

FRESSSH

AUTUMN/WINTER MENU 2023/24

Introducing our Fresssh Autumn/Winter Lunch Menu, providing students with a tempting food offer using local and seasonal ingredients wherever possible. Each day we offer a combination of traditional dishes and world-flavours either as plated or street food allowing for speedy service and flexible eating. There are also filled Jacket Potatoes, weekly specials and a daily break menu available (please check with your school).

SOME OF THE KEY NUTRITION PRINCIPLES FRESSSH FOLLOWS ARE:

LOADED WITH VEG

Dishes that support eating at least five portions of fruit and veg a day

PACKED WITH PROTEIN

Dishes that have lean protein to help fuel the body

FRESSSH HERBS AND SPICES

Dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system

INFORMED CHOICES

Increase in options for plant-based diets

SUSTAINED ENERGY

Dishes containing grains and rice acting as slow-releasing carbohydrates for energy

Our fresh fruit and veg supplier is based in King's Lynn. All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from East Anglian suppliers

If you think you may be eligible for free school meals visit
www.gov.uk/apply-free-school-meals

ALWAYS
LOCAL

ALWAYS
TASTY

ALWAYS
FRESSSH

LUNCH MENU - WEEK ONE

WEEK COMMENCING 4 SEPT | 25 SEPT | 16 OCT
13 NOV | 4 DEC | 1 JAN | 22 JAN | 12 FEB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creamy Chicken Korma with Steamed Rice and Naan Bread Or Creamy Quorn Korma with Steamed Rice and Naan Bread (v)	Meatballs in Tomato Sauce with Pasta, Garlic Bread and Mixed Salad Or Mediterranean Vegetable Al Forno with Garlic Bread and Mixed Salad (v)	Roast Gammon with Mashed Potato, Seasonal Vegetables and Gravy Or PLANT POWERED Sausage and Red Lentil Stew with Mashed Potato and Seasonal Vegetables (Ve)	Teriyaki Chicken with Shredded Vegetables and Egg Noodles Or Teriyaki Vegetables with Egg Noodles (v)	Battered Fish with Chunky Chips, Mushy Peas or Baked Beans Or Sweet Potato and Vegetable Fitter with Chunky Chips, Mushy Peas or Baked Beans (v)
Homemade Roasted Vegetable Pizza (v)	PLANT POWERED Falafel Burger in a Bun (Ve)	Tandoori Chicken Topped Flatbread	Mozzarella Topped Tomato and Basil Pasta (v)	Pork Chilli Nachos with a Sweetcorn and Tomato Salsa
Raspberry Brownie	Fresh Fruit Selection	Mixed Berry Meringue Mess	Fresh Fruit Selection	Zesty Lemon Cheesecake

LUNCH MENU - WEEK TWO

WEEK COMMENCING 11 SEPT | 2 OCT
30 OCT | 20 NOV | 11 DEC | 8 JAN | 29 JAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fragrant Keralan Chicken Curry with Steamed Rice and Naan Bread Or PLANT-POWERED Fragrant Keralan Vegetable Curry with Steamed Rice and Naan Bread (Ve)	Beef Lasagne with Mixed Salad and Garlic Bread Or Vegemince Bolognese with Pasta Twists, Mixed Salad and Garlic Bread (v)	Roast Chicken with Stuffing, Roast Baby Potatoes, Seasonal Vegetables and Gravy Or Stuffed Pepper with Roast Baby Potatoes and Seasonal Vegetables (v)	Sweet Chilli Chicken with Rice Noodles Or Sweet Chilli Vegetables with Rice Noodles (v)	Battered Fish with Chunky Chips, Peas or Baked Beans Or Red Onion Quiche with Chunky Chips, Peas or Baked Beans (v)
Jumbo Sausage in a Soft Roll with Onions	Five Bean Chilli with Nachos (v)	PLANT-POWERED Mexican Wave Burger with Tomato Salsa and Shredded Lettuce (Ve)	BBQ Chicken Loaded Potato Cubes	Chicken Fajita Wrap
Mixed Berry Muffin	Fresh Fruit Selection	Apple Pie and Custard	Fresh Fruit Selection	Forest Fruits Cheesecake

LUNCH MENU - WEEK THREE

WEEK COMMENCING 18 SEPT | 9 OCT
6 NOV | 27 NOV | 18 DEC | 15 JAN | 5 FEB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka Masala Curry with Steamed Rice and Naan Bread Or PLANT-POWERED Butternut Squash and Courgette Tikka Curry with Steamed Rice and Naan Bread (Ve)	Southern-Baked Chicken with Potato Cubes and Mixed Salad Or Mediterranean Vegetable Wrap with Potato Cubes and Mixed Salad (v)	Slow-Roasted Pork with Creamy Mash, Seasonal Vegetables and Gravy Or Lentil Roast with Creamy Mash, Seasonal Vegetables and Gravy (v)	Beef Enchilada Bake with Mexican Rice Or Vegemince and Lentil Enchilada Bake with Mexican Rice (v)	Battered Fish with Chunky Chips, Peas or Baked Beans Or Five Bean Burger with Chunky Chips, Peas or Baked Beans (v)
Ham and Cheese Quesadilla	PLANT-POWERED Plant Balls with Pasta and Tomato Sauce (Ve)	Mango and Lime Chicken Wrap with Shredded Lettuce	Mac 'n' Cheese (v)	Breaded Chicken Burger with Katsu Sauce
Lemon Curd Muffin	Fresh Fruit Selection	Winter Fruit Crumble with Custard	Fresh Fruit Selection	Vanilla Cheesecake

ALL PLATED DISHES ARE SERVED WITH A CHOICE OF SEASONAL VEGETABLES OR MIXED SALAD.