

Welcome to Fresha School Meals in Partnership with Harbour Trust



Autumn/Winter 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

Improving Children's lives through food



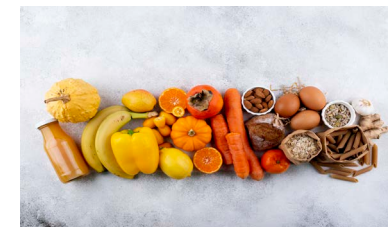
Fresh local produce

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



High quality, varied meals

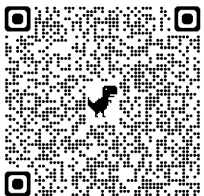
We offer menus featuring well-loved favourites, while introducing new and exciting choices, ensuring a daily balance of essential nutrients.



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



Here at Fresha we are trying hard to minimise our Carbon Footprint for future generations. Please scan to see the carbon content of our meals



Please scan for our allergen charts



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	CHEESY BOLOGNAISE AND MACARONI BAKE Plant powered bolognaise mixed with pasta and topped with cheese (1,6) V	ULTIMATE BANGERS 'N' MASH Devon pork sausages with creamy mashed potato (1,12)	ROAST CHICKEN Tender and juicy with tasty potatoes, colourful veggies and stuffing (1)	PIZZA The all-American with pepperoni (1,6)	FISH 'N' CHIPS Crispy, golden fish and fluffy chips (1,5)
VEGGIE	HOMITY PIE Cheese and potato pie (1,6) V	GARDEN GLOW RICE Golden rice with sweet garden veggies VG	QUORN ROAST WITH STUFFING Quorn mini fillet with crunchy potatoes and colourful veggies (1) VG	PIZZA The original cheese and tomato (1,6) V	VEGGIE HOT DOG A veggie-packed hotdog in a soft, squishy roll (1) VG
Sides	Garden peas Carrots	Baked beans Green beans	Roast potatoes Stuffing (1) Carrots and Broccoli Gravy	Herby diced Potatoes Salad bar Sweetcorn	Chips Baked beans Rainbow veggie sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheddar(6), Tuna Mayo(5,8), or just Cheddar(6) with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	APPLE CAKE Soft cake with juicy apple pieces (1,8) V	STICKY TOFFEE PUDDING A sticky, sweet, fruity dessert with custard (1,6) V	SPICED ORANGE SHORTBREAD Soft crumbly shortbread with a zesty orange twist (1) VG	WINTER BERRY SQUARES A sweet, juicy, fruit packed flapjack (1) VG	DESSERT OF THE DAY Our chefs choice of all your favourite desserts (1,6,8,12) V

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



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

NOVEMBER

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN	CHILLI NON CARNE A mild chilli tucked inside a crunchy taco shell VG	STICKY CHICKEN GOUJON WRAP Crispy chicken bites in a sticky glaze with a salad crunch, served with herby diced potatoes (1) VG	THE ROAST Classic Gammon Ham	PIZZA The classic chicken with our tomato sauce, topped with chicken (1,6)	FISH FINGERS Our classic fish fingers sustainably sourced (1,5)
VEGGIE	QUORN VEGAN NUGGETS Crunchy, lightly battered nuggets with a tangy dipping sauce (1) VG	PASTA WITH CREAMY ROASTED TOMATO SAUCE Pasta in a smooth, yummy tomato sauce (1) VG	ROASTED SQUASH, RED PEPPER AND TOMATO TART Crispy, flaky pastry topped with classic flavours (1) VG	RAINBOW PIZZA The original cheese and tomato topped with rainbow peppers (1,6) V	VEGGIE SAUSAGE ROLL Golden, flaky and full of veggie goodness (1) VG
Sides	Rice Peas Green beans	Sweetcorn Baked beans	Roast potatoes Carrots, Garden peas Gravy	Potato wedges Salad bar Corn on the cob	Chips Peas Rainbow veggie sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheddar(6), Tuna Mayo(5,8), or just Cheddar(6) with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	CHOCOLATE BROWNIE Rich, chocolaty and secretly good for you (1,8) V	APPLE & BERRY CRUMBLE Traditional winter crumble packed with apples and winter berries, with custard. (1,6) V	LEMON MUFFIN Bursting with fresh, fruity flavours (1,12) VG	CARROT CAKE Lightly spiced and deliciously moist (1,8) V	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
MAIN	LASAGNE Cheesy, saucy and veggie packed layers (1,6) V	CHICKEN CURRY A mild, creamy, lightly-spiced korma curry served over rice (7)	ROAST PORK Tender slices of pork with tasty potatoes and colourful veggies	POWERBALL PIZZA An out of this world pizza, topped with meteor balls (1,6) V	CHICKEN BURGER A crispy, chicken burger tucked in a soft roll (1)
VEGGIE	MAC 'N' CHEESE Soft pasta in a rich, cheesy sauce (1,6) V	COTTAGE PIE Beans, pulses and vegetables in a rich tomato sauce VG	VEGGIE TOAD IN THE HOLE Fluffy, crispy Yorkshire pud packed with Quorn sausage (1,6,8) V	PIZZA The original cheese and tomato (1,6) V	CARROT AND CHICKPEA BURGER Tasty, colourful and crunchy burger packed in a soft roll (1,8) V
Sides	Garlic bread (1) Garden peas Salad bar	Carrots Green beans	Roast potatoes Carrots, Broccoli Gravy	Herby diced potatoes Salad bar Sweetcorn	Chips Baked beans Rainbow veggie sticks
Jacket Potato	<i>Stuffed with Baked Beans with or without Grated Cheddar(6), Tuna Mayo(5,8), or just Cheddar(6) with your choice of freshly prepared vegetables from our Salad Bar</i>				
Dessert	CHERRY SHORTBREAD Buttery shortbread with a burst of cherry (1) VG	CHOCOLATE CAKE A firm favourite with a healthy twist (1,8) V	GINGER COOKIE A warm, sweet, flavoured ginger biscuit (1) VG	ST CLEMENTS CAKE A zesty orange and lemon flavour in a soft baked cake (1,8) V	DESSERT OF THE DAY Our chefs choice of all your favourite desserts (1,6,8,12) V

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