

THE MEAD ACADEMY KITCHEN

TERM 4

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 4th 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.

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:		OFFICE USE ONLY	
CHILD'S CLASS:		DATE:	INITIALS:
		TOTAL:	

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

W/C: 25/02/2019 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BEEF LASAGNE	SAUSAGE MASH AND BEANS	PEPPERONI PIZZA	ROAST CHICKEN WITH ROAST POTATOES	BREADED FISH FINGERS & CHIPS
VEGETARIAN	VEGETABLE LASAGNE	QUORN SAUSAGE CASSEROLE AND MASH	VEGETABLE RISOTTO	VEGETABLE STEW AND DUMPLINGS	VEGETABLE BYRIANI
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
DESSERT	JAM SPONGE	RAISIN SHORT BREAD	FRUIT PLATTER	FRUIT YOGHURT	BLUEBERRY SPONGE
				KS2 TOTAL	£.....

W/C: 04/03/2019 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA	HALAL CHICKEN AND VEGETABLE PIE	JACKET POTATO WITH TUNA SWEETCORN	COTTAGE PIE	FISH FINGERS & WEDGES
VEGETARIAN	TOMATO AND BASIL PASTA	JACKET POTATO CHEESE & BEANS	CHEESE & TOMATO PIZZA	CAULIFLOWER & BROCCOLI CHEESE	BEAN BURGER IN A BUN
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
DESSERT	ICE CREAM	RASPBERRY YOGHURT CAKE	FRUITY FLAPJACK	FRUIT PLATTER	LEMON DRIZZLE CAKE
				KS2 TOTAL	£.....

W/C: 11/03/2019 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	PASTA CARBONARA	BEEF CHILLI AND RICE	CHICKEN KORMA WITH BROWN RICE	ROAST SAUSAGE WITH ROAST POTATOES	HOMEMADE FISH CAKE AND CHIPS
VEGETARIAN	MACARONI CHEESE	BEAN AND CHEESE WRAP	VEGETABLE PASTY	QUORN TOAD IN HOLE	SWEET POTATO AND LENTIL CURRY WITH BROWN RICE
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
DESSERT	FRUIT PLATTER	PEAR AND CHOCOLATE SPONGE	BANANA MUFFIN	FRUIT YOGHURT	OAT AND CHERRY COOKIE
				KS2 TOTAL	£.....

W/C: 18/03/2019 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	BEEF LASAGNE		SAUSAGE MASH AND BEANS		PEPPERONI PIZZA		ROAST CHICKEN WITH ROAST POTATOES		BREADED FISH FINGERS & CHIPS	
VEGETARIAN	VEGETABLE LASAGNE		QUORN SAUSAGE CASSEROLE AND MASH		VEGETABLE RISOTTO		VEGETABLE STEW AND DUMPLINGS		VEGETABLE BYRIANI	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	JAM SPONGE		RAISIN SHORT BREAD		FRUIT PLATTER		FRUIT YOGHURT		BLUEBERRY SPONGE	
								KS2 TOTAL	£.....	

W/C: 25/03/2019 5	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL PASTA		HALAL CHICKEN AND VEGETABLE PIE		JACKET POTATO WITH TUNA SWEETCORN		COTTAGE PIE		FISH FINGERS & WEDGES	
VEGETARIAN	TOMATO AND BASIL PASTA		JACKET POTATO CHEESE & BEANS		CHEESE & TOMATO PIZZA		CAULIFLOWER & BROCCOLI CHEESE		BEAN BURGER IN A BUN	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	ICE CREAM		RASPBERRY YOGHURT CAKE		FRUITY FLAPJACK		FRUIT PLATTER		LEMON DRIZZLE CAKE	
								KS2 TOTAL	£.....	

W/C: 01/04/2019 6	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	PASTA CARBONARA		BEEF CHILLI AND RICE		CHICKEN KORMA WITH BROWN RICE		ROAST SAUSAGE WITH ROAST POTAOES		HOMEMADE FISH CAKE AND CHIPS	
VEGETARIAN	MACARONI CHEESE		BEAN AND CHEESE WRAP		VEGETABLE PASTY		QUORN TOAD IN HOLE		SWEET POTATO AND LENTIL CURRY WITH BROWN RICE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	FRUIT PLATTER		PEAR AND CHOCOLATE SPONGE		BANANA MUFFIN		FRUIT YOGHURT		EASTER BISCUIT	
								KS2 TOTAL	£.....	