

# Welcome to Fresha School Meals in Partnership with Harbour Trust



## Autumn/Winter 2025 - Allergy Menu

Fresha has a vision to improve the life chances of children and young people, through their food choices

We are making a positive difference to your children's diet and health

Our menus contain 30 different plant based ingredients because what they eat matters

We champion fresh, seasonal, local and sustainable produce

Our delicious, healthy menus are good for both your children and the planet

If there's one group of people that truly benefit from a nutritious, healthy and sustainable diet, it's your children

## Improving Children's lives through food



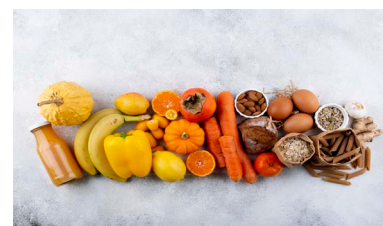
### Fresh local produce

We use fresh, regional, sustainable food in season, selecting produce when it is at its best



### High quality, varied meals

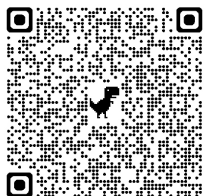
We offer menus featuring well-loved favourites, while introducing new and exciting choices, ensuring a daily balance of essential nutrients.



### Allergies/food allergies

We offer specific menus to address allergies and dietary preferences. Please speak to our in house supervisors should you have any concerns

Please take five minutes to send us your feedback



We offer a daily salad bar with a selection of freshly prepared vegetables to accompany all meals.

Yogurt and fresh fruit are available as an alternative dessert

**fresha**  
responsible catering

**Harbour**  
Schools Partnership  
A guiding light for education

| Week One             | Monday                                                                                                                                                        | Tuesday                                                                                            | Wednesday                                                                                                 | Thursday                                                                                      | Friday                                                                                                |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>MAIN</b>          | <b>CHEESY BOLOGNAISE AND MACARONI BAKE</b><br><br>Plant powered bolognaise mixed with pasta and topped with cheese<br><br><b>PB, VG</b>                       | <b>ULTIMATE BANGERS 'N' MASH</b><br><br>Devon pork sausages with creamy mashed potato              | <b>ROAST CHICKEN</b><br><br>Tender and juicy with tasty potatoes and colourful veggies                    | <b>PIZZA</b><br><br>The all-American with pepperoni                                           | <b>FISH FINGERS</b><br><br>Our classic fish fingers sustainably sourced<br><br>(5)                    |
| <b>VEGGIE</b>        | <b>CHEESY POTATO BAKE</b><br><br>Potatoes in a creamy cheesy sauce<br><br><b>PB, VG</b>                                                                       | <b>GARDEN GLOW RICE</b><br><br>Golden rice with sweet garden veggies<br><br><b>PB, VG</b>          | <b>WINTER LOAF</b><br><br>Seasonal vegetables packed into a traditional bake<br><br><b>PB, VG</b>         | <b>PIZZA</b><br><br>The original cheese and tomato<br><br><b>VG</b>                           | <b>VEGGIE HOT DOG</b><br><br>A veggie-packed hotdog in a soft, squishy roll<br><br><b>VG</b>          |
| <b>Sides</b>         | Garden peas<br>Carrots                                                                                                                                        | Baked beans<br>Green beans                                                                         | Roast potatoes<br>Carrots and Broccoli<br>Gravy                                                           | Herby diced potatoes<br>Salad bar<br>Sweetcorn                                                | Chips<br>Baked beans<br>Rainbow veggie sticks                                                         |
| <b>Jacket Potato</b> | <i>Stuffed with Baked Beans with or without Grated Cheddar, Tuna Mayo, or just Cheddar with your choice of freshly prepared vegetables from our Salad Bar</i> |                                                                                                    |                                                                                                           |                                                                                               |                                                                                                       |
| <b>Dessert</b>       | <b>APPLE FLAPJACK</b><br><br>Soft baked flapjack with juicy apple pieces<br><br><b>VG</b>                                                                     | <b>CHOCOLATE AND TOFFEE COOKIE</b><br><br>A naturally chewy, chocolaty cookie<br><br><b>PB, VG</b> | <b>SPICED ORANGE SHORTBREAD</b><br><br>Soft crumbly shortbread with a zesty orange twist<br><br><b>VG</b> | <b>WINTER BERRY SQUARES</b><br><br>A sweet, juicy, fruit packed flapjack<br><br><b>PB, VG</b> | <b>DESSERT OF THE DAY</b><br><br>Our chefs choice of all your favourite desserts<br><br><b>PB, VG</b> |



## Allergens Code

- (1) Cereals containing Gluten – including wheat, rye, barley & oats  
 (2) Celery (3) Crustaceans- such as prawns, crabs & lobsters (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide (13) Tree Nuts (14) Molluscs

V= Vegetarian VG= Vegan PB= Plant based

**NOVEMBER**

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**JANUARY**

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**MARCH**

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| Week Two             | Monday                                                                                                                                                        | Tuesday                                                                                                                    | Wednesday                                                                                                                         | Thursday                                                                                            | Friday                                                                                            |
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| <b>MAIN</b>          | <b>CHILLI NON CARNE</b><br>A mild chilli tucked inside a crunchy taco shell<br><br><b>PB, VG</b>                                                              | <b>STICKY CHICKEN GOUJON WRAP</b><br>Chicken bites in a sticky glaze with a salad crunch, served with herby diced potatoes | <b>THE ROAST</b><br>Classic Gammon Ham                                                                                            | <b>PIZZA</b><br>The classic chicken with our tomato sauce, topped with chicken                      | <b>FISH FINGERS</b><br>Our classic fish fingers sustainably sourced (5)                           |
| <b>VEGGIE</b>        | <b>BUFFALO BITES</b><br>Crunchy, lightly battered cauliflower nuggets with a tangy dipping sauce<br><br><b>VG</b>                                             | <b>PASTA WITH CREAMY ROASTED TOMATO SAUCE</b><br>Pasta in a smooth, yummy tomato sauce<br><br><b>PB, VG</b>                | <b>ROASTED SQUASH, RED PEPPER AND TOMATO WELLINGTON</b><br>Crispy, flaky pastry filled with classic flavours<br><br><b>PB, VG</b> | <b>RAINBOW PIZZA</b><br>The original cheese and tomato topped with rainbow peppers<br><br><b>VG</b> | <b>VEGGIE SAUSAGE ROLL</b><br>Golden, flaky and full of veggie goodness<br><br><b>PB, VG</b>      |
| <b>Sides</b>         | Rice<br>Peas<br>Green beans                                                                                                                                   | Sweetcorn<br>Baked beans                                                                                                   | Roast potatoes<br>Carrots, Garden peas<br>Gravy                                                                                   | Potato wedges<br>Salad bar<br>Corn on the cob                                                       | Chips<br>Peas<br>Rainbow veggie sticks                                                            |
| <b>Jacket Potato</b> | <i>Stuffed with Baked Beans with or without Grated Cheddar, Tuna Mayo, or just Cheddar with your choice of freshly prepared vegetables from our Salad Bar</i> |                                                                                                                            |                                                                                                                                   |                                                                                                     |                                                                                                   |
| <b>Dessert</b>       | <b>CHOCOLATE &amp; CHERRY COOKIE</b><br>Rich chocolate cookie with a cherry drizzle<br><br><b>PB, VG</b>                                                      | <b>APPLE &amp; BERRY CRUMBLE</b><br>Traditional winter crumble, packed with apples and winter berries<br><br><b>PB, VG</b> | <b>LEMON MUFFIN</b><br>Bursting with fresh, fruity flavours<br><br><b>PB, VG</b>                                                  | <b>OATY FLAPJACK</b><br>Soft baked, crumbly flapjack<br><br><b>PB, VG</b>                           | <b>DESSERT OF THE DAY</b><br>Our chefs choice of all your favourite desserts<br><br><b>PB, VG</b> |

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# Autumn/Winter 2025 - Allergy Menu



## Week Three

| Week Three         | Monday                                                                                                                                                 | Tuesday                                                                                    | Wednesday                                                                                | Thursday                                                                                        | Friday                                                                                                          |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| MAIN<br><br>VEGGIE | <b>PASTA BOLOGNESE</b><br>Penne pasta in a plant-powered bolognese sauce<br><b>PB, VG</b>                                                              | <b>CHICKEN CURRY</b><br>Chicken and sweet potato in a mildly spiced sauce                  | <b>ROAST PORK</b><br>Tender slices of pork with tasty potatoes and colourful veggies     | <b>POWERBALL PIZZA</b><br>An out of this world pizza, topped with meteor balls<br><b>PB, VG</b> | <b>CHICKEN BURGER</b><br>A crispy, chicken burger tucked in a soft roll                                         |
|                    | <b>MAC 'N' CHEESE</b><br>Soft pasta in a rich, cheesy sauce<br><b>PB, VG</b>                                                                           | <b>COTTAGE PIE</b><br>Beans, pulses and vegetables in a rich tomato sauce<br><b>PB, VG</b> | <b>VEGGIE SAUSAGE ROAST</b><br>Tasty vegetable sausages in a rich gravy<br><b>PB, VG</b> | <b>PIZZA</b><br>The original cheese and tomato<br><b>VG</b>                                     | <b>CARROT AND CHICKPEA BURGER</b><br>Tasty, colourful and crunchy burger packed in a soft roll<br><b>PB, VG</b> |
| Sides              | Garlic bread<br>Garden peas<br>Salad bar                                                                                                               | Carrots<br>Green beans                                                                     | Roast potatoes<br>Carrots, Broccoli<br>Gravy                                             | Herby diced potatoes<br>Salad bar<br>Sweetcorn                                                  | Chips<br>Baked beans<br>Rainbow veggie sticks                                                                   |
| Jacket Potato      | Stuffed with Baked Beans with or without Grated Cheddar, Tuna Mayo, or just Cheddar with your choice of freshly prepared vegetables from our Salad Bar |                                                                                            |                                                                                          |                                                                                                 |                                                                                                                 |
| Dessert            | <b>CHERRY SHORTBREAD</b><br>Buttery shortbread with a burst of cherry<br><b>VG</b>                                                                     | <b>CHOCOLATE COOKIE</b><br>Rich, chocolaty and secretly good for you<br><b>VG</b>          | <b>GINGER COOKIE</b><br>A warm, sweet, flavoured ginger biscuit<br><b>VG</b>             | <b>LEMON SHORTBREAD</b><br>Crumbly shortbread with a zingy lemon twist<br><b>VG</b>             | <b>DESSERT OF THE DAY</b><br>Our chefs choice of all your favourite desserts<br><b>VG</b>                       |



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