

FRESSSH

SPRING/SUMMER MENU 2022

INTRODUCING OUR FRESSSH SPRING/SUMMER 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

21 FEB | 14 MAR | 18 APR | 9 MAY | 6 JUNE | 27 JUNE | 18 JULY

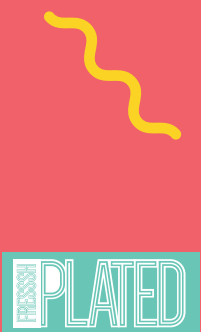


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sri Lankan Chicken Curry with Steamed Rice and Naan Bread or Sri Lankan Vegetable Curry with Steamed Rice and Naan Bread (v) VEGAN	Spaghetti Bolognese with Homemade Garlic Bread or Vegemince Bolognese with Homemade Garlic Bread (v)	Slow-Roasted Pork with Stuffing, Baby Jacket Potatoes, Seasonal Vegetables and Gravy or Lentil Roast with Baby Jacket Potatoes, Seasonal Vegetables and Gravy (v)	Sweet Chilli Chicken with Rice Noodles and Shredded Vegetables or Sweet Chilli Vegetables with Rice Noodles (v) VEGAN	Battered Fish with Chunky Chips, Mushy Peas or Beans or Five Bean Burger with Chunky Chips, Mushy Peas or Beans (v)
BBQ Pulled Pork in a Bun with Homemade Slaw	Falafel Wrap with Shredded Salad and Salsa (v) VEGAN	Tomato and Spinach Pilaf (v) VEGAN	Meatball Sub with Rustic Tomato Sauce and Cheese	Jamaican Jerk Chicken Wrap with Rainbow Salad
Raspberry Brownie	Fresh Fruit Selection	Fruit Crumble with Custard	Fresh Fruit Selection	Lemon Cheesecake

LUNCH MENU - WEEK TWO

WEEK COMMENCING

28 FEB | 21 MAR | 25 APR | 16 MAY | 13 JUNE | 4 JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork and Pineapple Curry with Steamed Rice and Naan Bread or Butternut Squash and Courgette Tikka Masala with Steamed Rice and Naan Bread (v) VEGAN	Spaghetti Carbonara with Garlic Bread and Mixed Salad or Creamy Mushroom Spaghetti with Garlic Bread and Mixed Salad (v)	Roast Chicken with Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy or Quorn Fillet with Roast Potatoes, Seasonal Vegetables and Gravy (v)	Beef Fajita with Mexican Rice or Quorn Fajita with Mexican Rice (v)	Battered Fish or Salmon Fingers with Chunky Chips, Mushy Peas or Beans or Veggie Burger with Chunky Chips, Mushy Peas or Beans (v)
Chicken and Sweetcorn Quesadilla	Moroccan Couscous with Spiced Cauliflower (v) VEGAN	Five Bean Chilli with Nachos and Dairy-Free Cheese (v) VEGAN	Tomato and Basil Pasta with Mozzarella (v)	Tandoori Chicken Wrap with Shredded Salad
Forest Fruits Cheesecake	Fresh Fruit Selection	Apple and Peach Crunch with Custard	Fresh Fruit Selection	Beetroot Brownie

LUNCH MENU - WEEK THREE

WEEK COMMENCING

7 Mar | 28 Mar | 2 May | 23 May | 20 June | 11 July



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fillet with Katsu Curry Sauce, Steamed Rice and Naan Bread or Quorn Fillet with Katsu Curry Sauce, Steamed Rice and Naan Bread (v)	Beef Lasagne with Garlic Bread and Mixed Salad or Roasted Mediterranean Vegetable Lasagne with Garlic Bread and Mixed Salad (v)	Pork Sausages with Creamy Mash, Seasonal Vegetables and Gravy or Vegetarian Sausages with Creamy Mash, Gravy and Seasonal Vegetables (v)	Teriyaki Chicken with Rice Noodles or Teriyaki Vegetables with Rice Noodles (v) VEGAN	Battered Fish with Chunky Chips, Mushy Peas or Beans or Sweet Potato and Vegetable Fritter with Chunky Chips, Mushy Peas or Beans (v)
Fish Finger Wrap with Shredded Salad and Mayo	Carrot and Chickpea Biryani (v) VEGAN	Louisiana Chicken with Diced Potatoes	Mac 'n' Cheese with Crispy Onions and Rocket (v)	Onion Bhaji Burger with Spiced Mango Chutney and Shredded Lettuce (v) VEGAN
Eton Mess	Fresh Fruit Selection	Apple Berry Slice with Custard	Fresh Fruit Selection	Lemon Curd Muffin



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