



Fresh 'N' Tasty School Menu - Week 1

Weeks commencing; 30.08.2021 - 20.09.2021 - 11.10.2021 - 08.11.2021 - 29.11.2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Choice	Bubble Batter Coated Salmon Accompanied by: Diced Potatoes Allergens: Fish	Battered Chicken Nuggets Accompanied by: Baked Potato Wedges Allergens: Celery / Gluten / Milk	Roast Beef with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Egg / *Gluten / Milk	Traditional & Local Butchers Sausages served with a rich Gravy Accompanied by: Mashed Potatoes Allergens: Gluten	Chef's Homemade Pizza Accompanied by: Chips or Pasta Allergens: *Gluten / Milk
Green Choice	Vegan Sausage Rolls Accompanied by: Diced Potatoes Allergens: Soya / Gluten	Homemade Cheese Flan Accompanied by: Baked Potato Wedges Allergens: Egg / *Gluten / Milk	Quorn Roast with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Egg / *Gluten / Milk	Quorn Dippers Accompanied by: Mashed Potatoes Allergens: Egg / Gluten / Milk	Harry Ramsden Battered Fish Accompanied by: Chips or Pasta Allergens: *Gluten / Fish
Yellow Choice	Jacket Potato served with Baked Beans	Jacket Potato served with Tuna Mayo Allergens: Fish / Egg	Jacket Potato served with Cheese Allergens: Milk	Jacket Potato served with Tuna Mayo Allergens: Fish / Egg	Jacket Potato served with Cheese & Beans Allergens: Milk
Vegetables	Peas Carrots	Broccoli Sweetcorn	Green Beans Carrots	Broccoli Cauliflower	Baked Beans Sweetcorn
Dessert	Ice Cream Pots Allergens: Milk	Apple Crumble with Custard Allergens: Egg / Gluten / Milk / Soya Muffins Allergens: Egg / Soya / Milk / Gluten	Cookies Allergens: Gluten / Milk / Soya	Chocolate Fudge Sponge with Custard Allergens: Egg / Gluten / Milk / Soya	Jelly
Organic Yogurts (Allergens: Milk) and Fresh Fruit served daily.					

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; 06.09.2021 - 27.09.2021 - 18.10.2021 - 15.11.2021 - 06.12.2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Choice	Beef Burger served in a Soft Bun Accompanied by: Baked Potato Wedges Allergens: Gluten. Bun may contain sesame.	Chef's Homemade Special Chicken and Vegetable Pie Accompanied by: Dice Potatoes Allergens: Gluten	Roast Chicken Fillet with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Egg / *Gluten / Milk	Homemade Mexican Bake topped with crunchy Tortillas and Cheese Accompanied by: Garlic Bread Allergens: Gluten / Milk	Chef's Homemade Pizza Accompanied by: Chips or Pasta Allergens: *Gluten / Milk
Green Choice	Quorn Bolognaise Accompanied by: Pasta Allergens: Egg / Gluten	Veggie Cheese Bakes Accompanied by: Dice Potatoes Allergens: Gluten / Milk	Quorn Roast with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Egg / *Gluten / Milk	Homemade Macaroni Cheese Accompanied by: Garlic Bread Allergens: Gluten / Milk	Harry Ramsden Battered Fish Accompanied by: Chips or Pasta Allergens: *Gluten / Fish
Yellow Choice	Jacket Potato served with Tuna Mayo Allergens: Fish / Egg	Jacket Potato served with Cheese Allergens: Milk	Jacket Potato served with Tuna Mayo Allergens: Fish / Egg	Jacket Potato served with Baked Beans	Jacket Potato served with Cheese & Beans Allergens: Milk
Vegetables	Peas Carrots	Sweetcorn Cauliflower	Broccoli Sliced Carrots	Peas Sweetcorn	Baked Beans Sweetcorn
Dessert	Chocolate and Banana Whip Allergens: Milk	American Pancakes with Vanilla Ice Cream Allergens: Egg / Gluten / Milk	Iced Sponge with Custard Allergens: Egg / Gluten / Milk / Soya	Melting Moments Allergens: Egg / Gluten / Dairy	Ice Lollies
Organic Yogurts (Allergens: Milk) and Fresh Fruit served daily.					

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Fresh 'N' Tasty School Menu - Week 3

Weeks commencing; 13.09.2021 - 04.10.2021 - 01.11.2021 - 22.11.2021 - 13.12.2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Choice	Fish Fingers Accompanied by: Baked Potato Wedges Allergens: Fish / Gluten	Fresh 'n' Tasty Fabulous Chicken Korma Curry Accompanied by: Basmati Rice Allergens: Milk	Roast Beef with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Egg / *Gluten / Milk	Homemade Spaghetti Bolognaise Accompanied by: Garlic Bread Allergens: Gluten / Milk	Chef's Homemade Pizza Accompanied by: Chips or Pasta Allergens: *Gluten / Milk
Green Choice	Vegetable Fingers Accompanied by: Baked Potato Wedges Allergens: Gluten	Vegetarian Meatballs in a Tomato Sauce with Pasta Accompanied by: Garlic Bread Allergens: Gluten / Milk	Quorn Roast with Yorkshire Pudding served with a rich Gravy Accompanied by: Roast Potatoes Allergens: Egg / *Gluten / Milk	Quorn Dippers Accompanied by: Mashed Potato Allergens: Egg / Gluten / Milk	Harry Ramsden Battered Fish Accompanied by: Chips or Pasta Allergens: *Gluten / Fish
Yellow Choice	Jacket Potato served with Tuna Mayo Allergens: Fish / Egg	Jacket Potato served with Cheese Allergens: Milk	Jacket Potato served with Tuna Mayo Allergens: Fish / Egg	Jacket Potato served with Baked Beans	Jacket Potato served with Cheese & Beans Allergens: Milk
Vegetables	Sweetcorn Peas	Carrots Green Beans	Broccoli Cauliflower	Sweetcorn Carrots	Baked Beans Sweetcorn
Dessert	Shortbread Biscuit Allergens: Gluten	Rice Krispy Cake Allergens: Milk	Mini Doughnuts Allergens: Egg / Gluten / Milk / Soya	Lemon Sponge Cake with Custard Allergens: Egg / Gluten / Milk / Soya	Ice Cream Pots Allergens: Milk

Organic Yogurts (**Allergens: Milk**) and Fresh Fruit served daily.

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