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1 - Main		1 - Dairy Free		1 - Vegetarian		
M O N		Oven baked sausage with Jacket potato and baked beans. Fresh fruit salad		Oven baked sausage with Jacket potato and baked beans. Fresh fruit salad	 Oven baked veggie sausage with Jacket potato and baked beans. Fresh fruit salad	
T U E	  	Crunchy chicken fillet wraps with vegetable rice and tomato ketchup Steamed Chocolate Sponge and custard	 	Crunchy chicken wraps with vegetable rice and tomato ketchup Steamed Chocolate Sponge	  	Veggie nugget wraps with vegetable rice and tomato ketchup Steamed Chocolate Sponge and custard
W E D	  	Roast Turkey with garlic and herb roasted potatoes and seasonal vegetables and gravy. Cheesecake		Roast Turkey with garlic and herb roasted potatoes and seasonal vegetables and gravy. Lemon Sorbet	   	Homemade Vegy roast with garlic and herb roasted potatoes and seasonal vegetables and gravy. Cheesecake
T H U	 	Lasagne with Broccoli and garlic bread Waffles with fruit sauce		Dairy free Lasagne with Broccoli and bread Fruit	 	Veggie Lasagne with Broccoli and garlic bread Waffles with fruit sauce
F R I	 	Fish and chips and salad sticks. Chocolate Shortbread	 	Fish and chips and salad sticks. Chocolate Shortbread	 	Oven baked vegetable nuggets with chips and salad sticks. Chocolate Shortbread

Allergen	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol								



WEEK 2 menu 5/11, 26/11, 17/12, 14/01, 4/02, 4/03, 25/03

2 - Main		2 - Dairy Free		2 - Vegetarian	
M O N	 Jacket potato with baked beans and cheese Served with baby carrots Fruit salad		Jacket potato with baked beans. Served with baby carrots Fruit salad		Jacket potato with baked beans and cheese Served with baby carrots Fruit salad
T U E	 Meatballs and Pasta served with Peas and Sweetcorn Jam and Coconut sponge	 Meatballs and Pasta served with Peas and Sweetcorn Jam and Coconut sponge	 Veggie balls and Pasta served with Peas and Sweetcorn Jam and Coconut sponge		
W E D	 Roast Pork with crackling, apple sauce, garlic and herb roasted potatoes and seasonal vegetables and gravy. Chocolate Cake	 Roast Pork with crackling, apple sauce, garlic and herb roasted potatoes and seasonal vegetables and gravy. Chocolate Cake	 Veggie Roast, apple sauce, garlic and herb roasted potatoes and seasonal vegetables and gravy. Chocolate Cake		
T H U	 Mild chicken and vegetable curry. Served with mixed vegetable rice and mini naan breads. Peaches and Ice cream	 Mild chicken and vegetable curry. Served with mixed vegetable rice and bread Peaches	 Mild vegetable curry. Served with mixed vegetable rice and mini naan breads. Peaches and Ice cream		
F R I	 Chicken nuggets with chips and salad sticks. Flapjack	 Veggie nuggets with chips and salad sticks. Flapjack	 Veggie nuggets with chips and salad sticks. Flapjack		

Allergen	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol								



WEEK 3 menu 12/11, 3/12, 21/01, 11/2, 11/03, 1/04

3 - Main		3 - Dairy Free		3 - Vegetarian			
M O N		Popcorn Chicken served with jacket potato, peas and sweetcorn. Angel delight		Veggie burger served with jacket potato, peas and sweetcorn. Fresh fruit selection		Veggie Burger served with jacket potato, peas and sweetcorn. Angel delight	
	T U E		Cheese and Tomato Pasta bake with garlic bread and broccoli. Jelly and Ice cream		Tomato Pasta with garlic bread and broccoli. Jelly and Ice cream		Cheese and Tomato Pasta bake with garlic bread and broccoli. Jelly and Ice cream
		W E D		Devonshire Roast Beef with Yorkshire pudding, roast potatoes, Seasonal vegetables and gravy. Pancakes with berry fruity sauce.		Devonshire Roast Beef with roast potatoes, Seasonal vegetables and gravy. Lemon sorbet	
	T H U R			Sausage Plait with baked beans and new potatoes. Apple crumble & custard.		Sausage plait with baked beans and new potatoes. Apple crumble	
		F R I		Cod Bites and chips with salad sticks Homemade Ginger cookie		Cod Bites and chips with salad sticks Homemade Ginger cookie	

Allergen	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol								



Autumn/ Winter Menu 2018-19

Dear Parents and children,

Thank you so much to all the children who completed my school lunch survey this month! The results were very interesting and your top choices and suggestions have helped me to come up with a great new menu!

You voted for your top choices to stay on the menu and the winner is ;

Roast Dinner, closely followed by Sausage Plait / Sausages.

And for Puddings...

Pancakes with Berry sauce, other popular choices were Flapjack & Chocolate cake

I have also looked at the National School Dinners survey of favorite choices across our country and included several of the winners in our new menu. The top meal voted for across schools in the UK was **Chicken curry and Chocolate cake**, both of which are included.

We will be using our local butcher, Reynolds in Exmouth along with our local high street grocer CJB for fresh fruit and vegetables on our menu. All our fish is MSC sourced.

The menus have an icon key for allergens, I have used the standardized icons for the eight most common allergens. If you would like a copy of the full allergen analysis please see me for details it is kept in the kitchen if you would like to check anything.

I have separate menus for our vegetarian and dairy free children. If you have a child with a medical food allergy please do arrange to pop into the kitchen for a chat and we will do our best to accommodate them. We do have several children with wheat intolerance and coeliac children for whom I am happy to offer alternatives.

As always I am happy to receive any feedback from parents and children especially on the new menu, we can and do make changes following feedback so please do get in touch!

Thank you for your continuing support

Juliette Smith, Catering Manager

