

Welcome to Fresha School Meals in partnership with Ventrus

Autumn/Winter 2024 - Allergen Menu

If there's one group of people that truly benefit from a nutritious and healthy diet, it's your children.

At Fresha, we take it upon ourselves to ensure that their school lunch is not just satisfying, but also nutritionally balanced. We firmly believe that a nourished child is a happier and more eager learner, displaying better concentration and sustained energy throughout the afternoon.

We want to make a positive difference.

Improving Children's lives through food



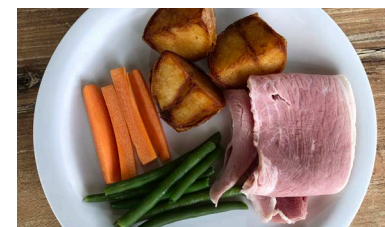
Fresh local produce

We prioritise sustainability by preparing delicious, nutritious food using locally sourced ingredients that are in season, avoiding unnecessary additives.



High quality, varied meals

We offer menus featuring well-loved favourites, while introducing new and exciting choices, ensuring a daily balance of essential nutrients.



Allergies/food allergies

We offer specific menus to address allergies and dietary preferences. Please speak to our in house supervisors should you have any concerns

We love to make you and your child's Fresha experience the best it can be.
Please take a moment to tell us how we are doing

ventrus
Multi Academy Trust

fresha
responsible catering

Autumn/Winter 2024 - Allergen Menu

Week One

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	CHICKEN AND VEG PIE Crisp, flaky pastry filled with chicken and vegetables, in a creamy sauce	COWBOY PIE Devon pork sausage and beans topped with a fluffy mashed potato	THE ROAST Classic gammon ham	PIZZA The All-American with pepperoni	FISH FINGERS Our classic fish fingers Sustainably sourced (5)
Meat Free	CHEESY BOLOGNAISE PASTA BAKE Plant powered bolognaise mixed with pasta and topped with cheese	VEGGIE CURRY A sweet veggie curry, served over rice	ROAST VEG WELLINGTON Crispy pastry, packed with seasonal roasted vegetables	PIZZA The original margherita, topped with cheese and tomato,	CORN AND CHICKPEA BURGER In a soft bap
Sides	Herby diced potatoes or Garlic bread Sweetcorn Carrots	Garden peas Green beans	Roast potatoes Carrots Broccoli Gravy	Potato wedges Baked beans Salad bar	Chips Garden peas Salad bar
Jacket Potato	<i>Stuffed with baked beans with or without grated vegan cheese, tuna, or cheddar on its own, with your choice of freshly prepared vegetables from our salad bar</i>				
Dessert	GINGER COOKIE A warm, sweet, flavoured ginger biscuit	APPLE CRUMBLE Traditional winter crumble, packed with apples	BANANA MUFFINS Moist, fluffy and packed with banana	JELLY WITH PEACH SLICES Bright and colourful, with lots of flavour	DESSERT OF THE DAY Our chef's choice of all your favourite desserts



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Allergens Code

- (1) Cereals containing Gluten – including wheat, rye, barley & oats (2) Celery
 (3) Crustaceans- such as prawns, crabs & lobsters
 (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts
 (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide (13) Tree Nuts (14) Molluscs

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Week Two

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	PASTA BAKE Plant based ragu, layered with creamy white sauce and pasta, topped with melted vegan cheese	CHICKEN CURRY A mild, creamy, lightly-spiced curry served over rice	THE ROAST Devon pork sausages	PIZZA The classic ham pizza, packed with veg and a gooey cheese top	BEEF BURGER Westcountry beef burger in a soft bap
Meat Free	HOMITY PIE Cheese and potato pie topped with sliced tomatoes	SWEET AND SOUR VEGETABLES A classic dish served over rice	CAULIFLOWER CHEESE GRATIN Creamy and cheesy	PIZZA The original margherita, topped with cheese and tomato,	VEGGIE HOT DOG In a soft roll
Sides	Rosemary foccacia bread Broccoli Carrots	Rice Sweetcorn Green beans	Roast potatoes Carrots, Garden peas Gravy	Herby diced potatoes Slaw Salad bar	Chips Baked beans Corn on the cob
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Vegan Cheddar, Or Tuna, with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	SORBET Refreshing iced sorbet in chef's choice of flavour	CHOCOLATE CAKE A firm favourite with a healthy twist	LEMON MUFFIN Bursting with fresh, fruity flavours	WINTER BERRY SQUARES A sweet and juicy fruit packed flapjack	DESSERT OF THE DAY Our chef's choice of all your favourite desserts



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Week Three

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Main Course	SALMON AND BROCCOLI PASTA BAKE A creamy pasta bake with added brain food (5)	ULTIMATE BANGERS 'N' MASH Devon pork sausages with creamy mashed potato	ROAST CHICKEN A classic roast dinner	MEAT PIZZA An out of this world pizza, topped with meteor pork meatballs	FISH FINGERS Our classic fish fingers Sustainably sourced (5)
Meat Free	MAC 'N' CHEESE Pasta in a rich cheesy sauce with a herby cheese crust	COTTAGE PIE Beans, pulses and vegetables in a rich tomato sauce	VEGETABLE PUFF Seasonal root vegetables, in a tomato sauce with a crispy pastry topping	PIZZA The original margherita, topped with cheese and tomato,	VEGGIE BURGER In a soft white bap
Sides	Garlic bread Corn on the cob Salad	Garden peas Green beans Gravy	Roast potatoes Carrots, Broccoli	Herby diced potatoes Salad bar Sweetcorn	Chips Baked beans Salad bar
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Vegan Cheddar, Or Tuna, with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	CHOCOLATE COOKIE Rich & fudgy	CARROT CAKE MUFFINS Lightly spiced and deliciously moist muffins	PINEAPPLE UPSIDE-DOWN CAKE Retro but tasty sponge	APPLE OAT BARS A soft granola bar with classic apple pie flavours	DESSERT OF THE DAY Our chef's choice of all your favourite desserts

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