

RIVER MEAD KITCHEN

TERM 2 2020-2021

Dear Parents/Carers

Please find attached the NEW Menu for Term 2 2020-21. The River Mead Kitchen team would like to try and increase the number of meals we provide and hope you will encourage your children to have a hot meal. **Don't forget there is NO CHARGE for children in Reception, Year 1 and Year 2.** (If you are unsure as to whether your child will eat the meal you could always send in a packed lunch as a backup.)

Please email your meal choices to the school by Monday 12th October 2020 9AM. The cost is £2.30 per meal for KS2 children (Years 3, 4, 5, 6) and Nursery children.

If we do not receive a menu then we will not be able to cater for your child.

KS1 Children (Reception, Years 1 and 2)

Meals are free but we still require your menu choices for your child.

Nursery and KS2 Children

If your child is eligible for Free School Meals, we still require your menu choices for your child.

Payment of Nursery & KS2 meals must be made in advance of the meals for the term. Unfortunately, we are unable to book a meal without payment being received in advance. **Please make your payment via SIMSPay by Monday 19th October 2020**

NO DAILY BOOKINGS OR PAYMENTS WILL BE ACCEPTED. NO CASH PAYMENTS

We aim to provide a nutritionally balanced menu that meets the standards set by the School Food Trust. We use quality ingredients that are:

- Produced locally
- From sustainable sources or ethically supplied
- Farm assured, i.e. meat that carries the red tractor logo
- Approved by the Marine Conservation Society (Fish)

All hot meals are served with a selection of seasonal vegetables and we offer a daily meat-free option, suitable for vegetarians. Drinking water, milk and bread is freely available. All children will be offered the main dessert option; however, seasonal fruit will be available as an alternative.

Please be aware the menu may change due to situations beyond our control.

If you have any special dietary needs please contact the school office to discuss your menu options.

Food Allergen Advice Note: This is available on our website.

Dietary Requirements:

If your child has a specific dietary requirement, we kindly request that this must be supported by a medical document.

Other Requirements:

Please put any parental preferences, cultural requirements or other dietary wishes in this section.

Dietary Requirements: (Please tick)		Other Requirements: (Please indicate)	
Gluten Free		Halal	
Dairy Free		Kosher	
Nut Free			
Wheat Free			
Other (please specify)			



CHILD'S NAME:		OFFICE USE ONLY
CHILD'S CLASS:		INITIALS:DATE:.....
		TOTAL:

PLEASE TICK EITHER THE MAIN, VEGETARIAN OR JACKET POTATO OPTION EACH DAY.

W/C:02/11/2020 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE (RED)	INSET DAY		Chicken and Sweetcorn Pie with New Potatoes		Beef Lasagne		Sausage Roast with Roast Potatoes		Breaded Fish with Chips	
VEGETARIAN (GREEN)			Quorn Sausage Toad In The Hole		Vegetable Lasagne		Quorn Sausage Roast		Cauliflower and Broccoli Cheese	
JACKET POTATO (BLUE)			Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna	
DESSERT			Mixed Fruit Salad		Cherry Flapjack		Raspberry Muffin		Yoghurt	
								KS2 TOTAL	£.....	

W/C:09/11/2020 2	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE (RED)	Tomato and Basil Pasta Bake		Beef Chilli With Rice		Pepperoni Pizza		Roast Pork with Roast Potatoes		Fish Fingers Chips and Beans	
VEGETARIAN (GREEN)	Macaroni Cheese		Vegetable Chilli with Rice		Vegetarian Meatballs with Spaghetti		Bean and Vegetable Pie		Spanish Omelette	
JACKET POTATO (BLUE)	Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna	
DESSERT	Ginger Cake		Eve's Pudding and Custard		Fruit Platter		Ice Cream Roll		Oat and Raisin Cookie	
								KS2 TOTAL	£.....	

W/C: 16/11/2020 3	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MAIN COURSE (RED)	Cheese and Tomato Pizza		Beef Bolognese Wholemeal Pasta		Roast Chicken With Roast Potatoes		Chicken Tikka Masala with Rice		Salmon Fish Cake and Chips	
VEGETARIAN (GREEN)	Vegetable Chilli Pots		Lentil Bolognese with Pasta		Roast Vegetable Quiche		Sweet Potato Curry with Rice		Veggie Cornish Pasty	
JACKET POTATO (BLUE)	Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna		Cheese & Beans or Tuna	
DESSERT	Lemon Shortbread		Sticky Toffee Pudding with Toffee Sauce		Yoghurt		Chocolate Brownie		Fruit Platter	
								KS2 TOTAL	£.....	

W/C: 23/11/2020 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE (RED)	Pasta Primavera	Chicken and Sweetcorn Pie with New Potatoes	Beef Lasagne	Sausage Roast with Roast Potatoes	Breaded Fish and Chips
VEGETARIAN (GREEN)	Vegetable Fajitas with Salsa Rice	Quorn Sausage Toad In The Hole	Vegetable Lasagne	Quorn Sausage Roast	Cauliflower and Broccoli Cheese
JACKET POTATO (BLUE)	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna
DESSERT	Bananas and Custard	Mixed Fruit Salad	Cherry Flapjack	Raspberry Muffin	Yoghurt
				KS2 TOTAL	£.....

W/C: 30/11/2020 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE (RED)	Tomato and Basil Pasta Bake	Beef Chilli With Rice	Pepperoni Pizza	Roast Pork with Roast Potatoes	Fish Fingers Chips and Beans
VEGETARIAN (GREEN)	Macaroni Cheese	Vegetable Chilli with Rice	Vegetarian Meatballs with Spaghetti	Bean and Vegetable Pie	Spanish Omelette
JACKET POTATO (BLUE)	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna
DESSERT	Ginger Cake	Eve's Pudding and Custard	Fruit Platter	Ice Cream Roll	Oat and Raisin Cookie
				KS2 TOTAL	£.....

W/C: 07/12/2020 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE (RED)	Cheese and Tomato Pizza	Beef Bolognese Wholemeal Pasta	Roast Chicken With Roast Potatoes	Chicken Tikka Masala with Rice	Salmon Fish Cake and Chips
VEGETARIAN (GREEN)	Vegetable Chilli Pots	Lentil Bolognese with Pasta	Roast Vegetable Quiche	Sweet Potato Curry with Rice	Veggie Cornish Pasty
JACKET POTATO (BLUE)	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna
DESSERT	Lemon Shortbread	Sticky Toffee Pudding with Toffee Sauce	Yoghurt	Chocolate Brownie	Fruit Platter
				KS2 TOTAL	£.....

W/C: 14/12/2020 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE (RED)	Pasta Primavera	Chicken and Sweetcorn Pie with New Potatoes	Beef Lasagne	Breaded Fish and Chips	Turkey Roast with Roast Potatoes (RED)
VEGETARIAN (GREEN)	Vegetable Fajitas with Salsa Rice	Quorn Sausage Toad In The Hole	Vegetable Lasagne	Cauliflower and Broccoli Cheese	Quorn Roast (GREEN)
JACKET POTATO (BLUE)	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	Cheese & Beans or Tuna	
DESSERT	Bananas and Custard	Mixed Fruit Salad	Cherry Flapjack	Raspberry Muffin	Yoghurt
				KS2 TOTAL	£.....

TOTAL PAID:.....

SIMS PAY TRANSACTION NUMBER:.....