

# THE MEAD ACADEMY KITCHEN

## TERM 4 NURSERY

Dear Parents/Carers

Welcome to our Term 4 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Monday 4<sup>th</sup> February 2019**. 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 4 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)			



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

**PLEASE TICK EITHER MAIN OR VEGETARIAN COURSE EACH DAY**

W/C: 25/02/2019 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	BEEF LASAGNE	SAUSAGE MASH AND BEANS	PEPPERONI PIZZA	ROAST CHICKEN WITH ROAST POTATOES	BREADED FISH FINGERS & CHIPS
<b>VEGETARIAN</b>	VEGETABLE LASAGNE	QUORN SAUSAGE CASSEROLE AND MASH	VEGETABLE RISOTTO	VEGETABLE STEW AND DUMPLINGS	VEGETABLE BYRIANI
<b>VEGETABLES</b>	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>	JAM SPONGE	RAISIN SHORT BREAD	FRUIT PLATTER	FRUIT YOGHURT	BLUEBERRY SPONGE
				<b>NURSERY TOTAL</b>	£.....

W/C: 04/03/2019 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA	HALAL CHICKEN AND VEGETABLE PIE	JACKET POTATO WITH TUNA SWEETCORN	COTTAGE PIE	FISH FINGERS & WEDGES
<b>VEGETARIAN</b>	TOMATO AND BASIL PASTA	JACKET POTATO CHEESE & BEANS	CHEESE & TOMATO PIZZA	CAULIFLOWER & BROCCOLI CHEESE	BEAN BURGER IN A BUN
<b>VEGETABLES</b>	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>	ICE CREAM	RASPBERRY YOGHURT CAKE	FRUITY FLAPJACK	FRUIT PLATTER	LEMON DRIZZLE CAKE
				<b>NURSERY TOTAL</b>	£.....

W/C: 11/03/2019 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	PASTA CARBONARA	BEEF CHILLI AND RICE	CHICKEN KORMA WITH BROWN RICE	ROAST SAUSAGE WITH ROAST POTAOES	HOMEMADE FISH CAKE AND CHIPS
<b>VEGETARIAN</b>	MACARONI CHEESE	BEAN AND CHEESE WRAP	VEGETABLE PASTY	QUORN TOAD IN HOLE	SWEET POTATO AND LENTIL CURRY WITH BROWN RICE
<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 YOGHURT	OAT AND CHERRY COOKIE
				<b>NURSERY TOTAL</b>	£.....

W/C: 18/03/2019 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	BEEF LASAGNE		SAUSAGE MASH AND BEANS		PEPPERONI PIZZA		ROAST CHICKEN WITH ROAST POTATOES		BREADED FISH FINGERS & CHIPS	
<b>VEGETARIAN</b>	VEGETABLE LASAGNE		QUORN SAUSAGE CASSEROLE AND MASH		VEGETABLE RISOTTO		VEGETABLE STEW AND DUMPLINGS		VEGETABLE BYRIANI	
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>	JAM SPONGE		RAISIN SHORT BREAD		FRUIT PLATTER		FRUIT YOGHURT		BLUEBERRY SPONGE	
								<b>NURSERY TOTAL</b>	£.....	

W/C: 25/03/2019 5	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA		HALAL CHICKEN AND VEGETABLE PIE		JACKET POTATO WITH TUNA SWEETCORN		COTTAGE PIE		FISH FINGERS & WEDGES	
<b>VEGETARIAN</b>	TOMATO AND BASIL PASTA		JACKET POTATO CHEESE & BEANS		CHEESE & TOMATO PIZZA		CAULIFLOWER & BROCCOLI CHEESE		BEAN BURGER IN A BUN	
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>	ICE CREAM		RASPBERRY YOGHURT CAKE		FRUITY FLAPJACK		FRUIT PLATTER		LEMON DRIZZLE CAKE	
								<b>NURSERY TOTAL</b>	£.....	

W/C: 01/04/2019 6	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	PASTA CARBONARA		BEEF CHILLI AND RICE		CHICKEN KORMA WITH BROWN RICE		ROAST SAUSAGE WITH ROAST POTATOES		HOMEMADE FISH CAKE AND CHIPS	
<b>VEGETARIAN</b>	MACARONI CHEESE		BEAN AND CHEESE WRAP		VEGETABLE PASTY		QUORN TOAD IN HOLE		SWEET POTATO AND LENTIL CURRY WITH BROWN RICE	
<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 YOGHURT		EASTER BISCUIT	
								<b>NURSERY TOTAL</b>	£.....	