



Fresh 'N' Tasty School Menu - Week 1

Weeks commencing; 02.11.2020 - 16.11.2020 - 30.11.2020 - 14.12.2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Choice	Fish Fingers served with Tomato Sauce Accompanied by: Mashed Potato Allergens: *Gluten / Fish	Chicken and Sweetcorn Pasta Bake topped with Cheese Allergens: Gluten / Milk	Roast Beef with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Gluten / Milk / Egg	Chicken Korma Accompanied by: Rice Allergens: Milk	Homemade Pizza served with Fresh 'N' Tasty Tomato Sauce Accompanied by: Chips Allergens: *Gluten / Milk
Green Choice	Cheese Pinwheels Accompanied by: Mashed Potato Allergens: Milk / Egg	Cheese Lattice Accompanied by: Baked Wedges Allergens: Gluten / Soya / Milk	Linda McCartney Sausages with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Gluten / Milk	Macaroni Cheese served with Garlic Bread Allergens: Gluten / Milk	Harry Ramsden Battered Fish served with Tomato Sauce Accompanied by: Chips Allergens: *Gluten / Fish
Vegetables	Sweetcorn	Carrots	Green Beans	Peas	Baked Beans
Dessert	Rice Krispie Cake Organic Yogurts	Lemon Drizzle Muffins	Fresh Fruit Organic Yogurts	Shortbread Biscuit	Fruit Jelly Pot Fresh Fruit

Our meals are prepared daily by our dedicated teams. All Fresh 'N' Tasty meat is farm assured and meet welfare standards. We use locally sourced food products and suppliers where possible (subject to availability). We use Fairtrade, organic and free range eggs on a daily basis.

Fresh 'N' Tasty is a 'not for profit' School Company run by its Partner Schools.

Note: *Gluten denotes that a gluten free alternative dish is available.





Fresh 'N' Tasty School Menu - Week 2

Weeks commencing; 09.11.2020 - 23.11.2020 - 07.12.2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Choice	Beef Burger served in a Soft Bun Accompanied by: Baked Wedges Allergens: Gluten / Soya	Butchers Sausages served with a rich Gravy Accompanied by: Mashed Potato Allergens: Gluten	Roast Chicken with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Gluten / Milk / Egg	Spaghetti Bolognese served with Garlic Bread Allergens: Gluten / Milk / Egg	Homemade Pizza served with Fresh 'N' Tasty Tomato Sauce Accompanied by: Chips Allergens: *Gluten / Milk
Green Choice	Veggie Burger served in a Bun Accompanied by: Baked Wedges Allergens: Gluten	Quorn Sausages served with a rich Gravy Accompanied by: Mashed Potato Allergens: Milk / Gluten	Quorn Roast with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Milk / Gluten / Egg	Quorn Bolognese served with Garlic Bread Allergens: Gluten / Egg	Harry Ramsden Battered Fish served with Tomato Sauce Accompanied by: Chips Allergens: *Gluten / Fish
Vegetables	Sweetcorn	Carrots	Broccoli	Sweetcorn	Baked Beans
Dessert	Strawberry Whips Organic Yogurts	Ice Sponge Cake	Fresh Fruit Organic Yogurts	Chocolate Sponge	Fruit Smoothie

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