BACON PASTA		MIXED FISH PIE WITH GRILLED CHEESY TOPPING		BEEF BOLOGNAISE & WHOLEMEAL PASTA TWISTS		ROAST GAMMON, WITH POTATOES & PEAS		MCS FISH FINGERS & CHIPS	
VEGETARIAN	CHUNKY CHICKPEA RATATOUILLE PASTA		GOLABKI (MEAT FREE POLISH CABBAGE ROLLS)		SWEETCORN & PEPPER FRITTATA		VEGETARIAN SAUSAGE WITH POTATOES & PEAS		FALAFEL WITH A TORTILLA WRAP & SALAD	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
DESSERT	APPLE CAKE		SUMMER FRUIT MERINGUE		RASPBERRY RIPPLE ICE CREAM ROLL		SELECTION OF YOGHURTS		VANILLA SHORTBREAD & STRAWBERRIES	
								KS2 TOTAL	£.....	

W/C: 10/07/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
6											
MAIN COURSE	TUNA PASTA BAKE		MEATBALLS IN TOMATO SAUCE & SPAGHETTI		HALAL HOMEMADE PEPPERONI PIZZA		ROAST CHICKEN, ROAST POTATOES & STUFFING		BREADED MCS FISH WITH CROQUET POTATOES		
VEGETARIAN	SUMMER BEAN & VEGETABLE RISOTTO		PASTA WITH TOMATO & MOZZARELLA		SWEETCORN & SWEET POTATO BURGER		HOMEMADE VEGETABLE NUGGETS WITH SALSA, DIP & WHOLEMEAL RICE SALAD		BAKED EGG & BEAN VEGETABLE RICE		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
DESSERT	RASPBERRY YOGHURT SPONGE		OAT & RAISIN COOKIE		CHOCOLATE ICE CREAM ROLL		SUMMER FRUIT PLATTER		ICED LEMON CAKE		
								KS2 TOTAL		£.....	

W/C: 17/07/2017	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
7											
MAIN COURSE	HOMEMADE CHEESE & TOMATO PIZZA		CHINESE CHICKEN & RICE		BEEF LASAGNE		CHIPOLATA SAUSAGE WITH ROAST POTATOES & YORKSHIRE PUDDING		HOMEMADE SALMON FISHCAKES WITH POTATO WEDGES		
VEGETARIAN	VEGETABLE & BUTTERBEAN CURRY & BROWN RICE		VEGETABLE STIR FRY & NOODLES		WHOLEMEAL SPRING ONION & CHEDDAR QUICHE		HALF STUFFED PEPPER WITH COUSCOUS		JACKET POTATO WITH CHEESE & BEANS		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
DESSERT	BANANA FLAPJACK		CHOCOLATE & ORANGE MUFFIN		SELECTION OF YOGHURTS		MARSHFIELD ICE CREAM WITH FRESH FRUIT		SUMMER FRUIT PLATTER & NATURAL YOGHURT		
								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	<input type="checkbox"/>	Halal	<input type="checkbox"/>
Dairy Free	<input type="checkbox"/>	Kosher	<input type="checkbox"/>
Nut Free	<input type="checkbox"/>		
Wheat Free	<input type="checkbox"/>		
Other (please specify)	<input type="checkbox"/>		