



Welcome to Fresha School Meals in partnership with Harbour Spring/Summer 2025 - Allergen Menu

Fresha has a vision to improve the life chances of children and young people, through their food choices

We are making a positive difference to your children's diet and health

Our menus contain 30 different plant-based ingredients because what they eat matters

We champion fresh, seasonal, local and sustainable produce

Our delicious, healthy menus are good for both your children and the planet

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

Fresha is improving Children's lives through food



Fresh local produce

We use fresh, regional, sustainable food in season, selecting produce when it is at its best



High quality, varied meals

We offer menus featuring well-loved favourites, while introducing new and exciting choices



Allergies/food allergies

We offer specific menus to address allergies and dietary preferences

Please take five minutes to send us your feedback



We offer a daily salad bar with a selection of freshly prepared vegetables and fruit to accompany all meals.

Yogurt and fresh fruit are available as an alternative dessert



| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|--|---|--|--|
| Meat Option | PASTA BOLOGNESE Penne pasta in a plant-powered bolognese sauce (PB) | BUTCHERS BURGER Homemade Pork Burger | THE ROAST Gammon Ham with all the trimmings | PIZZA The classic American topping of pepperoni | FISH FINGERS Cod fillet in a crispy breadcrumb coating (5) |
| Veggie Option | SPRING HARVEST CAKE Crispy savoury cake crammed with veggies (VG) | CHEESY TOMATO PASTY Golden and crispy on the outside, melted gooey vegan cheese and tomatoes on the inside (VG) | GOLDEN SUMMER ROLL A crisp, flaky pastry roll, packed with a selection of seasonal vegetables (VG) | PIZZA The original cheese and tomato Margherita topping (VG) | FARMERS BURGER Veggie Burger (V) |
| Sides | Pasta (VG) Peas (VG) Salad Bar (V) | Potato Salad (VG) Naked Slaw (VG) Salad Bar (V) | Roasted Potatoes (VG) Chefs Vegetables of the day (VG) Gravy (VG) | Potato Wedges (VG) Salad Bar (V) Sweetcorn (VG) | Oven Chips (VG) Chefs Vegetables of the day (VG) |
| Jacket Potatoes | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) |
| Dessert | PIP FRUIT ICE LOLLY A little bit of nature on a stick. 100% organic fruit (PB) | CHOCOLATE COOKIE A naturally chewy, chocolatey cookie (V) | SUMMER BERRY JELLY Colourful, tasty and wobbly with Peach slices (VG) | LEMON BISCUIT Bursting with fresh lemon and fruity flavours (VG) | CHEFS DESSERT OF THE DAY Our Chefs choice of all your favourite desserts (V) |

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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

V= Vegetarian VG= Vegan PB= Plant based

| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|---|---|---|
| Meat Option | MIGHTY MEATBALLS Plant Powered Meatballs, with pasta, in our homemade tomato sauce (PB) | TOMATO PORK WRAP Pork mince in a smoky tomato sauce with a soft tortilla | ROAST CHICKEN Chicken Breast with all the trimmings | PIZZA A classic topping of Cheese, Tomato and Ham | FISH FINGERS Cod fillet in a crispy breadcrumb coating (5) |
| Veggie Option | CREAMY PASTA BAKE Penne pasta coated in a rich, cheesy sauce, jam-packed with veggies (VG) | MEXICAN STYLE BEAN AND BUTTERNUT WRAP A fiesta of flavours, in a mildly spiced tomato and veg sauce (PB) | VEGGIE BAKE Seasonal veggies packed into a traditional bake (VG) | PIZZA The original cheese and tomato Margherita topping (VG) | FRIDAY FAVOURITE HOTDOG Veggie Sausages packed with garden veg (V) |
| Sides | Garden Peas (VG) Salad Bar (V) | Mexican Style Rice (VG) Sweetcorn Salsa (VG) Salad Bar (V) | Roasted Potatoes (VG) Chefs Vegetables of the day (VG) Gravy (VG) | Potato Wedges (VG) Corn on the Cob (VG) Salad Bar (V) | Oven Chips (VG) Chefs Vegetables of the day (VG) |
| Jacket Potatoes | Vegan Cheese (VG) Tuna (5) , Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5) , Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5) , Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5) , Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5) , Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) |
| Dessert | SORBET Orange or Lemon (V) | VERY BERRY FLAPJACK Summer berries mixed into our deliciously oaty flapjack (VG) | PIP FRUIT ICE LOLLY A little bit of nature on a stick. 100% organic fruit (PB) | SUNSET FRUITY JELLY Colourful, tasty orange jelly with mandarins (VG) | CHEFS DESSERT OF THE DAY Our Chefs choice of all your favourite desserts (V) |

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| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|---|--|---|
| Meat Option | CLASSIC MACARONI CHEESE Pasta in a creamy, cheesy rich veggie packed sauce (VG) | CHICKEN CURRY Chicken and sweet potato in a mildly spiced sauce | THE ROAST Devon Sausages with all the trimmings | PIZZA Smoked Chicken pizza | FISH FINGERS Cod fillet in a crispy breadcrumb coating (5) |
| Veggie Option | SMOKY RAINBOW RICE Loaded rice bursting with summer vegetables (PB) | FIVE BEAN ONE-POT Summer vegetables and mixed bean stew (PB) | SUMMER LOAF Seasonal vegetables packed into a traditional bake (PB) | PIZZA The original cheese and tomato Margherita topping (V) | CORN AND CHICKPEA FRITTER Lightly spiced, homemade chickpea and corn burger (PB) |
| Sides | Garlic Bread (VG) Garden Peas (VG) Salad Bar (V) | Jacket Potato (VG) Green Beans (VG) Salad Bar (V) | Roasted Potatoes (VG) Chefs Vegetables of the day (VG) Gravy (VG) | Pasta (VG) Sweetcorn (VG) Carrot Salad (VG) | Oven Chips (VG) Chefs Vegetables of the day (VG) |
| Jacket Potatoes | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) | Vegan Cheese (VG) Tuna (5), Baked Beans (VG) OR Baked Beans and Vegan Cheese (VG) |
| Dessert | LEMON SHORTBREAD Crumbly shortbread with a zingy lemon twist (VG) | CHOCOLATE & CHERRY COOKIE Rich chocolate cookie with a cherry drizzle (V) | PIP FRUIT ICE LOLLY A little bit of nature on a stick. 100% organic fruit (PB) | JAM FLAPJACK with a sticky strawberry jam topping (V) | CHEFS DESSERT OF THE DAY Our Chefs choice of all your favourite desserts (V) |



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