

# THE MEAD ACADEMY KITCHEN

## TERM 5 NURSERY

Dear Parents/Carers

Welcome to our Term 5 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Thursday 21<sup>st</sup> March 2019**. We will copy and return your menu for you to retain for next term. The cost is £2.30 per meal for Nursery / pre-school children.

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: sweetcorn, peas, cabbage, carrots and peppers 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 5 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</b> (please circle)	Ladybirds / Mice	DATE: .....
		TOTAL: .....

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

W/C: 22/04/2019 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	EASTER MONDAY	CHICKEN & LEEK PIE WITH NEW POTATOES	HAM & PINEAPPLE PIZZA	BEEF COBBLER	POTATO TOPPED FISH PIE
<b>VEGETARIAN</b>		POTATO & LEEK CHEDDAR CAKES	CHEESE & ONION PASTY	LENTIL BOLOGNESE & WHOLEMEAL PASTA	POTATO & PEPPER FRITATA
<b>VEGETABLES</b>		SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>		RAISIN SHORTBREAD	FRUIT PLATTER	APPLE CRUMBLE & CUSTARD	CHOCOLATE BROWNIE
				<b>NURSERY TOTAL</b>	£.....

W/C: 29/04/2019 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	SAUSAGE PASTA BAKE	SWEET AND SOUR CHICKEN WITH BROWN RICE	PASTA BOLOGNESE	ROAST PORK WITH ROAST POTATOES	FISH FINGERS & CHIPS
<b>VEGETARIAN</b>	MEDITERANEAN PASTA BAKE	BUTTERNUT SQUASH TAGINE	CHEESE & TOMATO PIZZA	LENTIL BUTTERBEAN CASSEROLE	STUFFED MUSHROOM WITH MOZARELLA
<b>VEGETABLES</b>	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>	BLUEBERRY MUFFINS	RED VELVET CAKE	FRUIT PLATTER	YOGHURT	MINI ICED BUNS
				<b>NURSERY TOTAL</b>	£.....

W/C: 06/05/2019 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	BANK HOLIDAY MONDAY	HALAL CHINESE CHICKEN CURRY WITH RICE	HOMEMADE BURGER IN A BUN WITH SALAD	ROAST CHICKEN WITH ROAST POTAOES	FISH & SEASONED SLICED POTATOES
<b>VEGETARIAN</b>		VEG SPRING ROLLS WITH EGG RICE	SPRING VEGETABLE RISOTTO	VEGETABLE FINGERS WITH ROAST POTATOES	JACKET POTATO WITH CHEESE & BEANS
<b>VEGETABLES</b>		SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
<b>DESSERT</b>		FRUIT PLATTER	ETON MESS	YOGHURT	COURGETTE & ORANGE CAKE
				<b>NURSERY TOTAL</b>	£.....

W/C: 13/05/2019 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	ROSOL (POLISH CHICKEN SOUP)		CHICKEN & LEEK PIE WITH NEW POTATOES		HAM & PINEAPPLE PIZZA		BEEF COBBLER		POTATO TOPPED FISH PIE	
<b>VEGETARIAN</b>	VEGETABLE CURRY WITH COUSCOUS		POTATO & LEEK CHEDDAR CAKES		CHEESE & ONION PASTY		LENTIL BOLOGNESE & WHOLEMEAL PASTA		POTATO & PEPPER FRITATA	
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>	CARROT CAKE		RAISIN SHORTBREAD		FRUIT PLATTER		APPLE CRUMBLE CUSTARD		CHOCOLATE BROWNIE	
								<b>NURSERY TOTAL</b>	£.....	

W/C: 20/05/2019 5	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	<b>INSET DAY</b>		SWEET AND SOUR CHICKEN WITH BROWN RICE		PASTA BOLOGNESE		ROAST PORK WITH ROAST POTATOES		FISH FINGERS & CHIPS	
<b>VEGETARIAN</b>			BUTTERNUT SQUASH TAGINE		CHEESE & TOMATO PIZZA		LENTIL BUTTERBEAN CASSEROLE		STUFFED MUSHROOM WITH MOZARELLA	
<b>VEGETABLES</b>			SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>			RED VELVET CAKE		FRUIT PLATTER		YOGHURT		MINI ICED BUNS	
								<b>NURSERY TOTAL</b>	£.....	