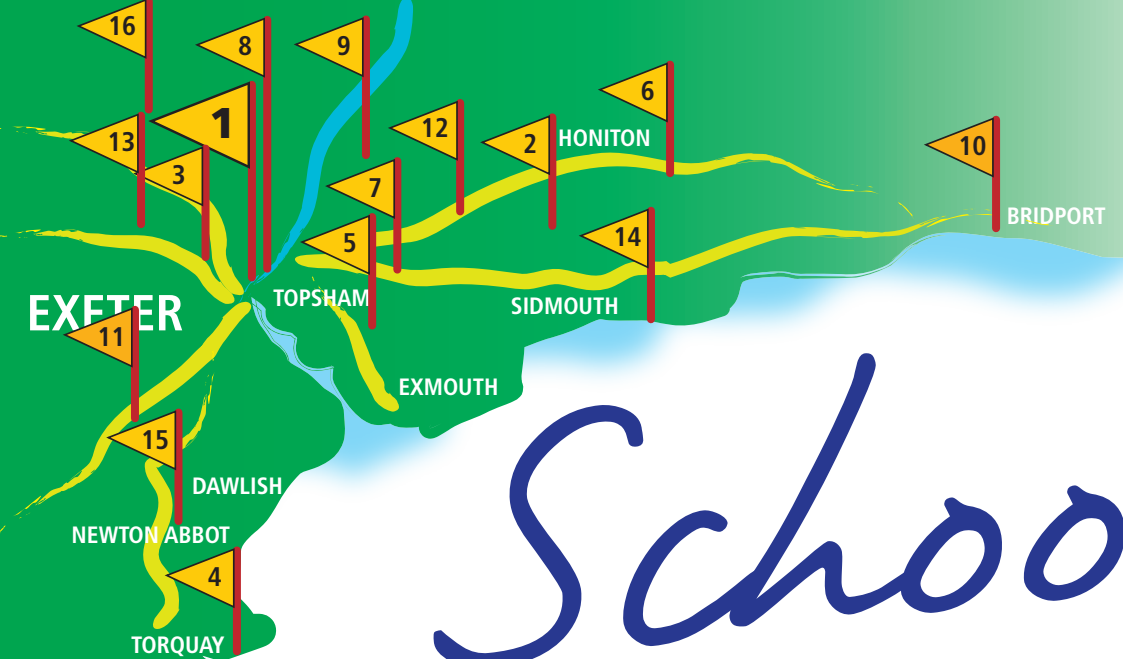




School Menu



because what you eat matters

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
- 8 - FREE RANGE EGGS
- 9 - ISCA FOODS
- 10 - J&R FOOD SERVICE
- 11 - JESSICAS FARMHOUSE CAKES
- 12 - MJ BAKER FOODSERVICE LTD
- 13 - PVM SUPPLIES
- 14 - SHAULS BAKERIES LTD
- 15 - SJB FOODS
- 16 - WESTAWAY SAUSAGES LTD
- 17 - GIBBINS QUALITY MEATS

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



01392 447701 enquiries@fresha.org www.fresha.org

January to Easter 2021 Menu

★ Freshly prepared and sliced salad and fruit are available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* WEEK 1	MAIN MEAL Chicken in a tomato & coconut sauce with vegetables, rice & naan bread, (1) ☐	Cottage pie with a crunchy potato topping, (1,6) & sweetcorn ☐	Ham pizza, (1, 6) potato wedges & baked beans ☐	Roast beef Yorkshire pudding, (1,6,8) roast potatoes, Chef's choice of vegetables & gravy ☐	Fish fingers (1,5) chips & peas or baked beans ☐
	VEGGIE MEAL Chick pea and lentils in a tomato & coconut sauce with vegetables, rice & naan bread, (1) ☐	Roasted vegetable and Quorn lasagne in a tomato sauce with a cheese topping (1,6) ☐	Margarita pizza (1,6) (tomato sauce contains bell peppers) potato wedges & baked beans ☐	Quorn roast Yorkshire pudding, (1,6,8) roast potatoes, Chef's choice of vegetables & gravy ☐	Veggie fingers, (1) chips & peas or baked beans ☐
	JACKET POTATOES Chicken & sweetcorn mayo, (8) or Cheese, (6) & baked beans ☐	Tuna mayo, (5, 8) or Cheese, (6) & baked beans ☐	Chicken & sweetcorn mayo, (8) or Cheese, (6) & baked beans ☐	Ham & cheese, (8) or Cheese, (6) & baked beans ☐	Tuna mayo, (5, 8) or Cheese, (6) & baked beans ☐
	DESSERT Apricot & raisin Flapjack, (1) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Iced carrot cake with chocolate sprinkles (1,8) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Rice pudding with a fruit compote, (6) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Apple & vanilla muffin, (1, 8,6) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Chocolate orange crispy bar ☐ or sliced fruit platter ☐ or yoghurt (6) ☐
* WEEK 2	MAIN MEAL Sausages, (1) mash potatoes, (6) baked beans or garden peas & gravy ☐	Meatballs in tomato sauce, pasta twists, (1) & Garlic bread, (1) ☐	Pepperoni pizza, (1,6,7) potato wedges & sweetcorn ☐	Roast gammon joint roast potatoes, Chef's choice of vegetables & gravy ☐	Beef burger in a bun, (1) with or without cheese, (6) in roll with chips, peas or baked beans ☐
	VEGGIE MEAL Vegetarian sausages mash potatoes, (6) baked beans or garden peas & gravy ☐	Macaroni cheese (1, 6) with broccoli, peas & a cheesy crumb crust with garlic bread, (1) ☐	Margarita pizza, (1,6) (tomato sauce contains bell peppers) potato wedges & sweetcorn ☐	Carrot and lentil patties roast potatoes, Chef's choice of vegetables & gravy ☐	Veggie burger in a bun, (1) with or without cheese, (6), with chips, peas or baked beans ☐
	JACKET POTATOES Tuna mayo, (5, 8) or baked beans & Cheese, (6) ☐	Sausage onion & cheese, (6) or baked beans & Cheese, (6) ☐	Tuna mayo, (5, 8) or baked beans & Cheese, (6) ☐	Sausage onion & cheese, (6) or baked beans & Cheese, (6) ☐	Tuna, (5) & sweetcorn mayo, (8) or baked beans & (Cheese, 6) ☐
	DESSERT Syrup sponge, (1, 8) Custard, (6) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Chocolate fudge cake (1,6,8) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Pear & apple crumble, (1) with vanilla custard, (6) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Vanilla Sponge (1,8) & custard (6) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Chocolate brownie (1,8) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐
* WEEK 3	MAIN MEAL Beef Bolognese Bake with pasta twists, Cheddar cheese, (1, 6) & garlic bread, (1) ☐	Chicken & ham pie with a puff pastry top, (1,8) roasted mid potatoes, green beans & carrots ☐	Pepperoni, (1,6,7) & ham pizza potato wedges & sweetcorn ☐	Roast chicken with roast potatoes, Chef's choice of vegetables, (stuffing ball, (1) & gravy ☐	Battered cod (1,5,8) with chips, peas or baked beans ☐
	VEGGIE MEAL Vegetarian Bolognese bake with Quorn mince, pasta twists, Cheddar cheese, (1, 6) & (garlic bread, (1) ☐	Cheese & potato Pasty, (1,6,8) green beans & carrots ☐	Margarita pizza with cheddar and mozzarella (1,6) (tomato sauce contains bell peppers) potato wedges & sweetcorn ☐	Roasted Mediterranean vegetables puff parcel, (1,8) roast potatoes, Chef's choice of vegetables, stuffing ball, (1) & gravy ☐	Vegetable nuggets, (1) with chips, peas or baked beans ☐
	JACKET POTATOES Tuna mayo, (5, 8) or baked beans & Cheese, (6) ☐	Chicken & sweetcorn mayo, (8) or baked beans & Cheese, (6) ☐	Beef bolognese & cheese, (1,6) or baked beans & Cheese, (6) ☐	Tuna mayo, (5, 8) OR baked beans & Cheese, (6) ☐	Chicken & sweetcorn mayo, (8) or baked beans & Cheese, (6) ☐
	DESSERT Summer crumble, rhubarb, raspberries, (1) & custard, (6) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Shortbread, (1) & fruit slices ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Gluten free banana & oatmeal muffin ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Raspberry jelly & mandarins ☐ or sliced fruit platter ☐ or yoghurt (6) ☐	Chocolate cookie, (1) ☐ or sliced fruit platter ☐ or yoghurt (6) ☐



JANUARY

*WEEK	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	29

FEBRUARY

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

MARCH

*WEEK	2	3	4	1	2	3
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		

ALLERGENS CODE:

- (1) Cereals containing Gluten – including wheat, rye, barley & oats
 (2) Celery (3) Crustaceans- such as prawns, crabs & lobsters
 (4) Lupin (5) Fish (6) Dairy (7) Mustard (8) Eggs (9) Peanuts
 (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
 (13) Tree Nuts (14) Molluscs