

THE MEAD ACADEMY KITCHEN

TERM 3 NURSERY

Dear Parents/Carers

Welcome to our Term 3 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Wednesday 5th December 2018**. We will copy and return your menu for you to retain for next term. **The cost is £2.30 per meal.**

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, cauliflower, 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 for nursery / pre-school children cost £2.30 per child per day. YOU DO NOT NEED TO PROVIDE PAYMENT WITH YOUR MENU – ALL CHARGES WILL BE ADDED TO YOUR TERM 3 INVOICE

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)			



CHILD'S NAME:	Ladybirds / Mice	OFFICE USE ONLY	
CHILD'S CLASS: (please circle)		DATE:	
		INITIALS:	
		TOTAL:	

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

W/C: 08/01/2019 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	INSET DAY		SAUSAGE CASSEROLE AND MASH		HAM AND PINEAPPLE PIZZA		ROAST CHICKEN WITH ROAST POTATOES		BREADED FISH FINGERS & CHIPS	
VEGETARIAN			QUORN SAUSAGE CASSEROLE AND MASH		JACKET POTATO WITH BEANS AND CHEESE		VEG STEW AND DUMPLINGS		VEGETABLE BYRIANI	
VEGETABLES			SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT			RAISIN SHORT BREAD		FRUIT PLATTER		FRUIT YOGURT		BLUEBERRY SPONGE	
								NURSERY TOTAL	£.....	

W/C: 14/01/2019 2	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA		CHICKEN AND VEGETABLE PIE		JACKET POTATO WITH TUNA SWEETCORN		COTTAGE PIE		FISH FINGERS & WEDGES	
VEGETARIAN	TOMATO AND BASIL PASTA		VEGETABLE RISOTTO		CHEESE & TOMATO PIZZA		VEGETABLE COTTAGE PIE		BEAN BURGER IN A BUN	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	ICE CREAM		RASPBERRY YOGURT CAKE		FRUITY FLAPJACK		FRUIT PLATTER		LEMON DRIZZLE CAKE	
								NURSERY TOTAL	£.....	

W/C: 21/01/2019 3	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	PASTA CARBONARA		BEEF CHILLI AND RICE		HALAL CHICKEN KORMA WITH BROWN RICE		ROAST SAUSAGE WITH ROAST POTAOES		HOMEMADE FISH CAKE AND CHIPS	
VEGETARIAN	MACARONI CHEESE		MIXED BEAN CHILLI AND RICE		CHEESE AND ONION PASTY		QUORN TOAD IN HOLE		SWEET POTATO AND LENTIL CURRY WITH BROWN RICE	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	FRUIT PLATTER		PEAR AND CHOCOLATE SPONGE		BANANA MUFFIN		FRUIT YOGURT		OAT AND CHERRY COOKIE	
								NURSERY TOTAL	£.....	

W/C: 28/01/2019 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	BEEF LASAGNE		SAUSAGE CASSEROLE AND MASH		HAM AND PINEAPPLE PIZZA		ROAST CHICKEN WITH ROAST POTATOES		BREADED FISH FINGERS & CHIPS	
VEGETARIAN	VEGETABLE LASAGNE		QUORN SAUSAGE CASSEROLE AND MASH		JACKET POTATO WITH BEANS AND CHEESE		VEG STEW AND DUMPLINGS		VEGETABLE BYRIANI	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	JAM SPONGE		RAISIN SHORT BREAD		FRUIT PLATTER		FRUIT YOGURT		BLUEBERRY SPONGE	
								NURSERY TOTAL	£.....	

W/C: 04/02/2019 5	MONDAY		TUESDAY CHINESE NEW YEAR		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA		CHICKEN CURRY WITH EGG FRIED RICE		JACKET POTATO WITH TUNA SWEETCORN		COTTAGE PIE		FISH FINGERS & WEDGES	
VEGETARIAN	TOMATO AND BASIL PASTA		SPRING ROLL WITH EGG FRIED RICE		CHEESE & TOMATO PIZZA		VEGETABLE COTTAGE PIE		BEAN BURGER IN A BUN	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	ICE CREAM		RASPBERRY YOGURT CAKE		FRUITY FLAPJACK		FRUIT PLATTER		LEMON DRIZZLE CAKE	
								NURSERY TOTAL	£.....	

W/C: 11/02/2019 6	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	PASTA CARBONARA		BEEF CHILLI AND RICE		HALAL CHICKEN KORMA WITH BROWN RICE		ROAST SAUSAGE WITH ROAST POTATOES		HOMEMADE FISH CAKE AND CHIPS	
VEGETARIAN	MACARONI CHEESE		MIXED BEAN CHILLI AND RICE		CHEESE AND ONION PASTY		QUORN TOAD IN HOLE		SWEET POTATO AND LENTIL CURRY WITH BROWN RICE	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	FRUIT PLATTER		PEAR AND CHOCOLATE SPONGE		BANANA MUFFIN		FRUIT YOGURT		OAT AND CHERRY COOKIE	
								NURSERY TOTAL	£.....	