

# RIVER MEAD KITCHEN

## TERM 1 2022-2023

Dear Parents/Carers

Please find attached the Menu for Term 1 2022-23. 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 Friday 5<sup>th</sup> August 2022 9AM.** The cost is £2.55 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 Arbor by Friday 5<sup>th</sup> August 2022.**

**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)			



<b>CHILD'S NAME:</b>		<b>OFFICE USE ONLY</b>	
<b>CHILD'S CLASS:</b>		INITIALS: .....DATE:.....	
		TOTAL: .....	

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

W/C: 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE (RED)</b>	Vegetable Pasta Bake	Chicken Wrap with Rainbow Rice & Vegetables	Pepperoni Pizza	Sausage Roast with Potatoes and Vegetables	Breaded Fish, Chips and Vegetables
<b>VEGETARIAN (GREEN)</b>	Macaroni Cheese	Vegetable Wrap with Rainbow Rice & Vegetables	Cheese Pizza	Quorn Sausage Roast Potatoes and Vegetables	Vegetable Pasty, Chips and Vegetables
<b>JACKET POTATO (BLUE)</b>	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
<b>DESSERT</b>	Chocolate and Banana Sponge	Flapjack	Jelly	Vanilla Biscuits	Melon Platter
				<b>KS2 TOTAL</b>	p £.....

W/C: 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE (RED)</b>	Tomato and Basil Pasta	BBQ Chicken and Vegetable Rice	Beef Burger, Wedges and Vegetables	Roast Chicken, Roast Potatoes and vegetables	Fish Fingers Chips and Beans/Peas
<b>VEGETARIAN (GREEN)</b>	Cauliflower & Broccoli cheese and Vegetables	BBQ Quorn and Vegetable Rice	Quorn Burger, Wedges and Vegetables	Quorn Roast, Roast Potatoes, and Vegetables	Cheese & Potato Pie Beans/Peas
<b>JACKET POTATO (BLUE)</b>	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
<b>DESSERT</b>	Raspberry Sponge	Raisin Cookie	Ice Cream	Angel Delight	Fruit Salad
				<b>KS2 TOTAL</b>	£.....

W/C: 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE (RED)</b>	Cheese and Bean Pastry Puff with Wedges or Rice	Chicken Curry and Rice	Pasta Bolognese	Roast Sausage, Roast Potatoes and Vegetables	Breaded Fish and Chips, Bean/Peas
<b>VEGETARIAN (GREEN)</b>	Mixed Pepper Fajita with Wedges or Rice	Sweet Potato Curry and Rice	Quorn Bolognese	Quorn Roast, Roast Potatoes and Vegetables	Spanish Omelette, Chips, Beans/Peas
<b>JACKET POTATO (BLUE)</b>	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
<b>DESSERT</b>	Vanilla & Fruit Sponge	Lemon Biscuits	Sticky Toffee Pudding	Jelly	Melon Platter
				<b>KS2 TOTAL</b>	£.....