

NAME:

CLASS:

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

* WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chicken Casserole with root vegetables, new potatoes & peas ☐	Beef Meatballs in a tomato and sage sauce, pasta twists and garlic bread ☐	Pizza topped with Sausages and served with potato wedges and sweetcorn ☐	Roast Gammon Ham crispy roasted potatoes, carrots, broccoli and gravy ☐	Breaded Chicken Burger in a bap, oven chips, peas and baked beans ☐
VEGGIE MEAL	Macaroni Cheese with garden peas ☐	Spinach and Feta Parcels pasta twists and garlic bread ☐	Three Cheese Pizza with potato wedges and sweetcorn ☐	Mixed Vegetables in a large Yorkshire Pudding with roasted potatoes ☐	Vegetable Sausages in a roll, oven chips, peas and baked beans ☐
JACKET POTATOES	Gammon ham and Cheddar cheese ☐	Egg mayo and cress ☐	Tuna in a lemon mayo ☐	Chicken mayo and sweetcorn ☐	Cheddar cheese and baked beans ☐
DESSERT	Golden syrup flapjack ☐ or fruit ☐ or yoghurt ☐	Banana cake and custard ☐ or fruit ☐ or yoghurt ☐	Vanilla brownie ☐ or fruit ☐ or yoghurt ☐	Strawberry jelly and vanilla ice cream ☐ or fruit ☐ or yoghurt ☐	Vanilla oat cookie served with milk ☐ or fruit ☐ or yoghurt ☐
* WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Sausages with potato croquets, peas and baked beans ☐	Beef Bolognese Pasta Bake with Cheddar cheese, garlic bread, cucumber and carrot sticks ☐	Pizza topped with Gammon Ham served with potato wedges and sweetcorn ☐	Roast Beef crispy roasted potatoes, carrots, green beans and gravy ☐	Battered Fish oven chips, peas and baked beans ☐
VEGGIE MEAL	Quorn Sausages with potato croquets, peas and baked beans ☐	Vegetable Lasagne garlic bread, carrots and cucumber sticks ☐	Margarita Pizza with potato wedges and sweetcorn ☐	Lentil Bake crispy roasted potatoes, carrots, green beans and gravy ☐	Cheddar Cheese and Baked Beans puff pastry wheels, oven chips and peas ☐
JACKET POTATOES	Tuna in a lemon mayo ☐	Gammon ham ☐	Baked beans ☐	Cheddar cheese ☐	Egg mayo and cress ☐
DESSERT	Ginger cake and custard ☐ or fruit ☐ or yoghurt ☐	Chocolate brownie ☐ or fruit ☐ or yoghurt ☐	Ice vanilla sponge cake ☐ or fruit ☐ or yoghurt ☐	Vanilla ice cream with seasonal fruit topping ☐ or fruit ☐ or yoghurt ☐	Chocolate rice crispy cake ☐ or fruit ☐ or yoghurt ☐
* WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chicken Korma served with rice and naan bread ☐	Beef Stew with Root Vegetables dumplings, potatoes and peas ☐	Chunky Sausage Roll with potato wedges and baked beans ☐	Roast Chicken crispy roasted potatoes, carrots, broccoli and gravy ☐	Fish Fingers oven chips, baked beans and peas ☐
VEGGIE MEAL	Quorn Burrito with mixed vegetables and rice ☐	Vegetable Stir Fry with sweet peppers, carrots, courgettes and onions with noodles ☐	Vegetable Pizza topped with sweet peppers, mushrooms and sweetcorn ☐	Vegetable Filo Pie in a tomato sauce, crispy roasted potatoes, carrots and broccoli ☐	Loaded Potato Skins topped with Mozzarella and Cheddar with peas and baked beans ☐
JACKET POTATOES	Tuna mayo and sweetcorn ☐	Cheddar cheese ☐	Chicken mayo ☐	Egg mayo and cress ☐	Cheddar cheese and baked beans ☐
DESSERT	Lemon sponge ☐ or fruit ☐ or yoghurt ☐	Chocolate shortbread served with milk ☐ or fruit ☐ or yoghurt ☐	Sticky toffee pudding with custard ☐ or fruit ☐ or yoghurt ☐	Raspberry mouse with a digestive biscuit ☐ or fruit ☐ or yoghurt ☐	Popcorn Tiffin ☐ or fruit ☐ or yoghurt ☐

OCTOBER

*WEEK	1	2	3	4	5
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	

NOVEMBER

*WEEK	1	2	3	4	5
Mon	5	12	19	26	
Tue	6	13	20	27	
Wed	7	14	21	28	
Thu	8	15	22	29	
Fri	9	16	23	30	

DECEMBER

*WEEK	3	1	2	3	4
Mon	3	10	17	24	31
Tue	4	11	18	25	
Wed	5	12	19	26	
Thu	6	13	20	27	
Fri	7	14	21	28	

JANUARY

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

FEBRUARY

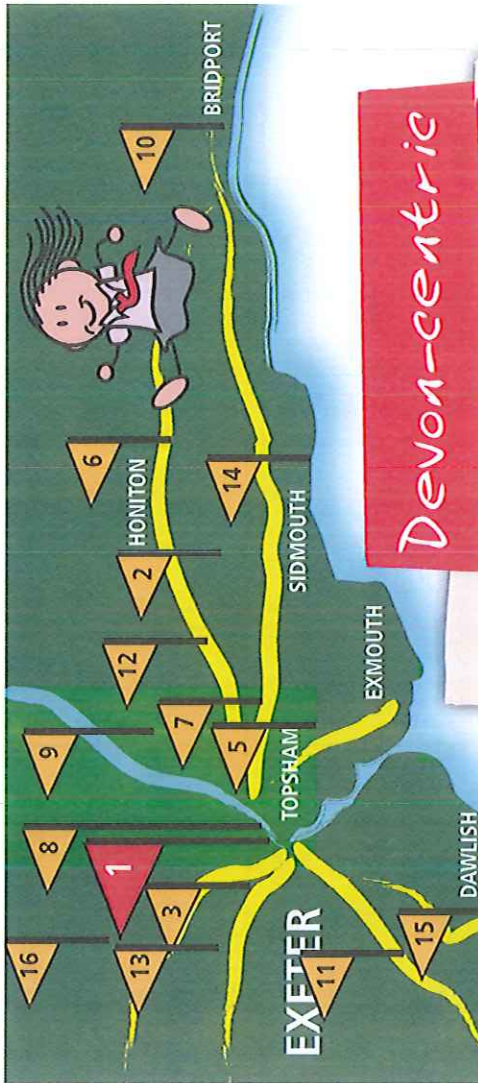
*WEEK	3	1	2	3	4
Mon	4	11	18	25	
Tue	5	12	19	26	
Wed	6	13	20	27	
Thu	7	14	21	28	
Fri	8	15	22		

MARCH

*WEEK	3	1	2	3	4
Mon	4	11	18	25	
Tue	5	12	19	26	
Wed	6	13	20	27	
Thu	7	14	21	28	
Fri	8	15	22		

APRIL

*WEEK	2	1	2	3	4
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	



Devon-centric

Fresha is a privately owned company based in Exeter, in the heart of Devon and we always keep Devon at the heart of our business. We live and work in Devon because we value our beautiful, diverse surroundings.

We are proud to support the local economy by working with food producers, big or small, to make the most of the superb produce available on our doorstep.

We love what we do at Fresha, and when you're feeding lots of hungry children each day and working to the tightest of deadlines to deliver the freshest food, that's pretty important.

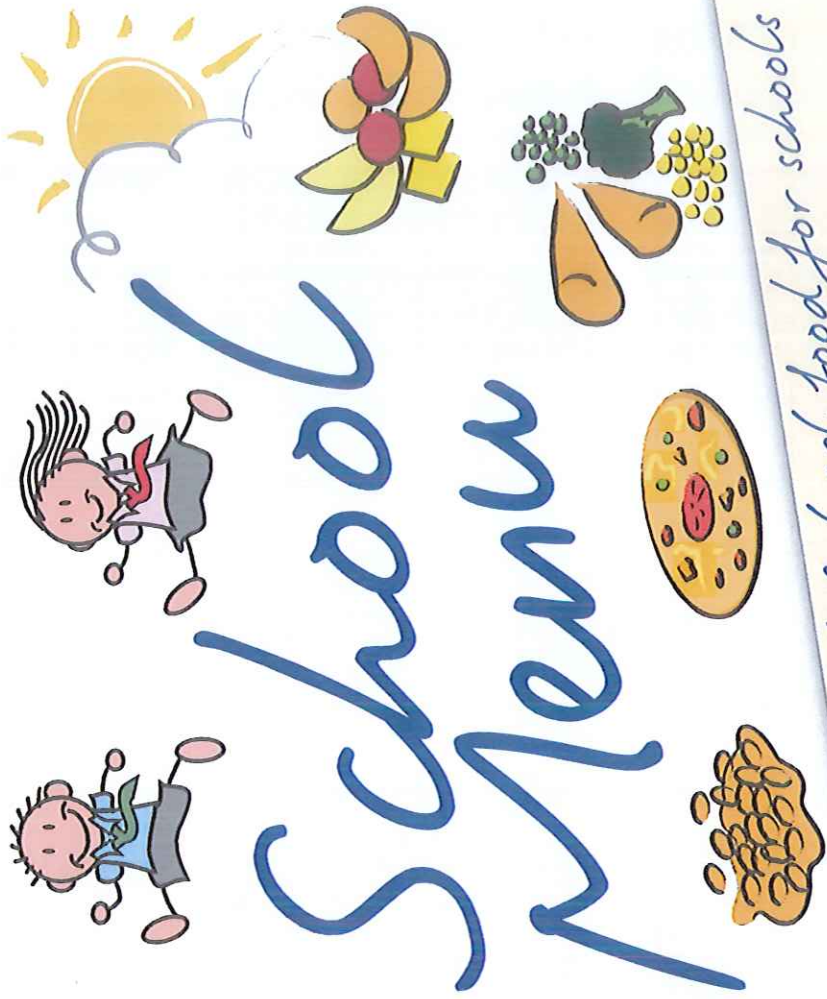
Quality has always been at the forefront of Fresha's business philosophy, and that means fresh produce from hand-picked suppliers who have the same ethos as we do.

Our customers tell us they can really taste the difference, and that's exactly what we are aiming to achieve.



OUR SUPPLIER FRIENDS

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



School Menu

Serving up fresh & local food for schools

All Fresha menus are made from local, fresh and nutritious ingredients. Our ingredients are sourced locally or within the southwest region and are visually appealing as a result of our careful selection menu for providing. We use seasonal produce and manage a 3-week rotational menu for providing children's meals that contribute to healthy eating and nutritional balance. When designing our menus, we strategically plan meals that are firm favourites in terms of seasonal foods, in addition to being nutritious and healthy.



fresha

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