THE MEAD ACADEMY KITCHEN

TERM 5 – MENU

Dear Parents/Carers

Welcome to our Term 5 Menu.

Please indicate your meal choices on the attached menus and return to the school by **Friday 18th March 2016**, providing payment where necessary. Cheques should be made payable to 'The Mead Academy Trust.' 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 seasonal vegetables, where possible, or salad and we offer a daily meat-free option, suitable for vegetarians. You can also choose from the daily cold buffet bar option if you prefer, which includes a selection of items such as wraps/homemade bread/cold pasta etc. along with ham, cheese, tuna, salad (i.e. carrots, cucumber, peppers, tomatoes etc.) 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.

Beef, Poultry, Pork and Lamb are Red Tractor certified and sourced from our neighbouring county of Somerset.

Please be aware the menu may change due to situations beyond our control. Vegetables are subject to change due to seasonal variation and availability.

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.

Key Stage 2 meals cost £2.30 per child per day.

The Mead Academy Kitchen

CHILD'S NAME:		OFFICE USE ONLY DATE: …….. INITIALS: …… TOTAL: ……
CHILD'S CLASS:		

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

W/C:11/04 /2016	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	CHICKEN & SWEETCORN FRICASSEE WITH RICE		PASTA BOLOGNESE		WHOLEMEAL PEPPERONI PIZZA		ROAST PORK, ROAST POTATOES WITH APPLE SAUCE & GRAVY		MCS FISHFINGERS & POTATO WEDGES	
VEGETARIAN	JACKET POTATO WITH CHEESE & BEANS		VEGETABLE RATATOUILLE WITH PASTA		WHOLEMEAL CHEESE & TOMATO PIZZA		SPRING VEGETABLE & BEAN RISOTTO		SWEET POTATO & LENTIL CURRY WITH RICE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	MIXED SALAD		GREEN BEANS		SWEETCORN		SLICED CARROTS & BROCCOLI		GARDEN PEAS	
DESSERT	APPLE CRUMBLE & CUSTARD		SELECTION OF FRESH MELON		ICECREAM RASPBERRY RIPPLE SPONGE		SELECTION OF YOGURTS		LEMON SHORTBREAD	
							KS2 TOTAL		£……	

W/C: 18/04/2016	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	PENNE PASTA WITH TOMATO & BASIL SAUCE		JACKET POTATO WITH TUNA & SWEETCORN		FARM ASSURED BEEF LASAGNE		FARM ASSURED CHIPOLATA SAUSAGES, ROAST POTATOES, YORKSHIRE PUDDING & GRAVY		MCS BREADED FISH FILLET & OVEN CHIPS	
VEGETARIAN	BAKED VEGETABLE & BEAN WRAP		HOMEMADE CHEESE & ONION WHOLEMEAL QUICHE WITH SWEET POTATO FRIES		MEDITERRANEAN VEGETABLE LASAGNE		LEEK & POTATO CAKE		JACKET POTATO WITH CHEESE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	CUCUMBER STICKS		STEAMED CAULIFLOWER		SEASONAL TOSSED SALAD		SLICED CARROTS & CABBAGE		BAKED BEANS OR PEAS	
DESSERT	BLUEBERRY SPONGE		CHOCOLATE BREAD & BUTTER PUDDING		SUMMER FRUIT PLATTER		SELECTION OF YOGURTS		OAT & RAISIN COOKIE	
							KS2 TOTAL		£……	

Dietary Requirements*:			
Vegetarian	☐	Dairy Free	☐
Vegan	☐	Halal	☐
Gluten Free	☐	Kosher	☐
Nut Free	☐	Other	☐
Other (please detail):			

***Dietary Requirements must be supported by a medical document. Please put any parental preferences or other dietary wishes in Other.**

W/C: 25/04/2016	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	MILD CHICKEN CURRY WITH WHOLEMEAL RICE		CHEESY SALMON PASTA BAKE		BEEF MEATBALLS IN A TOMATO & BASIL SAUCE WITH PASTA		ROAST CHICKEN & STUFFING WITH ROAST POTATOES & GRAVY		ITALIAN CHICKEN BAKE AND CHIPS	
VEGETARIAN	MILD VEGETABLE & CHICKPEA CURRY WITH WHOLEMEAL RICE		WHOLEMEAL CHEESE & TOMATO PIZZA		LENTIL BOLOGNESE & PASTA		QUORN SAUSAGES & ROAST POTATOES WITH GRAVY		SPANISH OMELETTE (FRITTATA)	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	GREEN BEANS		BAKED BEANS & SWEETCORN		STEAMED BROCCOLI		SPRING GREENS & SWEDE		GARDEN PEAS & CARROT STICKS	
DESSERT	BANANA CAKE		CHOCOLATE BROWNIE		SUMMER FRUIT CRUMBLE CAKE		SELECTION OF YOGURTS		LOCAL MARSHFIELD ICECREAM	
							KS2 TOTAL		£……	

W/C: 02/05/2016	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	MAY DAY BANK HOLIDAY		PASTA BOLOGNESE		WHOLEMEAL PEPPERONI PIZZA		ROAST PORK, ROAST POTATOES WITH APPLE SAUCE & GRAVY		MCS FISHFINGERS & POTATO WEDGES	
VEGETARIAN			VEGETABLE RATATOUILLE WITH PASTA		WHOLEMEAL CHEESE & TOMATO PIZZA		SPRING VEGETABLE & BEAN RISOTTO		SWEET POTATO & LENTIL CURRY WITH RICE	
COLD OPTION			BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES			GREEN BEANS		SWEETCORN		SLICED CARROTS & BROCCOLI		GARDEN PEAS	
DESSERT			SELECTION OF FRESH MELON		ICECREAM RASPBERRY RIPPLE SPONGE		SELECTION OF YOGURTS		LEMON SHORTBREAD	
							KS2 TOTAL		£……	

W/C: 09/05 /2016	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	PENNE PASTA WITH TOMATO & BASIL SAUCE		JACKET POTATO WITH TUNA & SWEETCORN		FARM ASSURED BEEF LASAGNE		FARM ASSURED CHIPOLATA SAUSAGES, ROAST POTATOES, YORKSHIRE PUDDING & GRAVY		MCS BREADED FISH FILLET & OVEN CHIPS	
VEGETARIAN	BAKED VEGETABLE & BEAN WRAP		HOMEMADE CHEESE & ONION WHOLEMEAL QUICHE WITH SWEET POTATO FRIES		MEDITERRANEAN VEGETABLE LASAGNE		LEEK & POTATO CAKE		JACKET POTATO WITH CHEESE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	CUCUMBER STICKS		STEAMED CAULIFLOWER		SEASONAL TOSSED SALAD		SLICED CARROTS & CABBAGE		BAKED BEANS OR PEAS	
DESSERT	BLUEBERRY SPONGE		CHOCOLATE BREAD & BUTTER PUDDING		SUMMER FRUIT PLATTER		SELECTION OF YOGURTS		OAT & RAISIN COOKIE	
							KS2 TOTAL		£……	

W/C: 16/05/2016	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	INSET DAY		CHEESY SALMON PASTA BAKE		BEEF MEATBALLS IN A TOMATO & BASIL SAUCE WITH PASTA		ROAST CHICKEN & STUFFING WITH ROAST POTATOES & GRAVY		ITALIAN CHICKEN BAKE AND CHIPS	
VEGETARIAN			WHOLEMEAL CHEESE & TOMATO PIZZA		LENTIL BOLOGNESE & PASTA		QUORN SAUSAGES & ROAST POTATOES WITH GRAVY		SPANISH OMELETTE (FRITTATA)	
COLD OPTION			BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES			BAKED BEANS & SWEETCORN		STEAMED BROCCOLI		SPRING GREENS & SWEDE		GARDEN PEAS & CARROT STICKS	
DESSERT			CHOCOLATE BROWNIE		SUMMER FRUIT CRUMBLE CAKE		SELECTION OF YOGURTS		LOCAL MARSHFIELD ICECREAM	
							KS2 TOTAL		£……	

W/C:23/05/2016	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE	CHICKEN & SWEETCORN FRICASSEE WITH RICE		PASTA BOLOGNESE		WHOLEMEAL PEPPERONI PIZZA		ROAST PORK, ROAST POTATOES WITH APPLE SAUCE & GRAVY		MCS FISHFINGERS & POTATO WEDGES	
VEGETARIAN	JACKET POTATO WITH CHEESE & BEANS		VEGETABLE RATATOUILLE WITH PASTA		WHOLEMEAL CHEESE & TOMATO PIZZA		SPRING VEGETABLE & BEAN RISOTTO		SWEET POTATO & LENTIL CURRY WITH RICE	
COLD OPTION	BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR		BUFFET BAR	
VEGETABLES	MIXED SALAD		GREEN BEANS		SWEETCORN		SLICED CARROTS & BROCCOLI		GARDEN PEAS	
DESSERT	APPLE CRUMBLE & CUSTARD		SELECTION OF FRESH MELON		ICECREAM RASPBERRY RIPPLE SPONGE		SELECTION OF YOGURTS		LEMON SHORTBREAD	
							KS2 TOTAL		£……	

YEAR 4 CHILDREN WHO ARE GOING TO OXENWOOD PLEASE DO NOT BOOK A LUNCH FOR THE THREE DAYS MONDAY 18TH TO WEDNESDAY 20TH APRIL 2016

FOR PARENTS USE:

TOTAL PAID £……