



# Fresh 'N' Tasty School Menu - Week 1

Weeks commencing; 01.03.2021 - 15.03.2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Choice	Fish Fingers served with Tomato Sauce  Accompanied by: Mashed Potato  <b>Allergens: *Gluten / Fish</b>	Chicken and Sweetcorn Pasta Bake topped with Cheese  <b>Allergens: Gluten / Milk</b>	Roast Beef with Yorkshire Pudding served with a rich Gravy  Accompanied by: Roast Potatoes  <b>Allergens: Gluten / Milk / Egg</b>	Chicken Korma  Accompanied by: Rice  <b>Allergens: Milk</b>	Homemade Pizza served with Fresh 'N' Tasty Tomato Sauce  Accompanied by: Chips  <b>Allergens: *Gluten / Milk</b>
Green Choice	Cheese Pinwheels  Accompanied by: Mashed Potato  <b>Allergens: Milk / Egg</b>	Cheese Lattice  Accompanied by: Baked Wedges  <b>Allergens: Gluten / Soya / Milk</b>	Linda McCartney Sausages with Yorkshire Pudding served with a rich Gravy  Accompanied by: Roast Potatoes  <b>Allergens: Gluten / Milk</b>	Macaroni Cheese served with Garlic Bread  <b>Allergens: Gluten / Milk</b>	Harry Ramsden Battered Fish served with Tomato Sauce  Accompanied by: Chips  <b>Allergens: *Gluten / Fish</b>
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; 22.02.2021 - 08.03.2021 - 22.03.2021

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

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.

