

Welcome to Fresha School Meals in Partnership with Ventrus

Autumn/Winter 2024 - Main 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



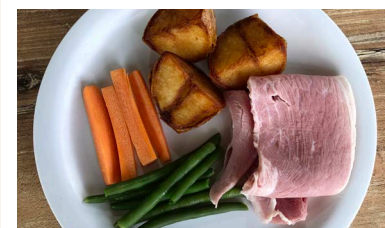
Fresh local produce

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. see our allergen menu in addition to our main menu

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

Autumn/Winter 2024 - Main 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 (1,6)	COWBOY PIE Devon pork and beef sausage and beans topped with a fluffy mashed potato (1,12)	THE ROAST Classic gammon ham	PIZZA The All-American with pepperoni (1, 6)	FISH FINGERS Our classic fish fingers sustainably sourced (1,5)
Meat Free	CHEESY BOLOGNAISE AND MACARONI BAKE Plant powered bolognaise mixed with pasta and topped with cheese (1,6)	KATSU VEGGIE CURRY A sweet veggie curry served over rice (1, 11)	ROAST VEG WELLINGTON Crispy pastry packed with seasonal roasted vegetables (1)	PIZZA The original margherita, topped with cheese and tomato (1, 6)	CORN AND CHICKPEA BURGER In a floured bap (1)
Sides	Herby diced potatoes or Garlic bread (1) Sweetcorn Carrots	Garden peas Green beans	Roast potatoes Carrots and Broccoli Gravy	Potato wedges Baked beans Salad bar	Chips Garden peas Salad bar
Jacket Potato	<i>Stuffed with baked beans with or without grated cheddar (6), tuna mayonnaise (5,8), or cheddar (6) on its own, with your choice of freshly prepared vegetables from our salad bar</i>				
Dessert	GINGERBREAD A warm, sweet, flavoured ginger cake (1, 8)	APPLE CRUMBLE Traditional winter crumble, packed with apples (1,6)	BANANA LOAF Moist, fluffy and packed with banana (1, 8)	JELLY WITH PEACH SLICES Bright and colourful, with lots of flavour	DESSERT OF THE DAY Our chef's choice of all your favourite desserts (1, 6, 8,11)



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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

Autumn/Winter 2024 - Main Menu

Week Two

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	LASAGNE Plant based ragu, layered with a creamy sauce and pasta topped with melty mozzarella (1, 6, 11)	CHICKEN CURRY A mild, creamy, lightly-spiced curry served over rice	SAUSAGE PLAIT Homemade pork sausage roll wrapped in flaky pastry (1,8,12)	PIZZA The classic ham pizza, packed with veg and a gooey cheese top (1, 6)	BEEF BURGER Westcountry beef burger in a soft bap (1, 2, 12)
Meat Free	HOMINY PIE Cheese and potato pie topped with sliced tomatoes (1, 6)	QUORN NUGGETS With a sweet and sour dip (1)	CAULIFLOWER CHEESE GRATIN Creamy and cheesy (1, 6)	PIZZA The original margherita, topped with cheese and tomato (1, 6)	VEGGIE HOT DOG In a soft roll (1,12)
Sides	Rosemary foccacia bread (1) Broccoli Carrots	Rice Sweetcorn Green beans	Roast potatoes Carrots, Garden peas Gravy	Herby diced potatoes Slaw (8) Salad bar	Chips Baked beans Corn on the cob
Jacket Potato	<i>Stuffed with baked beans with or without grated cheddar (6), tuna mayonnaise (5,8), or cheddar (6) on its own, with your choice of freshly prepared vegetables from our salad bar</i>				
Dessert	RASPBERRY RIPPLE ICE CREAM ROLL Raspberry ripple ice cream wrapped in a soft sponge (1, 6, 8, 11)	CHOCOLATE CAKE with CHOCOLATE CUSTARD A firm favourite with a healthy twist (1, 6, 8)	LEMON DRIZZLE TRAYBAKE Zingy, fresh flavours in a traditional cake (1,8)	WINTER BERRY CRUMBLE SQUARES A sweet and juicy fruit packed crumble cake (1, 8)	DESSERT OF THE DAY Our chef's choice of all your favourite desserts (1, 6, 8,11)



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 (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 Three

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Main Course	SALMON AND BROCCOLI PASTA BAKE A creamy pasta bake with added brain food (1,5, 6)	ULTIMATE BANGERS 'N' MASH Devon pork and beef sausages with creamy mashed potato (1,12)	ROAST CHICKEN A classic roast dinner (1)	MEATBALL PIZZA An out of this world pizza, topped with meteor meatless balls (1,6,11)	OVEN BAKED COD Fish Friday at its best (1,5)
Meat Free	MAC 'N' CHEESE Pasta in a rich cheesy sauce with a herby cheese crust (1,6)	COTTAGE PIE Beans, pulses and vegetables in a rich tomato sauce	VEGETABLE PUFF PARCEL Seasonal root vegetables in a tomato sauce with a crispy pastry wrap (1)	PIZZA The original margherita, topped with cheese and tomato (1,6)	VEGGIE BURGER In a soft white bap (1)
Sides	Garlic bread (1) Corn on the cob Salad	Garden peas Green beans Gravy	Roast potatoes Carrots, Broccoli Sage and onion stuffing (1)	Herby diced potatoes Salad bar Sweetcorn	Chips Baked beans Salad bar
Jacket Potato	<i>Stuffed with baked beans with or without grated cheddar (6), tuna mayonnaise (5,8), or cheddar (6) on its own, with your choice of freshly prepared vegetables from our salad bar</i>				
Dessert	CHOCOLATE BROWNIE Rich & fudgy (1,8)	CARROT CAKE MUFFINS Lightly spiced and deliciously moist muffins (1,8)	PINEAPPLE UPSIDE-DOWN CAKE Retro but tasty sponge with creamy custard (1, 6, 8)	APPLE OAT BARS A soft granola bar with classic apple pie flavours (1)	DESSERT OF THE DAY Our chef's choice of all your favourite desserts (1, 6, 8,11)

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