

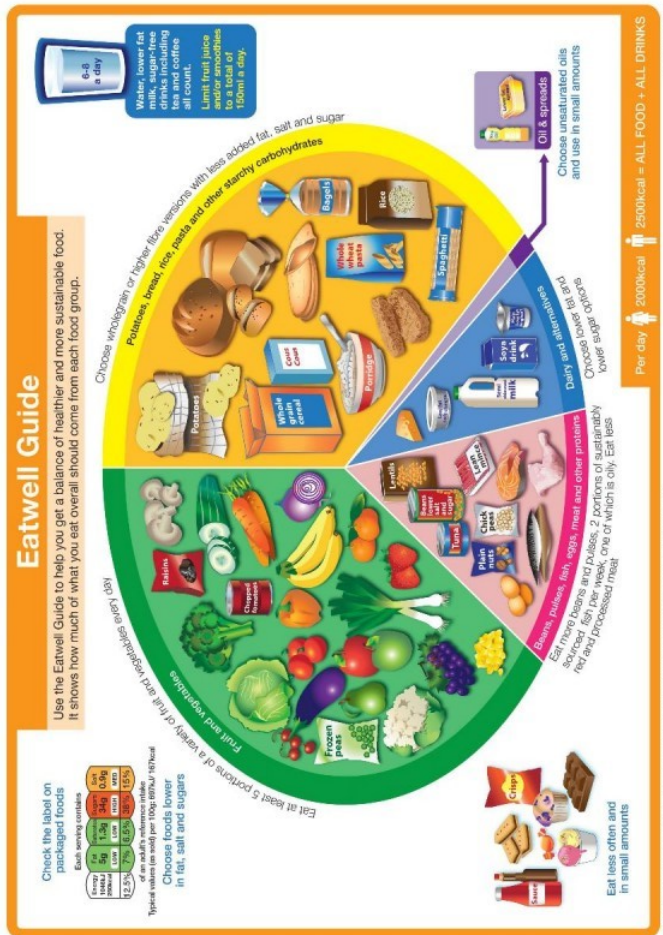
We prepare and cook all our food daily on site, providing healthy and nutritious meals using locally sourced food. Our eggs are cage-free, our meat meets UK Welfare Standards and all meals are free from undesirable food additives and hydrogenated fats. Our Catering Team are also able to provide for special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



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.



We serve an 'eatwell plate' every day!

Universal Free School Meals at Trenance Learning Academy



Menu



Trenance catering team
3-week rolling menu
Autumn Term 2023

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

Week 1: 7th Sept, 25th Sept, 16th Oct

Allergens

MONDAY**Main Meal**

Spaghetti Bolognese or Vegetable Bolognese 2, 13

Served with

Garlic Bread 4, 7, 2

Seasonal Vegetables - Salad Bar 2, 4, 7

Pudding

Fresh Fruit 4, 7, 13

Yoghurt

TUESDAY**Main Meal**

Jacket potatoes served with beef chilli or cheese & beans 2, 7, 13,

Served with

Seasonal Vegetables - Salad Bar 2, 4, 7

Pudding

Chocolate and beetroot brownie 2, 4,

Fresh Fruit 7, 13

WEDNESDAY**Main Meal****Roast of the Day or Vegetable Roast****Served with**

Creamed Potatoes, Roast Potatoes, Cauliflower Cheese, Seasonal Veg & Gravy 2, 9, 7, 13

Pudding

Ice cream - Fresh Fruit 4, 7, 13

THURSDAY**Main Meal**

Sweet & sour chicken or vegetable sweet & sour 2, 13

Served with

Noodles, pitta bread, Seasonal Vegetables - Salad Bar 2, 4, 7

Pudding

Banana & chocolate chip cake 2, 4, 7, 13

FRIDAY**Main Meal**

Oven Baked Battered Fish or Vegetable Quiche 2, 5

Served with

Fries, Seasonal Vegetables Salad Bar 2, 4, 7, 9

Pudding

Trenance Biscuits 2, 4, 7

Fresh Fruit 2, 7

*Homemade Wholemeal Bread served daily***Week 2: 11th Sept, 2nd Oct**

Allergens

MONDAY**Main Meal**

Sausage or vegi sausage 2, 4, 13

Served with

Baked beans, creamed potatoes 2, 4, 7

Seasonal Vegetables - Salad Bar

Pudding

Fresh Fruit—Yoghurt 4, 7, 13

TUESDAY**Main Meal**

Homemade cheese & tomato pizza 2, 7, 13

Served with

Rainbow Pasta Salad 2, 4, 7

Salad Bar - Homemade Coleslaw

Pudding

Lemon Drizzle and 2, 4, 7, 13

Fresh Fruit

WEDNESDAY**Main Meal****Roast of the Day or Vegetable Roast****Served with**

Creamed Potatoes, Roast Potatoes, Cauliflower Cheese, Seasonal Veg & Gravy 2, 9, 7, 13

Pudding

Ice Cream - Fresh Fruit 4, 7, 13

THURSDAY**Main Meal**

Chicken & sweet potato curry or vegetable curry 2, 7, 13

Served with

Basmati rice & naan bread 2, 4, 7

Seasonal Vegetables - Salad Bar

Pudding

Crispy cornflake bar 2, 4, 7, 13

Fresh Fruit

FRIDAY**Main Meal**

Oven Baked Battered Fish or Vegetable Quiche 2, 5

Served with

Fries, Seasonal Vegetables Salad Bar 2, 4, 7

Pudding

Trenance Biscuits 2, 7

Fresh Fruit

*Homemade Wholemeal Bread served daily***Week 3: 18th Sept, 9th Oct**

Allergens

MONDAY**Main Meal**

Spinach & mozzarella pasta bake 2, 7

Served with

Garlic bread

Seasonal Vegetables - Salad Bar 2, 4, 7

Pudding

Yoghurt 4, 7, 13

Fresh Fruit

TUESDAY**Main Meal**

Beef lasagne or vegetable lasagne 2, 7, 4, 13

Served with

Homemade coleslaw, garlic bread 2, 4, 7

Seasonal Vegetables - Salad Bar

Pudding

Raspberry and blueberry muffin cake 2, 4, 7, 13

Fresh Fruit

WEDNESDAY**Main Meal****Roast of the Day or Vegetable Roast****Served with**

Creamed Potatoes, Roast Potatoes, Cauliflower Cheese, Seasonal Veg & Gravy 2, 9, 7, 13

Pudding

Ice cream - Fresh Fruit 4, 7, 13

THURSDAY**Main Meal**

Chicken or vegetable fajitas 2, 4

Served with

Rice

Seasonal Vegetables - Salad Bar 2, 4, 7

Pudding

Fruit Crumble & Custard—Fresh Fruit 2, 7, 13

FRIDAY**Main Meal**

Oven Baked Battered Fish or 2, 5

Vegetable Quiche 2, 4, 7, 9

Served with

Fries, Seasonal Vegetables

Salad Bar 2, 4, 7

Pudding

Trenance Biscuits 2, 7

Fresh Fruit

Homemade Wholemeal Bread served daily