

FRESSSH

SPRING/SUMMER MENU 2025



Introducing our 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.

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 24 Feb | 17 Mar | 21 Apr | 12 May | 9 Jun | 30 Jun | 21 Jul

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creamy Chicken Korma with Steamed Rice and Naan Bread Or Creamy Vegetable Korma with Steamed Rice and Naan Bread (v)	Beef Enchilada Bake with Potato Wedges and Garlic Bread Or Five Bean and Vegetable Bake with Potato Wedges and Garlic Bread (v)	Giant Yorkshire Pudding with Sausages, Roast Potatoes, Seasonal Veg and Gravy Or Lentil Roast with Roast Potatoes, Seasonal Veg and Gravy (v)	BBQ Chicken with Crispy Potato Cubes, Corn and Herby Bread Or PLANT-POWERED BBQ Plant Balls with Crispy Potato Cubes, Corn and Herby Bread (Ve)	Battered Fish or Fish Fingers with Chunky Chips, Mushy Peas or Baked Beans Or Red Onion Quiche with Chunky Chips, Mushy Peas or Baked Beans (v)
Meatball Mariana Sub	Sweet Chilli Chicken Wraps Or Loaded Salad Pot	PLANT-POWERED Singapore Noodles (Ve)	Beef and Cheese Empanada	Loaded Chips
Lemon Cheesecake	Fresh Fruit Selection	Fruit Turnover with Cream	Fresh Fruit Selection	Raspberry Muffin

PLATED

STREET

SWEET

LUNCH MENU - WEEK TWO

WEEK COMMENCING 3 MAR | 24 MAR | 28 APR | 19 MAY | 16 JUN | 7 JUL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Keralan Chicken Curry with Steamed Rice and Naan Bread Or Keralan Vegetable Curry with Steamed Rice and Naan Bread (Ve)	Meatballs in a Tomato and Basil Sauce with Spaghetti, Garlic Bread and Salad Or Vegetable Al Forno Pasta with Garlic Bread and Salad (v)	Honey-Roast Gammon with Baby Roast Potatoes, and Corn with Gravy or Salad and Coleslaw Or Vegetable and Cheddar Bake with Baby Roast Potatoes, Salad and Coleslaw (v)	Mediterranean Chicken with Potato Wedges Or PLANT-POWERED Mediterranean Rainbow of Vegetables with Potato Wedges (Ve)	Battered Fish or Fish Fingers with Chunky Chips, Mushy Peas or Baked Beans Or Roasted Red Pepper Quiche with Chunky Chips, Mushy Peas or Baked Beans (v)
PLANT-POWERED Falafel Burger with Salsa and Salad (Ve)	Crispy Chicken Wrap with Salad Or Loaded Salad Pot	Chinese Chicken Noodles with Stir Fried Vegetables	BBQ Sausage Sub	Loaded Chips
Black Cherry Brownie	Fresh Fruit Selection	Eton Mess	Fresh Fruit Selection	Oaty Apple Slice

PLATED

STREET

SWEET

LUNCH MENU - WEEK THREE

WEEK COMMENCING 10 MAR | 31 MAR | 5 MAY | 2 JUN | 23 JUN | 14 JUL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka Masala Curry with Steamed Rice and Naan Bread Or Vegetable Tikka Masala Curry with Steamed Rice and Naan Bread (v)	Beef Lasagne with Garlic Bread and Mixed Salad Or Mediterranean Vegetable Lasagne with Garlic Bread and Mixed Salad (v)	Chicken Pie with Creamy Mash, Vegetables and Gravy Or Vegetable Wellington with Creamy Mash, Vegetables and Gravy (v)	Jamaican Jerk Chicken with Steamed Rice and Herby Bread Or Mexican Bean Chilli with Nachos (v)	Battered Fish or Fish Fingers with Chunky Chips, Mushy Peas or Baked Beans Or Sweet Potato Fritter with Chunky Chips, Mushy Peas or Baked Beans (v)
BBQ Meatball Sub	Stuffed Peppers (v) Or Loaded Salad Pot	Chicken Souvlaki Pitta	'All Day Brunch' Pot	Loaded Chips
Vanilla Cheesecake	Fresh Fruit Selection	Lemon Drizzle Cake	Fresh Fruit Selection	Spiced Apple Muffin

PLATED

STREET

SWEET

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