

# FRESSSH

SPRING/SUMMER 2024

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](http://www.gov.uk/apply-free-school-meals)

ALWAYS  
**LOCAL**

ALWAYS  
**TASTY**

ALWAYS  
**FRESSSH**

# LUNCH MENU - WEEK ONE

WEEK COMMENCING 26 FEB | 18 MAR  
22 APR | 13 MAY | 10 JUN | 1 JUL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork and Pineapple Curry with Steamed Rice and Naan Bread <b>Or</b> Quorn and Pineapple Curry with Steamed Rice and Naan Bread (v)	Beef Lasagne with Mixed Salad and Garlic Bread <b>Or</b> Vegetable Lasagne, Mixed Salad and Garlic Bread (v)	Roast Gammon with Baby Roast Potatoes, Seasonal Vegetables and Gravy <b>Or</b> Vegetable and Cheddar Roast with Baby Roast Potatoes, Seasonal Vegetables and Gravy (v)	Sweet Chilli Chicken with Rice Noodles <b>Or</b> <b>PLANT-POWERED</b> Sweet Chilli Vegetables with Rice Noodles (Ve)	Battered Fish with Chunky Chips, Mushy Peas or Baked Beans <b>Or</b> Sweet Potato and Vegetable Fitter with Chunky Chips, Mushy Peas or Baked Beans (v)
Chicken and Pesto Pasta	<b>PLANT-POWERED</b> Tex Mex Chilli with Steamed Rice (Ve)	Curried Pulled Chicken Wrap	BBQ Meatball Sub	<b>PLANT-POWERED</b> Falafel Bites with Couscous Salad (Ve)
Raspberry Brownie	Fresh Fruit Selection	Summer Berry Meringue	Fresh Fruit Selection	Oaty Apple Slice

PLATED

STREET

SWEET

# LUNCH MENU - WEEK TWO

WEEK COMMENCING 4 MAR | 25 MAR  
29 APR | 20 MAY | 17 JUN | 8 JUL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka Masala Curry with Steamed Rice and Naan Bread <b>Or</b> <b>PLANT-POWERED</b> Vegetable Tikka Masala Curry with Steamed Rice and Naan Bread (Ve)	Beef Bolognese with Pasta, Garlic Bread and Mixed Salad <b>Or</b> Vegemince Bolognese with Pasta, Garlic Bread and Mixed Salad (v)	Chicken Pie with Creamy Mash, Seasonal Vegetables and Gravy <b>Or</b> Vegetable Wellington with Creamy Mash, Seasonal Vegetables and Gravy (v)	Sweet and Sour Pork with Steamed Rice <b>Or</b> <b>PLANT-POWERED</b> Sweet and Sour Vegetables with Steamed Rice (Ve)	Battered Fish with Chunky Chips, Peas or Baked Beans <b>Or</b> Tomato and Courgette Frittata with Chunky Chips, Peas or Baked Beans (v)
Pork and Stuffing Burger with Apple Sauce	Chicken Souvlaki Wrap with Mixed Salad	<b>PLANT-POWERED</b> Plant Balls with Pasta and Tomato Sauce (Ve)	Tomato and Bean Loaded Wedges (v)	Roast Pepper Pizza (v)
Key Lime Pie	Fresh Fruit Selection	Lemon Drizzle Cake	Fresh Fruit Selection	Blueberry Muffin

PLATED

STREET

SWEET

# LUNCH MENU - WEEK THREE

WEEK COMMENCING 11 MAR | 15 APR  
6 MAY | 3 JUN | 24 JUN | 15 JUL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fragrant Keralan Chicken Curry with Steamed Rice and Naan Bread <b>Or</b> <b>PLANT-POWERED</b> Fragrant Keralan Vegetable Curry with Steamed Rice and Naan Bread (Ve)	Cajun Chicken Pasta with Garlic Bread and Mixed Salad <b>Or</b> Mediterranean Vegetable Pasta, Garlic Bread and Mixed Salad (v)	Slow-Roasted Pork with Creamy Mash, Seasonal Vegetables and Gravy <b>Or</b> Cheese and Potato Pie with Seasonal Vegetables and Gravy (v)	Beef Burrito Bake with Potato Wedges and Mixed Salad <b>Or</b> Vegemince Burrito Bake with Potato Wedges and Mixed Salad (v)	Battered Fish or Salmon Fingers with Chunky Chips, Peas or Baked Beans <b>Or</b> Five Bean Burger with Chunky Chips, Peas or Baked Beans (v)
Mac 'n' Cheese (v)	<b>PLANT-POWERED</b> Singapore Noodles (Ve)	<b>PLANT-POWERED</b> Onion Bhaji Burger with Mango Chutney and Shredded Salad (Ve)	Southern-Baked Chicken in a Roll with Pickles, Lettuce and Mayo	Mexican Bean Chilli with Nachos (v)
Lemon Cheesecake	Fresh Fruit Selection	Spiced Apple Cake	Fresh Fruit Selection	Mixed Berry Muffin

PLATED

STREET

SWEET

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