

Week 1

Monday	Main	Pasta bolognaise with crusty bread and peas
	Vegetarian	Quorn pasta bolognaise with crusty bread and peas
	Dessert	Strawberry whip

Tuesday	Main	Chicken and leek pie with new potatoes, gravy and broccoli
	Vegetarian	Bean paella with crusty bread and broccoli
	Dessert	Peaches and ice cream

Wednesday	Main	Roast gammon with crispy roast potatoes, gravy, carrots and green beans
	Vegetarian	Vegetarian plait with crispy roast potatoes, gravy, carrots and green beans
	Dessert	Cherry shortbread cookie

Thursday	Main	Gammon and pineapple pizza with mini corn on the cob and mixed salad
	Vegetarian	Vegetable pizza with mini corn on the cob and mixed salad
	Dessert	Apple and raspberry sponge and custard

Friday	Main	Salmon nuggets with chips, tomato sauce and baked beans or peas
	Vegetarian	Cheese omelette with chips, tomato sauce and baked beans or peas
	Dessert	Assorted ice cream tub

Week 2

Monday	Main	Chicken korma with rice, naan bread and sweetcorn
	Vegetarian	Sweet potato and lentil korma with rice, naan bread and sweetcorn
	Dessert	Fruit cobbler

Tuesday	Main	Cottage pie with gravy and peas
	Vegetarian	Quorn cottage pie with gravy and peas
	Dessert	Fruity flapjack

Wednesday	Main	Roast silverside of beef with Yorkshire pudding, crispy roast potatoes, gravy, carrots and cabbage
	Vegetarian	Cauliflower cheese with crispy roast potatoes, gravy, carrots and cabbage
	Dessert	Custard biscuit

Thursday	Main	Sausage roll with half jacket potato and sweetcorn
	Vegetarian	Quorn sausage roll with half jacket potato and sweetcorn
	Dessert	Eve's pudding and custard

Friday	Main	Fish cake with chips, tomato sauce, baked beans or peas
	Vegetarian	Mediterranean cous cous with chips, tomato sauce, baked beans or peas
	Dessert	Assorted ice cream tub

Week 3

Monday	Main	Beef stew with dumplings and farmhouse veg
	Vegetarian	Veggie bean stew with dumplings and farmhouse veg
	Dessert	Fresh fruit salad or cheese and biscuits

Tuesday	Main	Barbecue chicken breast with pasta and sweetcorn
	Vegetarian	Barbecue Quorn chicken breast with pasta and sweetcorn
	Dessert	Apple crumble and custard

Wednesday	Main	Roast turkey with crispy roast potatoes, gravy, carrots and brussel sprouts
	Vegetarian	Cauliflower and broccoli bake with crispy roast potatoes, gravy, carrots and brussel sprouts
	Dessert	Chocolate cookie

Thursday	Main	Westcountry sausages with mashed potato, gravy, baked beans or sweetcorn
	Vegetarian	Quorn sausage with mash potato, gravy, baked beans or sweetcorn
	Dessert	Orange jelly with mandarins

Friday	Main	Fillet of fish with chips, tomato sauce, baked beans or peas
	Vegetarian	Cheese omelette with chips, tomato sauce, baked beans or peas
	Dessert	Assorted ice cream tub

Month	Week 1	School Holiday
	Week 2	Bank Holiday
	Week 3	

Sept	M		7	14	21	28
	Tu	1	8	15	22	29
	W	2	9	16	23	30
	Th	3	10	17	24	
	F	4	11	18	25	

Oct	M		5	12	19	26
	Tu		6	13	20	27
	W		7	14	21	28
	Th	1	8	15	22	29
	F	2	9	16	23	30

Nov	M	2	9	16	23
	Tu	3	10	17	24
	W	4	11	18	25
	Th	5	12	19	26
	F	6	13	20	27

Dec	M	30	7	14	21	28
	Tu	1	8	15	22	29
	W	2	9	16	23	30
	Th	3	10	17	24	31
	F	4	11	18	25	

Jan	M		4	11	18	25
	Tu		5	12	19	26
	W		6	13	20	27
	Th		7	14	21	28
	F	1	8	15	22	29

Feb	M	1	8	15
	Tu	2	9	16
	W	3	10	17
	Th	4	11	18
	F	5	12	19

Choices	Jacket potatoes are available to order daily with a filling of tuna, beans or cheese.
	Salad, bread basket, fresh fruit, low fat yoghurts, semi-skimmed milk and water are also available daily.

Our school kitchen was the first in Teignbridge to receive a Silver Award for the nutritional standards of our meals. Our aim is to provide good quality healthy meals at an affordable price. All meals are made from quality ingredients.

Our meat, milk, free range eggs, fresh fruit and vegetables are locally sourced and delivered for use daily. We use wholewheat pasta and rice.

We offer a two choice menu of a main dish or vegetarian dish, and a choice of desserts. In addition, jacket potatoes, fruit and yoghurt are available daily.

To save disappointment, children pre-order their lunch choice by highlighting the chosen meal with their parents on the menu for all three weeks. They then return it to the school office.

If you have any further queries please do not hesitate to contact Marie Henley our Catering Manager on 01626 352854



School Menu

September 2015
to
February Half Term 2016

