

THE MEAD ACADEMY KITCHEN

TERM 5

Dear Parents/Carers

Welcome to our Term 5 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Monday 18th March 2019**. We will copy and return your menu for you to retain for next term. The cost is £2.30 per meal for KS2 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.

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: 22/04/2019 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|------------------|--|--------------------------|---|----------------------------|
| 1 | | | | | |
| MAIN COURSE | EASTER MONDAY | CHICKEN & LEEK PIE WITH NEW POTATOES | HAM & PINEAPPLE PIZZA | BEEF COBBLER | POTATO TOPPED FISH PIE |
| VEGETARIAN | | POTATO & LEEK CHEDDAR CAKES | CHEESE & ONION PASTY | LENTIL BOLOGNESE & WHOLEMEAL PASTA | POTATO & PEPPER FRITATA |
| COLD OPTION | | BUFFET BAR | BUFFET BAR | BUFFET BAR | BUFFET BAR |
| VEGETABLES | | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG |
| DESSERT | | RAISIN SHORTBREAD | FRUIT PLATTER | APPLE CRUMBLE & CUSTARD | CHOCOLATE BROWNIE |
| | | | | KS2 TOTAL | £..... |

| W/C: 29/04/2019 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|----------------------------|--|--------------------------|--------------------------------------|---------------------------------------|
| 2 | | | | | |
| MAIN COURSE | SAUSAGE PASTA BAKE | SWEET AND SOUR CHICKEN WITH BROWN RICE | PASTA BOLOGNESE | ROAST PORK WITH ROAST POTATOES | FISH FINGERS & CHIPS |
| VEGETARIAN | MEDITERANEAN PASTA BAKE | BUTTERNUT SQUASH TAGINE | CHEESE & TOMATO PIZZA | LENTIL BUTTERBEAN CASSEROLE | STUFFED MUSHROOM WITH MOZARELLA |
| COLD OPTION | BUFFET BAR | BUFFET BAR | BUFFET BAR | BUFFET BAR | BUFFET BAR |
| VEGETABLES | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG |
| DESSERT | BLUEBERRY MUFFINS | RED VELVET CAKE | FRUIT PLATTER | YOGHURT | MINI ICED BUNS |
| | | | | KS2 TOTAL | £..... |

| W/C: 06/05/2019 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|---------------------------|---|--|--|--|
| 3 | | | | | |
| MAIN COURSE | 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 |
| VEGETARIAN | | VEG SPRING ROLLS WITH EGG RICE | SPRING VEGETABLE RISOTTO | VEGETABLE FINGERS WITH ROAST POTATOES | JACKET POTATO WITH CHEESE & BEANS |
| COLD OPTION | | BUFFET BAR | BUFFET BAR | BUFFET BAR | BUFFET BAR |
| VEGETABLES | | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG |
| DESSERT | | FRUIT PLATTER | ETON MESS | YOGHURT | COURGETTE & ORANGE CAKE |
| | | | | KS2 TOTAL | £..... |

| W/C: 13/05/2019 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|-------------------------------------|--|-----------------------------|---|-------------------------------|
| MAIN COURSE | ROSOL (POLISH CHICKEN SOUP) | CHICKEN & LEEK PIE WITH NEW POTATOES | HAM & PINEAPPLE PIZZA | BEEF COBBLER | POTATO TOPPED FISH PIE |
| VEGETARIAN | VEGETABLE CURRY WITH COUSCOUS | POTATO & LEEK CHEDDAR CAKES | CHEESE & ONION PASTY | LENTIL BOLOGNESE & WHOLEMEAL PASTA | POTATO & PEPPER FRITATA |
| COLD OPTION | BUFFET BAR | BUFFET BAR | BUFFET BAR | BUFFET BAR | BUFFET BAR |
| VEGETABLES | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG |
| DESSERT | CARROT CAKE | RAISIN SHORTBREAD | FRUIT PLATTER | APPLE CRUMBLE CUSTARD | CHOCOLATE BROWNIE |
| | | | | KS2 TOTAL | £..... |

| W/C: 20/05/2019 5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|-----------|--|--------------------------|--------------------------------------|--|
| MAIN COURSE | INSET DAY | SWEET AND SOUR CHICKEN WITH BROWN RICE | PASTA BOLOGNESE | ROAST PORK WITH ROAST POTATOES | FISH FINGERS & CHIPS |
| VEGETARIAN | | BUTTERNUT SQUASH TAGINE | CHEESE & TOMATO PIZZA | LENTIL BUTTERBEAN CASSEROLE | STUFFED MUSHROOM WITH MOZARELLA |
| COLD OPTION | | BUFFET BAR | BUFFET BAR | BUFFET BAR | BUFFET BAR |
| VEGETABLES | | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG | SEASONAL VEG |
| DESSERT | | RED VELVET CAKE | FRUIT PLATTER | YOGHURT | MINI ICED BUNS |
| | | | | KS2 TOTAL | £..... |