

New school lunch menus after October Half Term

At Fresha, we give a focus to dishes which are known to be popular, but also provide your child with nutritious and enjoyable school meals. They are made from fresh, locally-sourced Devon produce, which ensures they have high-quality ingredients packed with essential nutrients. By keeping it local, we do our bit for the wider world too. Using local produce means less farm to fork miles and a smaller carbon footprint.

If your child hasn't tried school meals yet - why not encourage them to look at the menu with you on your school website so they could pick one or two days that has something tasty that appeals to them to join their friends and give it a go.

Autumn/Winter 2024 - Main Menu

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	CHICKEN AND VEG PIE Crisp, flakey pastry filled with chicken and vegetables in a creamy sauce (1, 6)	COWBOY PIE Sausage and beans topped with a fluffy mashed potato (1, 12)	THE ROAST Classic Gammon Ham	PIZZA The all-American with pepperoni (1, 6)	FISH FINGERS Fish fingers a firm favourite with all our children. Sustainably sourced (5)
Meat Free	CHEESY BOLOGNAISE AND MACARONI CAKE Plant powered bolognese mixed with pasta and topped with cheese (1, 6)	KATSU VEGGIE CURRY A sweet veggie curry served over rice (1, 11)	ROAST VEGGIE WELLY Crispy pastry packed with seasonal roasted vegetables (1)	PIZZA The original margherita, topped with cheese and tomato. (1, 6)	CORN AND CHICKPEA BURGER In a soft bag
Sides	Herby diced potatoes or Garlic bread (1) Sweetcorn Carrots	Garden peas Green beans	Roast Potatoes Carrots and Broccoli Gravy	Potato Wedges Baked beans Salad Bar	Chips Garden peas Salad Bar
Filled Baguettes					
Jacket Potato					
Dessert	GINGERBREAD A warm, sweet, flavoured ginger cake (1, 6)	APPLE, OAT AND COCONUT CRUMBLE Winter warming take on a traditional crumble with vanilla custard (1, 6, 12)	BANANA LOAF Moist and fluffy and packed with Banana (1, 8)	JELLY WITH PEACH SLICES Bright and colourful, to help get you through the darkest winter day	DESSERT OF THE DAY Our chefs choice of all your favourite desserts (1, 6, 11, 12)

*Freshly baked baguettes filled with Tuna Mayonnaise (ss), Gammon Ham, or Grated Cheddar (w).
Help yourselves to our wide choice of fresh vegetables in our Salad Bar to fill your plate!
Stuffed with Baked Beans with or without Grated Cheddar (w). Or Tuna Mayonnaise (ss),
with your choice of freshly prepared vegetables from our Salad Bar*

Autumn/Winter 2024 - Allergen Menu

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	CHICKEN AND VEG PIE Crisp, flakey pastry filled with chicken and vegetables in a creamy sauce	COWBOY PIE Sausage and beans topped with a fluffy mashed potato	THE ROAST Classic Gammon Ham	PIZZA The all-American with pepperoni	FISH FINGERS Fish fingers a firm favourite with all our children. Sustainably sourced
Meat Free	CHEESY BOLOGNAISE AND MACARONI CAKE Plant powered bolognese mixed with pasta and topped with cheese	KATSU VEGGIE CURRY A sweet veggie curry served over rice	ROAST VEGGIE WELLY Crispy pastry packed with seasonal roasted vegetables	PIZZA The original margherita, topped with cheese and tomato	CORN AND CHICKPEA BURGER In a soft bag
Sides	Herby diced potatoes or Garlic bread Sweetcorn Carrots	Garden peas Green beans	Roast Potatoes Carrots and Broccoli Gravy	Potato Wedges Baked beans Salad Bar	Chips Garden peas Salad Bar
Filled Baguettes					
Jacket Potato					
Dessert	GINGERBREAD A warm, sweet, flavoured ginger cake	APPLE, OAT AND COCONUT CRUMBLE Winter warming take on a traditional crumble with vanilla custard	BANANA LOAF Moist and fluffy and packed with Banana	JELLY WITH PEACH SLICES Bright and colourful, to help get you through the darkest winter day	DESSERT OF THE DAY Our chefs choice of all your favourite desserts

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) Milk (7) Mustard (8) Eggs (9) Peanuts
(10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide (13) Tree Nuts (14) Molluscs

fresha
responsible catering

QR Code

Your views are really important to Fresha Catering and we value your feedback. Simply scan the QR code to tell us how we are doing?

www.fresha.org