

Welcome to Fresha School Meals



Autumn/Winter 2025 - Allergy Menu

Fresha has a vision to improve the life chances of children and young people, through their food choices

We are making a positive difference to your children's diet and health

Our menus contain 30 different plant based ingredients because what they eat matters

We champion fresh, seasonal, local and sustainable produce

Our delicious, healthy menus are good for both your children and the planet

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

Improving Children's lives through food



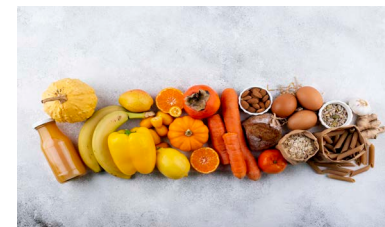
Fresh local produce

We use fresh, regional, sustainable food in season, selecting produce when it is at its best



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. Please speak to our in house supervisors should you have any concerns

Please take five minutes to send us your feedback



We offer a daily salad bar with a selection of freshly prepared vegetables and fruit to accompany all meals.

Yogurt and fresh fruit are available as an alternative dessert

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	CHEESY BOLOGNAISE AND MACARONI BAKE Plant powered bolognaise mixed with pasta and topped with cheese PB, VG	ULTIMATE BANGERS 'N' MASH Devon pork sausages with creamy mashed potato	ROAST CHICKEN Tender and juicy, with tasty potatoes, colourful veggies	PIZZA The all-American with pepperoni	FISH FINGERS Our classic fish fingers Sustainably sourced (5)
Option 2	CHEESY POTATO BAKE Potatoes in a creamy cheesy sauce PB, VG	GARDEN GLOW RICE Golden rice with sweet garden veggies PB, VG	WINTER LOAF Seasonal vegetables packed into a traditional bake PB, VG	PIZZA The original cheese and tomato VG	VEGGIE HOT DOG A veggie-packed hotdog in a soft, squishy roll VG
Sides	Garden peas Carrots	Baked Beans Green beans	Roast Potatoes Carrots and Broccoli Gravy	Herby Diced Potatoes Salad Bar Sweetcorn	Chips Baked Beans Rainbow Veggie Sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheddar, Tuna Mayo, or just Cheddar with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	APPLE FLAPJACK Soft baked flapjack with juicy apple pieces VG	CHOCOLATE AND TOFFEE COOKIE A naturally chewy, chocolatey cookie PB, VG	SPICED ORANGE SHORTBREAD Soft, crumbly shortbread with a zesty orange twist VG	WINTER BERRY SQUARES A sweet, juicy, fruit packed flapjack PB, VG	BANANA MUFFINS Moist, fluffy and packed with Banana PB, VG



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

NOVEMBER

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DECEMBER

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	CHILLI NON CARNE A mild chilli tucked inside a crunchy taco shell PB, VG	STICKY CHICKEN GOUJON WRAP Chicken bites in a sticky glaze with a salad crunch, served with herby diced potatoes	THE ROAST Classic Gammon Ham	PIZZA The classic chicken with our tomato sauce, topped with chicken	FISH FINGERS Our classic fish fingers Sustainably sourced (5)
	BUFFALO BITES Crunchy, lightly battered Cauliflower nuggets with a tangy dipping sauce VG	PASTA WITH CREAMY ROASTED TOMATO SAUCE Pasta in a smooth, yummy tomato sauce PB, VG	ROASTED SQUASH, RED PEPPER AND TOMATO WELLINGTON Crispy, flaky pastry filled with classic flavours PB, VG	RAINBOW PIZZA The original cheese and tomato topped with rainbow peppers VG	VEGGIE SAUSAGE ROLL Golden, flaky and full of veggie goodness PB, VG
Sides	Rice Peas Green beans	Sweetcorn Baked beans	Roast potatoes Carrots, Garden peas Gravy	Potato Wedges Salad bar Corn on the Cob	Chips Peas Rainbow veggie sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheddar, Tuna Mayo, or just Cheddar with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	CHOCOLATE & CHERRY COOKIE Rich chocolate cookie with a cherry drizzle PB, VG	APPLE & BERRY CRUMBLE Traditional winter crumble, packed with apples and winter berries PB, VG	LEMON MUFFIN Bursting with fresh, fruity flavours PB, VG	OATY FLAPJACK Soft baked, crumbly flapjack PB, VG	DESSERT OF THE DAY Our chefs choice of all your favourite desserts PB, VG



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Autumn/Winter 2025 - Allergy Menu



Week Three

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	PASTA BOLOGNESE Penne pasta in a plant-powered bolognese sauce PB, VG	CHICKEN CURRY Chicken and sweet potato in a mildly spiced sauce PB	ROAST PORK Tender slices of pork, with tasty potatoes and colourful veggies PB, VG	POWERBALL PIZZA An out of this world pizza, topped with meteor meatballs PB, V	CHICKEN BURGER A crispy, chicken burger tucked in a soft roll PB, VG
Option 2	MAC 'N' CHEESE Soft pasta in a rich, cheesy sauce PB, V	COTTAGE PIE Beans, pulses and vegetables in a rich tomato sauce PB, VG	VEGGIE SAUSAGE ROAST Tasty vegetable sausages, in a rich gravy PB, VG	PIZZA The original cheese and tomato VG	CARROT AND CHICKPEA BURGER Tasty, colourful and crunchy burger packed in a soft roll PB, VG
Sides	Garlic Bread Garden peas Salad bar	Carrots Green beans	Roast potatoes Carrots, Broccoli Gravy	Herby Diced potatoes Salad bar Sweetcorn	Chips Baked beans Rainbow veggie sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheddar, Tuna Mayo, or just Cheddar with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	CHERRY SHORTBREAD Buttery shortbread with a burst of cherry VG	CHOCOLATE COOKIE Rich, chocolaty and secretly good for you VG	GINGER COOKIE A warm, sweet, flavoured ginger biscuit VG	LEMON SHORTBREAD Crumbly shortbread with a zingy lemon twist VG	APPLE CRUMBLE BAR A soft granola bar with classic apple pie flavours VG



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