We prepare and cook all our food daily on site, providing healthy and nutritious meals using locally sourced food. Our eggs are cage-free, our meat meets UK Welfare Standards and all meals are free from undesirable food additives and hydrogenated fats. Our Catering Team are also able to provide for special diets on medical or religious grounds and are very experienced at doing so.



We serve an 'eat well plate' every day!



Every day we serve freshly made salad with lettuce, tomatoes, cucumber, carrots, celery coleslaw and pasta (1, 2, 4, 7)

The children are invited to choose any of the above as their main meal or to go with their main choice from the daily menu

We also bake fresh breads every day! This gives the children the option to make their own sandwiches from our salad bar and bakery

Under the Food Information Regulation the Academy is required to provide information about the allergenic ingredients used in any food that the Academy provides. There are 14 major allergens which need to be mentioned when they are used as ingredients in a food. We have included a separate leaflet indicating what those allergens are and some examples of where they can be found. The allergens are listed by Numbers -Number 1 to 14. For your information, we have indicated to the right of each rolling week menu what allergens may be found in the food provided on that day.









Our daily menu incorporates a range of scrumptious options from Trenance Salad Bar and Bakery Enjoy our Menu!

<u>Week 1</u> : 6th Jan, 27th Jan	
MONDAY	Allergens
Main Meal	2,7
Broccoli & Mozzarella Pasta Bake	2,7
Served with	4, 7, 2
Garlic Bread Seasonal Vegetables - Salad Bar	
Pudding	2, 4, 7
Fresh Fruit	7
Yoghurt	7
TUESDAY	
Main Meal	2, 4, 13
Sausage or Vegi Sausage	2, 4, 10
Served with Creamed Potatoes, Onion Gravy & Seasonal	2, 4, 7
Veg - Salad Bar	
Pudding	
Iced Sponge Cake	2, 4, 7
Fresh Fruit	
WEDNESDAY	
Main Meal Roast of the Day or Vegetable Roast	
Served with	7, 7, 2,
Creamed Potatoes, Roast Potatoes, Cauliflower	9
Cheese, Seasonal Veg & Gravy	
Pudding	7
Ice cream - Fresh Fruit	/
<u>THURSDAY</u>	
Main Meal Chicken or Vegetable Korma Curry	7
Served with	/
Basmati Rice & Naans	2
Seasonal Vegetables - Salad Bar	-
Pudding	
Sponge & Custard	2, 4, 7
Fresh Fruit	
<u>FRIDAY</u> Main Meal	
Oven Baked Battered Fish or	
Vegetable Quiche	2, 5 2, 4, 7,
Served with	2, 4, 7, 9
Fries, Seasonal Vegetables	4, 7
Salad Bar	4, /
Fruit Jelly Fresh Fruit	
Homemade Wholemeal Bread served daily	
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MONDAY	Allergens
Main Meal	
Mexican Meatballs or Vegi Balls in Tomato Sauce	2
Served with	
Boiled Rice & Pitta Breads	7
	7 2, 4, 7
Seasonal Vegetables—Salad Bar	_/ ./ /
Pudding	_
Fresh Fruit—Yoghurt	7
TUESDAY	
Main Meal	
Macaroni Cheese	2, 7, 9
Served with	
Garlic Bread	0.7
	2, 7 2, 4, 7
Seasonal Vegetables - Salad Bar	2,4,7
Pudding	
Fruit Crispie Bar	2, 4, 7
Fresh Fruit	
WEDNESDAY	
Main Meal	
Roast of the Day or Vegetable Roast	
Served with	
Creamed Potatoes, Roast Potatoes, Cauliflower	7, 7, 2, 9
	9
Cheese, Seasonal Veg & Gravy	
Pudding	
Ice Cream - Fresh Fruit	7
<u>THURSDAY</u>	
Main Meal	
Jacket Potato	7
Served with	,
Baked Beans & Cheese	
Seasonal Vegetables - Salad Bar	2, 4 , 7
Pudding	
Chocolate Sponge & Chocolate Sauce	2, 4, 7
Fresh Fruit	
FRIDAY	
Main Meal	
Fish or Veg Fingers	
Served with	2, 5
Floured Bun, & Rainbow Pasta Salad	
Seasonal Vegetables, Salad Bar	2, 4, 7
Pudding	∠, 4, /
Fruit Jelly & Fresh Fruit	2, 7

Week 2: 13th Jan, 3rd Feb

Homemade Wholemeal Bread served daily

Homemade Wholemeal Bread served daily

Week 3: 20th Jan, 10th Feb	
MONDAY Main Meal	Allergens
Tomato & Basil Pasta Bake	2, 7
<mark>Served with</mark> Garlic Bread Seasonal Vegetables, Salad Bar	2, 7 2, 4, 7
Pudding	Ζ, Ψ, /
Yoghurt Fresh Fruit	7
TUESDAY	
Main Meal Cowboy Sausage or Vegi Casseroll Served with	2, 13
New Potatoes Seasonal Vegetables - Salad Bar	2, 4, 7
Pudding Fruit Crumble	0 4 7
Fresh Fruit WEDNESDAY	2, 4, 7
Main Meal	
Roast of the Day or Vegetable Roast	
Served with	
Creamed Potatoes, Roast Potatoes, Cauliflower Cheese, Seasonal Veg & Gravy	7, 7, 2, 9
Pudding Ice cream - Fresh Fruit	7
THURSDAY Main Meal	/
Spaghetti Bolognaise or Vegi Bolognaise Served with	2
Garlic Bread Seasonal Vegetables - Salad Bar	2, 7
Pudding Lemon Drizzle Cake	2, 4, 7
Fresh Fruit <u>FRIDAY</u>	
Main Meal Fish or Veg Fingers	2, 5
Served with	
Floured Bun, & Rainbow Pasta Salad Seasonal Vegetables, Salad Bar	2, 4, 7
Pudding Trenance Biscuits	2, 7