

# THE MEAD ACADEMY KITCHEN

## TERM 3

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 5<sup>th</sup> 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.

### 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)			



<b>CHILD'S NAME:</b>		<b>OFFICE USE ONLY</b>
<b>CHILD'S CLASS:</b>		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
<b>MAIN COURSE</b>	INSET DAY	SAUSAGE CASSEROLE AND MASH	HAM AND PINEAPPLE PIZZA	ROAST CHICKEN WITH ROAST POTATOES	BREADED FISH FINGERS & CHIPS
<b>VEGETARIAN</b>		QUORN SAUSAGE CASSEROLE AND MASH	JACKET POTATO WITH BEANS AND CHEESE	VEG STEW AND DUMPLINGS	VEGETABLE BYRIANI
<b>COLD OPTION</b>		BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
<b>VEGETABLES</b>		SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>		RAISIN SHORT BREAD	FRUIT PLATTER	FRUIT YOGURT	BLUEBERRY SPONGE
				<b>KS2 TOTAL</b>	£.....

W/C: 14/01/2019 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA	CHICKEN AND VEGETABLE PIE	JACKET POTATO WITH TUNA SWEETCORN	COTTAGE PIE	FISH FINGERS & WEDGES
<b>VEGETARIAN</b>	TOMATO AND BASIL PASTA	VEGETABLE RISOTTO	CHEESE & TOMATO PIZZA	VEGETABLE COTTAGE PIE	BEAN BURGER IN A BUN
<b>COLD OPTION</b>	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
<b>VEGETABLES</b>	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>	ICE CREAM	RASPBERRY YOGURT CAKE	FRUITY FLAPJACK	FRUIT PLATTER	LEMON DRIZZLE CAKE
				<b>KS2 TOTAL</b>	£.....

W/C: 21/01/2019 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	PASTA CARBONARA	BEEF CHILLI AND RICE	HALAL CHICKEN KORMA WITH BROWN RICE	ROAST SAUSAGE WITH ROAST POTATOES	HOMEMADE FISH CAKE AND CHIPS
<b>VEGETARIAN</b>	MACARONI CHEESE	MIXED BEAN CHILLI AND RICE	CHEESE AND ONION PASTY	QUORN TOAD IN HOLE	SWEET POTATO AND LENTIL CURRY WITH BROWN RICE
<b>COLD OPTION</b>	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
<b>VEGETABLES</b>	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>	FRUIT PLATTER	PEAR AND CHOCOLATE SPONGE	BANANA MUFFIN	FRUIT YOGURT	OAT AND CHERRY COOKIE
				<b>KS2 TOTAL</b>	£.....

W/C: 28/01/2019 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>MAIN COURSE</b>	BEEF LASAGNE		SAUSAGE CASSEROLE AND MASH		HAM AND PINEAPPLE PIZZA		ROAST CHICKEN WITH ROAST POTATOES		BREADED FISH FINGERS & CHIPS		
<b>VEGETARIAN</b>	VEGETABLE LASAGNE		QUORN SAUSAGE CASSEROLE AND MASH		JACKET POTATO WITH BEANS AND CHEESE		VEG STEW AND DUMPLINGS		VEGETABLE BYRIANI		
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		
<b>DESSERT</b>	JAM SPONGE		RAISIN SHORT BREAD		FRUIT PLATTER		FRUIT YOGURT		BLUEBERRY SPONGE		
								<b>KS2 TOTAL</b>		£.....	

W/C: 04/02/2019 5	MONDAY		TUESDAY CHINESE NEW YEAR		WEDNESDAY		THURSDAY		FRIDAY		
<b>MAIN COURSE</b>	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA		CHICKEN CURRY WITH EGG FRIED RICE		JACKET POTATO WITH TUNA SWEETCORN		COTTAGE PIE		FISH FINGERS & WEDGES		
<b>VEGETARIAN</b>	TOMATO AND BASIL PASTA		SPRING ROLL WITH EGG FRIED RICE		CHEESE & TOMATO PIZZA		VEGETABLE COTTAGE PIE		BEAN BURGER IN A BUN		
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		
<b>DESSERT</b>	ICE CREAM		RASPBERRY YOGURT CAKE		FRUITY FLAPJACK		FRUIT PLATTER		LEMON DRIZZLE CAKE		
								<b>KS2 TOTAL</b>		£.....	

W/C: 11/02/2019 6	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>MAIN COURSE</b>	PASTA CARBONARA		BEEF CHILLI AND RICE		HALAL CHICKEN KORMA WITH BROWN RICE		ROAST SAUSAGE WITH ROAST POTAOES		HOMEMADE FISH CAKE AND CHIPS		
<b>VEGETARIAN</b>	MACARONI CHEESE		MIXED BEAN CHILLI AND RICE		CHEESE AND ONION PASTY		QUORN TOAD IN HOLE		SWEET POTATO AND LENTIL CURRY WITH BROWN RICE		
<b>COLD OPTION</b>	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		
<b>DESSERT</b>	FRUIT PLATTER		PEAR AND CHOCOLATE SPONGE		BANANA MUFFIN		FRUIT YOGURT		OAT AND CHERRY COOKIE		
								<b>KS2 TOTAL</b>		£.....	