

THE MEAD ACADEMY KITCHEN

TERM 2 – AUTUMN MENU

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 11th October 2018**. 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.

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: 05/11/2018 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	INSET DAY	BANGERS AND MASH	CHILLI JACKET POTATO	ROAST CHICKEN WITH ROAST POTATOES	BREADED FISH FINGERS & CHIPS
VEGETARIAN		CATHERINE WHEEL PIZZA	CHEESE & TOMATO PIZZA	SPICED BEAN & LENTIL LOAF	CAULIFLOWER & BROCOLLI CHEESE
COLD OPTION		BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES		SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
DESSERT		APPLE CAKE AND CUSTARD	BANANA MUFFIN	CHERRY FLAPJACK	OAT & APRICOT COOKIE
				KS2 TOTAL	£.....

W/C: 12/11/2018 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY CHILDREN IN NEED
MAIN COURSE	HAM & CHEESE PASTA BAKE	PASTA BOLOGNAISE	HALAL CHICKEN CURRY WITH BROWN RICE	BEEF COBBLER	FISH FINGERS & WEDGES
VEGETARIAN	MUSHROOM STROGANOFF	MEDITERRANEAN PASTA	CHEESE & ONION PASTY	QUORN COBBLER	SWEET POTATO & LENTIL CURRY WITH COUS COUS
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	CHOCOLATE BROWNIE	CARROT CAKE	YOGHURT	PUDSEY BISCUIT
				KS2 TOTAL	£.....

W/C: 19/11/2018 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHICKEN CHASSEUR AND RICE	BEEF LASAGNE	PEPPERONI PIZZA	ROAST PORK WITH ROAST POTATOES	PIZZA CHICKEN
VEGETARIAN	VEGETABLE STIR FRY WITH NOODLES	VEGETABLE LASAGNE	BORSCHT	QUORN SAUSAGE ROAST	CHEESE & BROCOLLI QUICHE
COLD OPTION	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR	BUFFET BAR
VEGETABLES	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG	SEASONAL VEG
DESSERT	PINEAPPLE UPSIDE DOWN SPONGE	YOGHURT	APPLE CRUMBLE & CUSTARD	ICE CREAM CHOCOLATE ROLL	RICE PUDDING
				KS2 TOTAL	£.....

W/C: 26/11/2018 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
MAIN COURSE	SALMON & BROCCOLI WHOLEMEAL PASTA BAKE		MASH TOPPED BEAN & SAUSAGE PIE		CHILLI JACKET POTATO		ROAST CHICKEN WITH ROAST POTATOES		BREADED FISH FINGERS & CHIPS		
VEGETARIAN	JACKET POTATO WITH CHEESE & BEANS		VEGETABLE COTTAGE PIE		CHEESE & TOMATO PIZZA		SPICED BEAN & LENTIL LOAF		CAULIFLOWER & BROCCOLI CHEESE		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		
DESSERT	YOGHURT		APPLE CAKE & CUSTARD		BANANA MUFFIN		CHERRY FLAPJACK		OAT & APRICOT COOKIE		
								KS2 TOTAL		£.....	

W/C: 03/12/2018 5	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
MAIN COURSE	HAM & CHEESE PASTA BAKE		PASTA BOLOGNAISE		HALAL CHICKEN CURRY WITH BROWN RICE		SAUSAGE CASSEROLE AND MASH		FISH FINGERS & WEDGES		
VEGETARIAN	MUSHROOM STROGONAFF		MEDITERRANEAN PASTA		CHEESE & ONION PASTY		QUORN COBBLER		SWEET POTATO & LENTIL CURRY WITH COUS COUS		
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		CHOCOLATE BROWNIE		CARROT CAKE		YOGHURT		STICKY TOFFEE PUDDING		
								KS2 TOTAL		£.....	

W/C: 10/12/2018 6	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
MAIN COURSE	CHICKEN CHASSEUR AND RICE		BEEF LASAGNE		PEPPERONI PIZZA		ROAST PORK & ROAST POTATOES		PIZZA CHICKEN		
VEGETARIAN	VEGETABLE STIR FRY WITH NOODLES		VEGETABLE LASAGNE		BORSCHT		QUORN SAUSAGE ROAST		CHEESE & BROCCOLI QUICHE		
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		
DESSERT	PINEAPPLE UPSIDE DOWN SPONGE		YOGHURT		APPLE CRUMBLE & CUSTARD		ICE CREAM CHOCOLATE ROLL		RICE PUDDING		
								KS2 TOTAL		£.....	

W/C: 17/12/2018 7	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY CHRISTMAS LUNCH	
MAIN COURSE	SALMON & BROCOLLI WHOLEMEAL PASTA BAKE		MASH TOPPED BEAN & SAUSAGE PIE		CHILLI JACKET POTATO		BREADED FISH FINGERS & CHIPS		ROAST TURKEY WITH POTATOES, STUFFING & CHIPOLATA	
VEGETARIAN	JACKET POTATO WITH CHEESE & BEANS		VEGETABLE COTTAGE PIE		CHEESE & TOMATO PIZZA		CAULIFLOWER & BROCOLLI CHEESE		QUORN SAUSAGE ROAST	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG		SEASONAL VEG	
DESSERT	YOGHURT		APPLE CAKE & CUSTARD		BANANA MUFFIN		OAT & APRICOT COOKIE		CHRISTMAS BISCUIT	
								KS2 TOTAL	£.....	