



Welcome to Fresha School Meals in partnership with Harbour Autumn 2025 - Main 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

Fresha is 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



Allergies/food allergies

We offer specific menus to address allergies and dietary preferences

Please take five minutes to send us your feedback



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

Yogurt and fresh fruit are available as an alternative dessert

Please scan for our allergen charts



fresha
responsible catering

Harbour
Schools Partnership
A guiding light for education

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	PASTA BOLOGNESE Penne pasta in a plant-powered bolognese sauce (1) (PB)	BUTCHERS BURGER Locally made Pork Burger in a soft roll (1,12)	THE ROAST Gammon Ham with all the trimmings	PIZZA The classic American topping of pepperoni (1,6)	FISH STARS Pollock in breadcrumbs, rich in Omega 3 (1,5)
Veggie Option	SPRING HARVEST CAKE Crispy savoury cake crammed with veggies (8) (V)	CHEESY TOMATO PINWHEEL Golden and crispy on the outside, melted gooey cheese and tomatoes on the inside (1,6) (V)	GOLDEN SUMMER ROLL A crisp, flaky pastry roll, packed with a selection of seasonal vegetables (1) (VG)	PIZZA The original cheese and tomato Margherita (1,6) (V)	FARMERS BURGER Veggie Burger in a soft roll (1) (V)
Sides	Pasta (1) (VG) Peas (VG) Salad Bar (V)	Pasta Salad (1) (VG) Naked Slaw (VG) Salad Bar (V)	Roasted Potatoes (VG) Chefs Vegetables of the day (VG) Gravy (VG)	Potato of the day (V) Salad Bar (V) Sweetcorn (VG)	Chips (VG) Chefs Vegetables of the day (VG)
Jacket Potatoes	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)
Dessert	PIP FRUIT ICE LOLLY A little bit of nature on a stick. 100% organic fruit (PB)	CHOCOLATE AND TOFFEE COOKIE A naturally chewy, chocolatey cookie (1,8) (V)	SUMMER BERRY JELLY Colourful, tasty and wobbly with Peach slices (VG)	LEMON CAKE Bursting with fresh lemon and fruity flavours (1,8) (V)	CHEFS DESSERT OF THE DAY Our Chefs choice of all your favourite desserts (1,6,8,12) (V)

SEPTEMBER

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OCTOBER

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Allergens Code

Su (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

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	MIGHTY MEATBALLS Plant Powered Meatballs, with pasta, in our homemade tomato sauce (1) (PB)	BBQ PORK WRAP Pork mince in a Smoky BBQ sauce with a soft tortilla (1,12)	ROAST CHICKEN WITH STUFFING Chicken Breast with Sage and Onion stuffing (1)	PIZZA A classic topping of Cheese, Tomato and Ham (1,6)	SALMON STRIPS Fish Goujons in a crispy breadcrumb coating (1,5)
Veggie Option	CREAMY PASTA BAKE Penne pasta coated in a rich, cheesy sauce, jam-packed with veggies (1,6) (V)	MEXICAN STYLE BEAN AND BUTTERNUT WRAP A fiesta of flavours, in a mildly spiced tomato and veg sauce (1) (PB)	QUORN ROAST WITH STUFFING Quorn Mini Fillet with Sage and Onion stuffing (1) (VG)	PIZZA The original cheese and tomato Margherita (1,6) (V)	FRIDAY FAVOURITE HOTDOG Quorn Sausage in a soft roll (1) (V)
Sides	Garden Peas (VG) Salad Bar (V)	Mexican Style Rice (VG) Sweetcorn Salsa (VG) Salad Bar (V)	Roasted Potatoes (VG) Chefs Vegetables of the day (VG) Gravy (VG)	Potato of the day (V) Corn on the Cob (VG) Salad Bar (V)	Chips (VG) Chefs Vegetables of the day (VG)
Jacket Potatoes	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)
Dessert	ICE CREAM Strawberry or Vanilla (6) (V)	VERY BERRY FLAPJACK Summer berries mixed into our deliciously oaty flapjack (1) (VG)	PIP FRUIT ICE LOLLY A little bit of nature on a stick. 100% organic fruit (PB)	SUNSET FRUITY JELLY Colourful, tasty orange jelly with mandarins (VG)	CHEFS DESSERT OF THE DAY Our Chefs choice of all your favourite desserts (1,6,8,12) (V)

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	CLASSIC MACARONI CHEESE Pasta in a creamy, cheesy rich veggie packed sauce (1,6,12) (V)	CHICKEN CURRY Chicken and sweet potato in a mildly spiced sauce	THE ROAST Devon Sausages with a crispy Yorkshire Pudding (1,6,8,12)	PIZZA Smoked Chicken pizza (1,6)	FISH FINGERS Cod fillet in a crispy breadcrumb coating (1,5)
Veggie Option	SMOKY RAINBOW RICE Loaded rice bursting with summer vegetables (2) (PB)	FIVE BEAN ONE-POT Summer vegetables and mixed bean stew (PB)	SUMMER LOAF Seasonal vegetables packed into a traditional bake (PB)	PIZZA The original cheese and tomato Margherita topping (1,6) (V)	CHICKPEA AND DAHL SAMOSA Lightly spiced, chickpea and lentils in a crispy pastry case (1) (PB)
Sides	Garlic Bread (1) (VG) Garden Peas (VG) Salad Bar (V)	Couscous (1) or Jacket Potato (VG) Green Beans (VG) Salad Bar (V)	Roasted Potatoes (VG) Chefs Vegetables of the day (VG) Gravy (VG)	Pasta (1) (VG) Sweetcorn (VG) Carrot Salad (VG)	Chips (VG) Chefs Vegetables of the day (VG)
Jacket Potatoes	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)	Cheddar Cheese (6) (V) Tuna mayo (5,8), Baked Beans (VG) OR Baked Beans and Cheese (6) (V)
Dessert	LEMON SHORTBREAD Crumbly shortbread with a zingy lemon twist (1,12) (V)	CHOCOLATE & CHERRY CAKE Rich chocolate sponge with a cherry drizzle (1,8) (V)	PIP FRUIT ICE LOLLY A little bit of nature on a stick. 100% organic fruit (PB)	JAM SPONGE with a sticky strawberry jam topping (1,8) (V)	CHEFS DESSERT OF THE DAY Our chefs choice of all your favourite desserts (1,6,8,12) (V)

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