

# THE MEAD ACADEMY KITCHEN

## TERM 2 – AUTUMN MENU – HILPERTON NURSERY

2018-2019

Dear Parents/Carers

Welcome to our Autumn Term 2 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Thursday 11<sup>th</sup> October**. We will copy and return your menu for you to retain for next term.

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 2 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>		OFFICE USE ONLY	
<b>CHILD'S CLASS:</b>	Ladybirds	DATE: .....	INITIALS: .....
		TOTAL: .....	

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

W/C: 05/11/2018 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>MAIN COURSE</b>	INSET DAY	BANGERS AND MASH	CHILLI JACKET POTATO	ROAST CHICKEN WITH ROAST POTATOES	BREADED FISH FINGERS & CHIPS	
<b>VEGETARIAN</b>		CATHERINE WHEEL PIZZA	CHEESE & TOMATO PIZZA	SPICED BEAN & LENTIL LOAF	CAULIFLOWER & BROCOLLI CHEESE	
<b>VEGETABLES</b>		SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	
<b>DESSERT</b>		APPLE CAKE AND CUSTARD	BANANA MUFFIN	CHERRY FLAPJACK	OAT & APRICOT COOKIE	
					<b>NURSERY TOTAL</b>	£.....

W/C: 12/11/2018 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY CHILDREN IN NEED	
<b>MAIN COURSE</b>	HAM & CHEESE PASTA BAKE	PASTA BOLOGNAISE	HALAL CHICKEN CURRY WITH BROWN RICE	BEEF COBBLER	FISH FINGERS & WEDGES	
<b>VEGETARIAN</b>	MUSHROOM STROGANOFF	MEDITERRANEAN PASTA	CHEESE & ONION PASTY	QUORN COBBLER	SWEET POTATO & LENTIL CURRY WITH COUS COUS	
<b>VEGETABLES</b>	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	
<b>DESSERT</b>	FRUIT PLATTER	CHOCOLATE BROWNIE	CARROT CAKE	YOGHURT	PUDSEY BISCUIT	
					<b>NURSERY TOTAL</b>	£.....

W/C: 19/11/2018 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>MAIN COURSE</b>	CHICKEN CHASSEUR AND RICE	BEEF LASAGNE	PEPPERONI PIZZA	ROAST PORK WITH ROAST POTATOES	PIZZA CHICKEN	
<b>VEGETARIAN</b>	VEGETABLE STIR FRY WITH NOODLES	VEGETABLE LASAGNE	BORSCHT	QUORN SAUSAGE ROAST	CHEESE & BROCOLLI QUICHE	
<b>VEGETABLES</b>	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	
<b>DESSERT</b>	PINEAPPLE UPSIDE DOWN SPONGE	YOGHURT	APPLE CRUMBLE & CUSTARD	ICE CREAM CHOCOLATE ROLL	RICE PUDDING	
					<b>NURSERY TOTAL</b>	£.....

W/C: 26/11/2018 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	SALMON & BROCCOLI WHOLEMEAL PASTA BAKE		MASH TOPPED BEAN & SAUSAGE PIE		CHILLI JACKET POTATO		ROAST CHICKEN WITH ROAST POTATOES		BREADED FISH FINGERS & CHIPS	
<b>VEGETARIAN</b>	JACKET POTATO WITH CHEESE & BEANS		VEGETABLE COTTAGE PIE		CHEESE & TOMATO PIZZA		SPICED BEAN & LENTIL LOAF		CAULIFLOWER & BROCCOLI CHEESE	
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>	YOGHURT		APPLE CAKE & CUSTARD		BANANA MUFFIN		CHERRY FLAPJACK		OAT & APRICOT COOKIE	
									<b>NURSERY TOTAL</b>	£.....

W/C: 03/12/2018 5	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	HAM & CHEESE PASTA BAKE		PASTA BOLOGNAISE		HALAL CHICKEN CURRY WITH BROWN RICE		BEEF COBBLER		FISH FINGERS & WEDGES	
<b>VEGETARIAN</b>	MUSHROOM STROGONAFF		MEDITERRANEAN PASTA		CHEESE & ONION PASTY		QUORN COBBLER		SWEET POTATO & LENTIL CURRY WITH COUS COUS	
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>	FRUIT PLATTER		CHOCOLATE BROWNIE		CARROT CAKE		YOGHURT		STICKY TOFFEE PUDDING	
									<b>NURSERY TOTAL</b>	£.....

W/C: 10/12/2018 6	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	CHICKEN CHASSEUR AND RICE		BEEF LASAGNE		PEPPERONI PIZZA		ROAST PORK & ROAST POTAOES		PIZZA CHICKEN	
<b>VEGETARIAN</b>	VEGETABLE STIR FRY WITH NOODLES		VEGETABLE LASAGNE		BORSCHT		QUORN SAUSAGE ROAST		CHEESE & BROCCOLI QUICHE	
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>	PINEAPPLE UPSIDE DOWN SPONGE		YOGHURT		APPLE CRUMBLE & CUSTARD		ICE CREAM CHOCOLATE ROLL		RICE PUDDING	
									<b>NURSERY TOTAL</b>	£.....

W/C: 17/12/2018 7	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY CHRISTMAS LUNCH	
<b>MAIN COURSE</b>	SALMON & BROCCOLI WHOLEMEAL PASTA BAKE		MASH TOPPED BEAN & SAUSAGE PIE		CHILLI JACKET POTATO		BREADED FISH FINGERS & CHIPS		ROAST TURKEY WITH POTATOES, STUFFING & CHIPOLATA	
<b>VEGETARIAN</b>	JACKET POTATO WITH CHEESE & BEANS		VEGETABLE COTTAGE PIE		CHEESE & TOMATO PIZZA		CAULIFLOWER & BROCCOLI CHEESE		QUORN SAUSAGE ROAST	
<b>VEGETABLES</b>	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
<b>DESSERT</b>	YOGHURT		APPLE CAKE & CUSTARD		BANANA MUFFIN		OAT & APRICOT COOKIE		CHRISTMAS BISCUIT	
									<b>NURSERY TOTAL</b>	£.....