NAME: CLASS:

Freshly baked bread and salad are available each day with all meals

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* WEEK 1	MAIN MEAL	**Beef Moussaka** Layer of mince beef in rich tomato sauce with sliced potatoes and topped withcheese sauce and garlic bread ☐	**Barbecue chicken wrap** Marinated chicken in barbecue sauce with sweet potato, grated carrot and seasoned rice ☐	**French stick pizza** Gammon ham and sweet-corn, potato wedges, carrot and cucumber ☐	**Roasted chicken** Chipolata sausage, stuffing ball, roast potatoes, chefs vegetables of the day and gravy ☐	**Cod fish fingers** Oven baked chips, peas and baked beans ☐
	VEGGIE MEAL	**Homity Pie** Short crust pastry pie filled with vegetables and a Cheddar cheese topping and garlic bread ☐	**Moroccan Bake** Sweet potato, carrot, onion and sweet pepper cooked in a tomato, coconut and cinnamon sauce with seasoned rice ☐	**French stick pizza** Three cheese topping with fresh basil, potato wedges, carrot and cucumber ☐	**Veggie Loaf** Quorn, carrot, and cous cous in a vegetable gravy, roast potatoes and the chefs vegetables of the day ☐	**Pinwheel** Cheddar cheese and baked beans wrapped in a puff pastry wheel, oven baked chips, baked beans and peas ☐
	JACKET POTATOES	Baked beans ☐	Gammon ham ☐	Tuna lemon mayonnaise ☐	Egg Salad ☐	Tuna and sweet-corn mayonnaise ☐
	DESSERT	Golden syrup oat cookie with a cup of milk ☐ or fruit ☐ or yoghurt ☐	Vegetable cake and custard ☐ or fruit ☐ or yoghurt ☐	Apple, pear and raisin rock cakes ☐ or fruit ☐ or yoghurt ☐	Selection of ice cream with a digestive biscuit and fruit coulis ☐ or fruit ☐ or yoghurt ☐	Blueberry and vanilla brownie ☐ or fruit ☐ or yoghurt ☐
* WEEK 2	MAIN MEAL	**Italian chicken** Chicken in rosemary and thyme, roasted vegetables served with a tomato pasta ☐	**Meat Kofta** Minced lamb and beef Pattie, flavoured with coriander, cumin, mint and yoghurt, in a tomato sauce with Basmati rice and Pitta bread ☐	**Hot dog** Sausages in a finger roll with onions, mustard and ketchup, potato wedges, baked beans and sweet-corn ☐	**Roast Gammon ham** Roast potatoes, carrots, chefs vegetables of the day and gravy ☐	**Chicken Burger** Pitta bread, oven baked chips, coleslaw, baked beans and peas ☐
	VEGGIE MEAL	**Roasted vegetable pasta bake** Roasted vegetables in a rich tomato sauce and pasta, topped with Cheddar cheese ☐	**Macaroni cheese** Macaroni, cooked in a cheese sauce, topped with breadcrumbs, served garden peas ☐	**Veggie dog** Quorn sausages in a finger roll, with onions, mustard and ketchup, potato wedges, baked beans and sweet-corn ☐	**Yorkshire Pudding** with thyme scented lentils, roast potatoes, carrots, chefs vegetables of the day and gravy ☐	**Tortilla three cheese quiche** Oven baked chips, coleslaw, peas and baked beans ☐
	JACKET POTATOES	Tuna lemon mayonnaise ☐	Chicken and sweet-corn mayonnaise ☐	Egg and cress Mayonnaise ☐	Baked beans ☐	Tuna sweetcorn ☐
	DESSERT	Golden syrup sponge and custard ☐ or fruit ☐ or yoghurt ☐	Mixed summer fruit crumble and Ice cream ☐ or fruit ☐ or yoghurt ☐	Ginger bread biscuit with a cup of milk ☐ or fruit ☐ or yoghurt ☐	Chocolate fudge cake ☐ or fruit ☐ or yoghurt ☐	Viennese wheel with a cup of milk ☐ or fruit ☐ or yoghurt ☐
* WEEK 3	MAIN MEAL	**Chicken curry** Chicken and butternut squash served with rice, nan bread and coriander salsa ☐	**Summer pie** Shoulder of pork, carrots, onions and honey topped with puff pastry, roasted mini potatoes and garden peas ☐	**Ham & Chorizo Pizza** Rich tomato sauce topped with mozzarella cheese, potato wedges and sweet-corn ☐	**Roast topside of beef** Yorkshire pudding, roast potatoes, chefs veg of the day and gravy ☐	**Battered cod** Oven baked chips, baked beans and peas ☐
	VEGGIE MEAL	**Samosa** Filled with vegetables and quorn mince in coconut milk, served with rice, nan bread and coriander salsa ☐	**Indian Bhajee** Sweet potato, butternut squash, carrot and spring onion with a mint yogurt sauce, Basmati rice and Pitta bread ☐	**Margarita pizza** Rich tomato sauce topped with mozzarella cheese, potato wedges and sweet-corn ☐	**Butternut squash risotto** Rice and butternut squash cooked in vegetable stock and topped with Cheddar cheese ☐	**Vegetable burger** Oven baked chips, baked beans and peas ☐
	JACKET POTATOES	Tuna mayonnaise ☐	Somerset mature Cheddar cheese ☐	Egg salad ☐	Tuna lemon mayonnaise ☐	Mature Cheddar cheese and baked beans ☐
	DESSERT	Apricot flapjack ☐ or fruit ☐ or yoghurt ☐	Chocolate muffin ☐ or fruit ☐ or yoghurt ☐	Danish apple cake ☐ or fruit ☐ or yoghurt ☐	Jelly served with mandarins ☐ or fruit ☐ or yoghurt ☐	Cornflake chocolate crispy ☐ or fruit ☐ or yoghurt ☐

APRIL

*WEEK				1	2
Mon	1	8	15	22	29
Tue	2	9	16	23	30
Wed	3	10	17	24	
Thu	4	11	18	25	
Fri	5	12	19	26	

MAY

*WEEK	2	3	1	2	
Mon		6	13	20	27
Tue		7	14	21	28
Wed	1	8	15	22	29
Thu	2	9	16	23	30
Fri	3	10	17	24	31

JUNE

*WEEK	3	1	2	3
Mon	3	10	17	24
Tue	4	11	18	25
Wed	5	12	19	26
Thu	6	13	20	27
Fri	7	14	21	28

JULY

*WEEK	1	2	3	1	
Mon	1	8	15	22	29
Tue	2	9	16	23	30
Wed	3	10	17	24	31
Thu	4	11	18	25	
Fri	5	12	19	26	

AUGUST

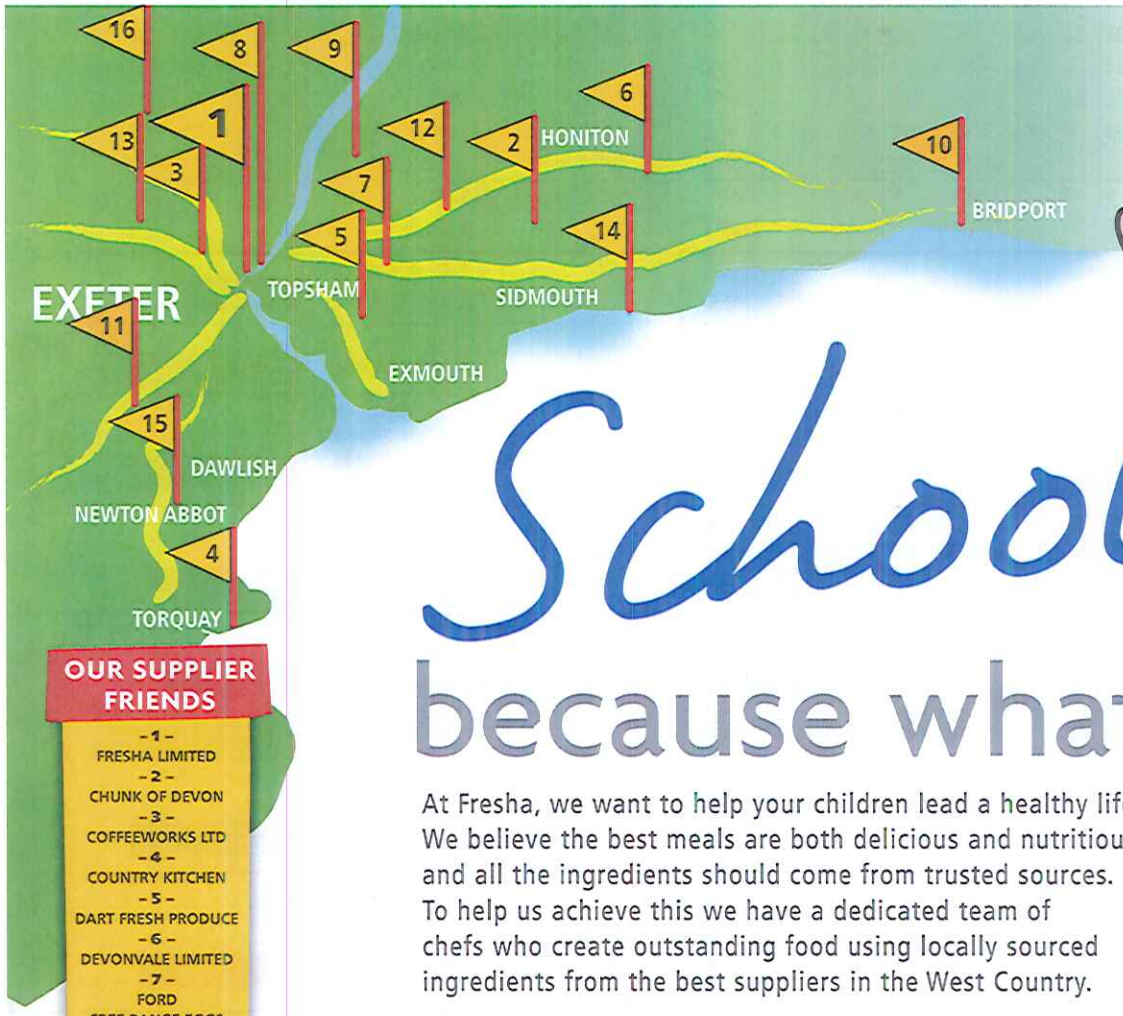
*WEEK					
Mon		5	12	19	26
Tue		6	13	20	27
Wed		7	14	21	28
Thu	1	8	15	22	29
Fri	2	9	16	23	30

SEPTEMBER

*WEEK	2	3	1	2	3
Mon	2	9	16	23	30
Tue	3	10	17	24	
Wed	4	11	18	25	
Thu	5	12	19	26	
Fri	6	13	20	27	

OCTOBER

*WEEK	3	1	2		
Mon		7	14	21	28
Tue	1	8	15	22	29
Wed	2	9	16	23	30
Thu	3	10	17	24	31
Fri	4	11	18	25	

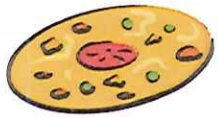


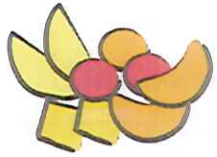
OUR SUPPLIER FRIENDS

- 1 - FRESHA LIMITED
- 2 - CHUNK OF DEVON
- 3 - COFFEEWORKS LTD
- 4 - COUNTRY KITCHEN
- 5 - DART FRESH PRODUCE
- 6 - DEVONVALE LIMITED
- 7 - FORD FREE RANGE EGGS
- 8 - ISCA FOODS
- 9 - J&R FOOD SERVICE
- 10 - JESSICAS FARMHOUSE CAKES
- 11 - MJ BAKER FOODSERVICE LTD
- 12 - PVM SUPPLIES
- 13 - SHAULS BAKERIES LTD
- 14 - SJB FOODS
- 15 - WESTAWAY SAUSAGES LTD
- 16 - GIBBINS QUALITY MEATS



School Menu





because what you eat matters

At Fresha, we want to help your children lead a healthy life. We believe the best meals are both delicious and nutritious and all the ingredients should come from trusted sources. To help us achieve this we have a dedicated team of chefs who create outstanding food using locally sourced ingredients from the best suppliers in the West Country.

We are different, proud and transparent about our food provenance. We feel it is important for you to know where and how we source our food, because what your children eat matters to you – and to us!

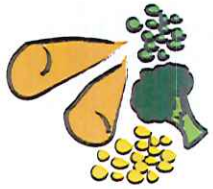
We educate and inspire our food suppliers on the importance we place on the sourcing of our ingredients.

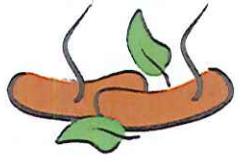
Responsible Catering is at the very core of what Fresha stands for – 'because what you eat matters'. Working closely with local suppliers and using the freshest ingredients allows us to prepare a mouth-watering selection of children's menus.

We encourage teachers, parents and children to engage with us and to learn more about the food on your school dinner plates.

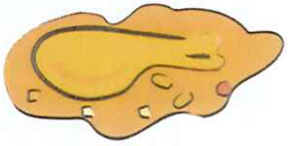
fresha

responsible catering









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