

# Welcome to Fresha School Meals



## Autumn/Winter 2025 - Main 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



**fresha**  
responsible catering

Here at Fresha we are trying hard to minimise our Carbon Footprint for future generations. Please scan to see the carbon content of our meals



**fresha**  
responsible catering

Please scan for our allergen charts



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	<b>CHEESY BOLOGNAISE AND MACARONI BAKE</b> Plant powered bolognaise mixed with pasta and topped with cheese (1,6) <b>PB,V</b>	<b>ULTIMATE BANGERS 'N' MASH</b> Devon pork sausages with creamy mashed potato (1,12)	<b>ROAST CHICKEN</b> Tender and juicy, with tasty potatoes, colourful veggies and Stuffing (1)	<b>PIZZA</b> The all-American with pepperoni (1,6)	<b>FISH 'N' CHIPS</b> Crispy, golden fish and fluffy chips (1,5)
<b>Option 2</b>	<b>HOMITY PIE</b> Cheese and potato pie (1,6) <b>V</b>	<b>GARDEN GLOW RICE</b> Golden rice with sweet garden veggies <b>PB,VG</b>	<b>QUORN ROAST WITH STUFFING</b> Quorn Mini Fillet with crunchy potatoes and colourful veggies (1) <b>PB,VG</b>	<b>PIZZA</b> The original cheese and tomato (1,6) <b>V</b>	<b>VEGGIE HOT DOG</b> A veggie-packed hotdog in a soft, squishy roll (1) <b>VG</b>
<b>Sides</b>	Garden peas Carrots	Baked Beans Green beans	Roast Potatoes Stuffing (1) Carrots and Broccoli Gravy	Herby Diced Potatoes Salad Bar Sweetcorn	Chips Baked Beans Rainbow Veggie Sticks
<b>Jacket Potato</b>	<i>Stuffed with Baked Beans with or without Grated Cheddar(6), Tuna Mayo(5,8), or just Cheddar(6) with your choice of freshly prepared vegetables from our Salad Bar</i>				
<b>Dessert</b>	<b>APPLE CAKE</b> Soft cake with juicy apple pieces (1,8) <b>V</b>	<b>STICKY TOFFEE PUDDING</b> A sticky, sweet, fruity dessert with custard (1,6) <b>PB,V</b>	<b>SPICED ORANGE SHORTBREAD</b> Soft, crumbly shortbread with a zesty orange twist (1) <b>VG</b>	<b>WINTER BERRY SQUARES</b> A sweet, juicy, fruit packed flapjack (1) <b>PB,VG</b>	<b>BANANA MUFFINS</b> Moist, fluffy and packed with Banana (1) <b>PB,VG</b>

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



## 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
<b>Option 1</b>	<b>CHILLI NON CARNE</b> A mild chilli tucked inside a cruncy taco shell  <b>PB, VG</b>	<b>STICKY CHICKEN GOUJON WRAP</b> Crispy chicken bites in a sticky glaze with a salad crunch, served with herby diced potatoes (1)  <b>(1)</b>	<b>THE ROAST</b> Classic Gammon Ham	<b>PIZZA</b> The classic chicken with our tomato sauce, topped with chicken (1,6)  <b>(1,6)</b>	<b>FISH FINGERS</b> Our classic fish fingers Sustainably sourced (1,5)  <b>(1,5)</b>
<b>Option 2</b>	<b>QUORN VEGAN NUGGETS</b> Crunchy, lightly battered nuggets with a tangy dipping sauce (1) <b>VG</b>	<b>PASTA WITH CREAMY ROASTED TOMATO SAUCE</b> Pasta in a smooth, yummy tomato sauce (1) <b>PB, VG</b>	<b>ROASTED SQUASH, RED PEPPER AND TOMATO TART</b> Crispy, flaky pastry topped with classic flavours (1) <b>PB, VG</b>	<b>RAINBOW PIZZA</b> The original cheese and tomato topped with rainbow peppers (1,6) <b>V</b>	<b>VEGGIE SAUSAGE ROLL</b> Golden, flaky and full of veggie goodness (1) <b>PB, VG</b>
<b>Sides</b>	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
<b>Jacket Potato</b>	<i>Stuffed with Baked Beans with or without Grated Cheddar (6), Tuna Mayo (5,8), or just Cheddar (6) with your choice of freshly prepared vegetables from our Salad Bar</i>				
<b>Dessert</b>	<b>CHOCOLATE BROWNIE</b> Rich, chocolaty and secretly good for you (1,8) <b>PB, V</b>	<b>APPLE &amp; BERRY CRUMBLE</b> Traditional winter crumble, packed with apples and winter berries, with custard. (1,6) <b>PB, V</b>	<b>LEMON MUFFIN</b> Bursting with fresh, fruity flavours (1,12) <b>PB, VG</b>	<b>CARROT CAKE</b> Lightly spiced and deliciously moist (1,8) <b>PB, V</b>	<b>DESSERT OF THE DAY</b> Our chefs choice of all your favourite desserts (1,6,8,12) <b>PB, V</b>

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

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	<b>LASAGNE</b> Cheesy, saucy veggie packed layers (1,6) <b>PB,V</b>	<b>CHICKEN CURRY</b> A mild, creamy, lightly-spiced korma curry served over rice (7)	<b>ROAST PORK</b> Tender slices of pork, with tasty potatoes and colourful veggies	<b>POWERBALL PIZZA</b> An out of this world pizza, topped with meteor meatballs (1,6) <b>PB,V</b>	<b>CHICKEN BURGER</b> A crispy, chicken burger tucked in a soft roll (1)
<b>Option 2</b>	<b>MAC 'N' CHEESE</b> Soft pasta in a rich, cheesy sauce (1,6) <b>PB,V</b>	<b>COTTAGE PIE</b> Beans, pulses and vegetables in a rich tomato sauce <b>PB,VG</b>	<b>VEGGIE TOAD IN THE HOLE</b> Fluffy, crispy Yorkshire pud packed with Quorn sausage (1,6,8) <b>V</b>	<b>PIZZA</b> The original cheese and tomato (1,6) <b>V</b>	<b>CARROT AND CHICKPEA BURGER</b> Tasty, colourful and crunchy burger packed in a soft roll (1,8) <b>PB,V</b>
<b>Sides</b>	Garlic Bread (1) Garden peas Salad bar	Carrots Green beans	Roast potatoes Carrots, Broccoli Gravy	Herby Diced potatoes Salad bar Sweetcorn	Chips Baked beans Rainbow veggie sticks
<b>Jacket Potato</b>	Stuffed with Baked Beans with or without Grated Cheddar(6), Tuna Mayo(5,8), or just Cheddar(6) with your choice of freshly prepared vegetables from our Salad Bar				
<b>Dessert</b>	<b>CHERRY SHORTBREAD</b> Buttery shortbread with a burst of cherry (1) <b>VG</b>	<b>CHOCOLATE CAKE</b> A firm favourite with a healthy twist (1,8) <b>V</b>	<b>GINGER COOKIE</b> A warm, sweet, flavoured ginger biscuit (1) <b>VG</b>	<b>ST CLEMENTS CAKE</b> A zesty orange and lemon flavour in a soft baked cake. (1,8) <b>V</b>	<b>APPLE CRUMBLE BAR</b> A soft granola bar with classic apple pie flavours (1,8) <b>V</b>



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