

## Week 1

Monday

Main Jacket potato with various fillings and sweetcorn  
Vegetarian Veggie noodles with crusty bread and sweetcorn  
Dessert Sticky toffee pudding and custard.

Tuesday

Main Lasagne, crusty bread and broccoli.  
Vegetarian Quorn lasagne with crusty bread and broccoli  
Dessert Peaches and ice cream.

Wednesday

Main Roast pork with apple sauce, crispy roast potatoes, gravy, carrots and cabbage.  
Vegetarian Cauliflower and broccoli bake with crispy roast potatoes, gravy, carrots and cabbage.  
Dessert Custard biscuit .

Thursday

Main Chicken breast in a bun with corn on cob and coleslaw.  
Vegetarian Veggie burger in a bun with corn on cob and coleslaw.  
Dessert Pineapple sponge and custard.

Friday

Main Salmon nuggets with chips, tomato sauce and baked beans or peas.  
Vegetarian Vegetarian quorn sausage with chips, tomato sauce and baked beans or peas.  
Dessert Assorted ice cream tubs.

## Week 2

Monday

Main Chicken korma with rice, naan bread and diced carrots.  
Vegetarian Quorn chicken korma with rice, naan bread and diced carrots.  
Dessert Banana muffin slice.

Tuesday

Main Sausage roll with pasta and sweetcorn.  
Vegetarian Quorn sausage roll with pasta and sweetcorn.  
Dessert Jelly and fruit.

Wednesday

Main Roast silverside of beef with Yorkshire pudding, crispy roast potatoes, gravy, carrots and parsnips.  
Vegetarian Cauliflower cheese with crispy roast potatoes, gravy, carrots and parsnips.  
Dessert Fruit cookie.

Thursday

Main Tomato pasta bake with crusty bread and sweetcorn.  
Vegetarian Cheese omelette with crusty bread and sweetcorn.  
Dessert Chocolate sponge and chocolate custard.

Friday

Main Fish fingers with chips, tomato sauce and baked beans or peas.  
Vegetarian Mediterranean cous cous with chips, tomato sauce and baked beans or peas.  
Dessert Assorted Ice cream tubs.

## Week 3

Monday

Main Spaghetti Bolognese with crusty bread and green beans.  
Vegetarian Quorn bolognese with crusty bread and green beans.  
Dessert Flapjack.

Tuesday

Main Meat Feast pizza with pasta and sweetcorn.  
Vegetarian Vegetable pizza with pasta and sweetcorn.  
Dessert Rice pudding or fresh fruit salad.

Wednesday

Main Roast chicken breast with stuffing, crispy roast potatoes, gravy, carrots and brussel sprouts.  
Vegetarian Vegetarian plait with crispy roast potatoes, gravy, carrots and brussel sprouts.  
Dessert Shortbread cookie.

Thursday

Main Westcountry sausages with mash potato, gravy and farmhouse veg.  
Vegetarian Vegetarian quorn sausage with mash potato, gravy and farmhouse veg.  
Dessert Farmhouse fruit cake and custard.

Friday

Main Harry Ramsden fish 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.

Month	Week 1	School Holiday
	Week 2	Bank Holiday
	Week 3	

Feb	M	15	22
	Tu	16	23
	W	17	24
	Th	18	25
	F	19	26

March	M	29	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	1

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

May	M	2	9	16	23	30
	Tu	3	10	17	24	31
	W	4	11	18	25	1
	Th	5	12	19	26	2
	F	6	13	20	27	3

June	M	6	13	20	27
	Tu	7	14	21	28
	W	8	15	22	29
	Th	9	16	23	30
	F	10	17	24	

July	M		4	11	18
	Tu		5	12	19
	W		6	13	20
	Th		7	14	21
	F	1	8	15	22

Choices	Jacket potatoes are available to order daily with a filling of tuna, beans or cheese.
	Salad, wholemeal 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 with a main dish, 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 their chosen meals with their parents for all three weeks. Please return your form with your child's name on the menu. If your child would like a jacket potato on a particular day, please write it on with the choice of filling (cheese, beans or tuna).

The three week menu cycle will continue up until 22<sup>nd</sup> July 2016 but if your child changes their mind about any choice, please send a note in to our Kitchen Manager and she will change the choice on that day'.



# School Menu

22nd February 2016  
to  
22nd July 2016

