



























WEEK 1 menu 23/4*, 13/5, 3/06, 24/6,15/07

























































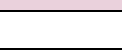
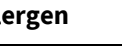



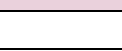




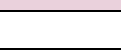


1 - Main		1 - Dairy Free		1 - Vegetarian	
M O N	 Jacket potato with either grated cheddar cheese or tuna and sweetcorn mayonnaise served with coleslaw Fruit cocktail	 Jacket potato with tuna and sweetcorn served with coleslaw Fruit cocktail	 Jacket potato with grated cheddar cheese served with coleslaw Fruit cocktail		
T U E	 Cod Goujons served in wrap with vegetable rice & tomato ketchup Angel Delight	 Cod Goujons served in a wrap with vegetable rice & tomato ketchup Fresh fruit	 Vegetable nuggets served in a wrap with vegetable rice & tomato ketchup Angel Delight		
W E D	 Chicken with garlic and herb roasted potatoes and seasonal vegetables and gravy. Cheesecake	 Chicken 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	 Cornish pasty with baby carrots,peas & new potatoes Waffles with fruit sauce	 Butternut squash, spinach and Feta vegan pasty with baby carrots,peas & new potatoes Fresh Fruit	 Butternut squash, spinach and Feta vegan pasty with baby carrots,peas & new potatoes Waffles with fruit sauce		
F R I	 Sausage and chips and salad sticks. Chocolate Shortbread	 Sausage and chips and salad sticks. Chocolate Shortbread	 Oven baked vegetable sausage with chips and salad sticks. Chocolate Shortbread		










* Mondays lunch will be served on Tuesday

Allergen	Sesame	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol									



WEEK 2 menu 29/04, 13/05, 10/06, 1/07, 22/07

	2 - Main		2 - Dairy Free		2 - Vegetarian	
M O N	   	Fish fingers in a roll with peas and wedges Served with ketchup or mayonnaise Fruit salad	   	Fish fingers in a roll with peas and wedges Served with ketchup or mayonnaise Fruit salad	   	Linda McCartney vegetarian sausage in a roll with peas and wedges Served with ketchup or mayonnaise Fruit salad
T U E	   	Sweet and Sour Meatballs served with rice and Sweetcorn Peaches and Ice cream	   	Sweet and Sour Meatballs served with rice and Sweetcorn Peaches	   	Sweet and Sour Quorn meatballs served with rice and Sweetcorn Peaches and ice cream
W E D	     	Roast Pork with garlic and herb roasted potatoes and seasonal vegetables and gravy. Carrot cake	     	Roast Pork with garlic and herb roasted potatoes and seasonal vegetables and gravy. Carrot cake	     	Veggie Roast with garlic and herb roasted potatoes and seasonal vegetables and gravy. Carrot cake
T H U	   	Sausage roll with baked beans and new potatoes Fruit lolly	   	Linda McCartney veggie sausage roll with baked beans and new potatoes Fruit lolly	   	Linda McCartney veggie sausage roll with baked beans and new potatoes Fruit lolly
F R I	    	Salmon nuggets with chips and salad sticks. Flapjack	    	Salmon nuggets with chips and salad sticks. Flapjack	    	Quorn dippers with chips and salad sticks. Flapjack

Allergen	Sesame	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol									



WEEK 3 menu 7/05, 17/05, 9/07

3 - Main		3 - Dairy Free		3 - Vegetarian		
M O N		Popcorn Chicken served with jacket potato, peas and sweetcorn. <i>Ice cream roll</i>		Vegan popcorn chicken served with jacket potato, peas and sweetcorn. Lemon Sorbet		Vegan popcorn chicken served with jacket potato, peas and sweetcorn. Ice cream roll
		Cheese and Tomato muffin pizza with salad Fruit Jelly		Vegan Mozzarella & Tomato muffin Pizza with salad Fruit Jelly		Cheese and Tomato muffin pizza with salad Fruit Jelly
W E D		Gammon with roast potatoes, Seasonal vegetables and gravy. <i>Pancakes</i> with berry fruity sauce.		Gammon with roast potatoes, Seasonal vegetables and gravy. <i>Vegan pancakes</i> with berry fruity sauce		Homemade Vegy roast with roast potatoes, Seasonal vegetables and gravy. <i>Pancakes</i> with berry fruity sauce.
		Sausage Plait with baked beans and new potatoes. Apple crumble and ice cream		Sausage plait with baked beans and new potatoes. Apple crumble		Linda McCartney Sausage Roll with baked beans and new potatoes. Apple crumble and ice cream
F R I		Cod Bites and chips with salad sticks Homemade chocolate cookie		Cod Bites and chips with salad sticks Homemade chocolate cookie		Quorn dippers and chips with salad sticks Homemade Chocolate cookie

Allergen	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol								



Spring / Summer Menu 2019

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 Fish and chips

And for Puddings...

Chocolate cookie, followed by Jelly and ice cream and cheesecake

Our local suppliers

We will continue 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.

We are introducing a few new vegetarian/ vegan options as our number of pupils and adults adopting these diets has grown. These include the delicious Butternut squash vegan pasty, the Linda McCartney sausages, Quorn dippers and Quorn meatballs.

We have continued to reduce the sugar content of our menu, using reduced sugar jelly, ketchup, baked beans and reducing the amount of sugar in our home baking.

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.

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