

# Welcome to Fresha School Meals

## Spring & Summer 2024 - Main Menu

If there's one group of people that truly benefit from a nutritious and healthy diet, it's your children.

At Fresha, we take it upon ourselves to ensure that their school lunch is not just satisfying, but also nutritionally balanced. We firmly believe that a nourished child is a happier and more eager learner, displaying better concentration and sustained energy throughout the afternoon.

We want to make a positive difference.

### Improving Children's lives through food



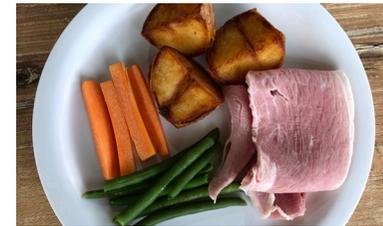
#### Fresh local produce

We prioritise sustainability by preparing delicious, nutritious food using locally sourced ingredients that are in season, avoiding unnecessary additives.



#### High quality, varied meals

We offer menus featuring well-loved favourites, while introducing new and exciting choices, ensuring a daily balance of essential nutrients.



#### Allergies/food allergies

We offer specific menus to address allergies and dietary preferences. see our allergen menu in addition to our main menu

We love to make you and your child's Fresha experience the best it can be.  
Please take a moment to tell us how we are doing

# Spring & Summer 2024 - Main Menu

## Week One

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	<b>PLANT-POWERED MEATBALL SUBS</b> Meatballs with our home-made tomato sauce, in a soft bread roll, with pasta (1)	<b>STICKY CHICKEN</b> Sweet and sticky Asian- style chicken with steamed vegetable rice (11)	<b>THE ROAST</b> Devon sausages with crispy potatoes, Yorkshire pudding and gravy (1,6,8,12)	<b>PIZZA</b> The classic ham pizza, packed with veg and a gooey cheese top, with herby diced potatoes (1,6)	<b>FISH AND CHIPS</b> Battered cod with oven baked chips (1,5)
<b>Sides</b>	Garden peas Broccoli	Sweetcorn Green beans	Carrot Garden peas	Carrot sticks Sweetcorn	Garden peas
<b>Meat Free</b>	<b>FALAFEL SUB</b> Beetroot falafels and a carrot slaw, in a pitta pocket, with pasta (1)	<b>VEGGIE FAJITAS</b> Roasted vegetable strips in a cajun spiced sauce, wrapped in soft tortillas with steamed vegetable rice (1)	<b>SUMMER SQUASH AND CHICKPEA ROAST</b> Sweet and tasty loaf with crispy roast potatoes, Yorkshire pudding, and gravy (1,6,8)	<b>PIZZA</b> The original margherita, topped with cheese and tomato, with herby diced potatoes (1,6)	<b>CHEESE AND TOMATO TURNOVERS</b> Golden and crispy on the outside, melted gooey cheese and tomatoes on the inside, with oven baked chips (1,6)
<b>Jacket Potatoes</b>	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)
<b>Filled Baguette</b>	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)
<b>Dessert</b>	<b>PEACH COBBLER</b> Summer fruit flavours with a sponge topping (1,6)	<b>EVES COOKIE</b> Old-fashioned apple sponge (1,8)	<b>PIP FRUIT ICE LOLLY</b> Filled with 97% organic fruit	<b>SUMMER BERRY JELLY</b> Colourful, tasty and wobbly	<b>CUSTARD BISCUIT</b> Thick, crunchy and crumbly (1)



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**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

# Spring & Summer 2024 - Main Menu

## Week Two

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	<b>PASTA BAR</b> Penne pasta, plant-powered bolognese sauce, with garlic and rosemary foccacia bread (1,11)	<b>BUTTER CHICKEN CURRY</b> A mild, creamy, lightly-spiced chicken curry served over rice	<b>THE ROAST</b> Gammon Ham with crispy potatoes, and gravy	<b>PIZZA</b> The all-American with pepperoni, and herby diced potatoes (1,6)	<b>CHICKEN GOUJON BURGER</b> Sustainably-sourced crispy chicken strips, in a soft white bap, with oven baked chips (1)
<b>Sides</b>	Garden peas Broccoli	Sweetcorn Green beans	Carrot Garden Peas	Red and yellow pepper sticks Sweetcorn	Baked beans
<b>Meat Free</b>	<b>PASTA BAR</b> Penne pasta coated in a rich cheesy sauce, with garlic and rosemary foccacia bread (1,6)	<b>CHICKPEA GLOW BOWL</b> Chickpeas with roasted cauliflower, seasonal vegetables and a creamy curry dressing (7)	<b>RICOTTA AND SAGE PARCELS</b> Creamy, herby and crispy with lots of lovely vegetables and gravy. (1,6)	<b>PIZZA</b> The original margherita, topped with cheese and tomato, with herby diced potatoes (1,6)	<b>CHEESY BBQ PINWHEEL SWIRL</b> Crispy pastry with a BBQ cheese filling and oven baked chips (1,6)
<b>Jacket Potatoes</b>	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)
<b>Filled Baguette</b>	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)	Cheddar cheese (1,6) Tuna (1,5,8) OR Gammon ham (1)
<b>Dessert</b>	<b>CHOCOLATE AND ORANGE MARBLE CAKE</b> A chocolatey, orangey sponge cake (1,8)	<b>PIP FRUIT ICE LOLLY</b> Filled with 97% organic fruit	<b>JAMMIE COOKIE CRUMBLE</b> Oaty, crunchy and crumbly (1,12)	<b>ICE CREAM</b> Creamy vanilla or fruity strawberry (6)	<b>LEMON AND BLUEBERRY MUFFIN</b> Bursting with fresh, fruity flavours (1,11)

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# Spring & Summer 2024 - Main Menu

## Week Three

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	<b>HOTDOG</b> Devon sausage in a soft roll, with lightly-spiced potato wedges (1,12)	<b>HAM, CHEDDAR, AND SUMMER VEGETABLE PASTA BAKE</b> with garlic bread (1,6)	<b>THE ROAST</b> Our take on a summer favourite. BBQ chicken with crispy roast potatoes	<b>PIZZA</b> Smoky paprika chicken pizza, with herby diced potatoes (1,6)	<b>FISH FINGERS</b> Fish fingers with oven baked chips (1,5)
<b>Sides</b>	Baked beans	Sweetcorn Green beans	Corn on the cob Homemade slaw (8)	Carrot sticks Sweetcorn	Garden peas
<b>Meat Free</b>	<b>VEGETABLE PASTIES</b> Home-made, packed with vegetables with lightly-spiced wedges (1,2)	<b>HASSLEBACK POTATO BITES</b> Loaded with a cheesy, garlic and spring onion topping (6)	<b>MEDITERRANEAN TART</b> Flavours of sunnier destinations in a crunchy pastry case with crispy roast potatoes (1)	<b>PIZZA</b> The original margherita, topped with cheese and tomato, with herby diced potatoes (1,6)	<b>VEGGIE BURGER</b> Veggie burger in a soft roll, with oven baked chips (1)
<b>Jacket Potatoes</b>	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)	Cheddar cheese (6) Tuna mayo (5,8), Baked beans OR Baked beans and cheese (6)
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<b>Dessert</b>	<b>CHOCOLATE CRACKNEL</b> Rich, chocolatey and crunchy (1,6)	<b>ARCTIC ROLL</b> Raspberry ripple ice cream wrapped in a soft sponge (1,6)	<b>PIP FRUIT ICE LOLLY</b> Filled with 97% organic fruit	<b>JOLLY JELLY</b> Colourful, tasty and wobbly	<b>SPICED COOKIE</b> Thick, crunchy, crumbly and lightly-warming (1)

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