

## Week 1

<b>Monday</b>	Main	Jacket potato with various fillings and sweetcorn
	Sandwiches	Egg mayo sandwich with frube yoghurt, fruit and juice.
	Vegetarian	Veggie noodles, bread basket and sweetcorn
	Dessert	Sticky toffee pudding and toffee sauce.

<b>Tuesday</b>	Main	Beef lasagne, wholemeal bread basket and broccoli.
	Sandwiches	Tuna mayo baguette with frube yoghurt, fruit and juice.
	Vegetarian	Quorn lasagne, wholemeal bread basket and broccoli
	Dessert	Peaches and ice cream.

<b>Wednesday</b>	Main	Roast gammon with crispy roast potatoes, gravy, carrots and cabbage.
	Sandwiches	Cheese baguette with frube yoghurt, fruit and juice.
	Vegetarian	Cauliflower and broccoli bake with crispy roast potatoes, gravy, carrots and cabbage.
	Dessert	Custard biscuit .

<b>Thursday</b>	Main	Chicken breast in a bun with sweetcorn and salad.
	Sandwiches	Gammon bap with frube yoghurt, fruit and juice.
	Vegetarian	Veggie burger in a bun with sweetcorn and salad.
	Dessert	Jam sponge and custard.

<b>Friday</b>	Main	Salmon fingers with chips, tomato sauce and baked beans or peas.
	Sandwiches	Chicken mayo wrap with frube yoghurt, fruit and juice.
	Vegetarian	Vegetarian quorn sausage with chips, tomato sauce and baked beans or peas.
	Dessert	Vanilla ice cream tubs.

## Week 2

<b>Monday</b>	Main	Chicken korma with wholegrain rice, naan bread and diced carrots.
	Sandwiches	Cheese baguette with frube yoghurt, fruit and juice.
	Vegetarian	Sweet potato and lentil korma with rice, naan bread and diced carrots.
	Dessert	Fresh fruit salad.

<b>Tuesday</b>	Main	Sausage roll with pasta and sweetcorn.
	Sandwiches	Chicken mayo pitta with frube yoghurt, fruit and juice.
	Vegetarian	Quorn sausage roll with pasta and sweetcorn .
	Dessert	Jelly and fruit.

<b>Wednesday</b>	Main	Roast silverside of beef with Yorkshire pudding, crispy roast potatoes, gravy, carrots and parsnips.
	Sandwiches	Tuna mayo sandwich with frube yoghurt, fruit and juice.
	Vegetarian	Cauliflower cheese with crispy roast potatoes, gravy, carrots and parsnips and Yorkshire pudding.
	Dessert	Fruit cookie.

<b>Thursday</b>	Main	Cheese and tomato pizza with sweetcorn and salad.
	Sandwiches	Egg mayo sandwich with frube yoghurt, fruit and juice.
	Vegetarian	Vegetable pizza with sweetcorn and salad.
	Dessert	Chocolate sponge and chocolate custard.

<b>Friday</b>	Main	Fish fingers with chips, tomato sauce and baked beans or peas.
	Sandwiches	Beef baguette with frube yoghurt, fruit and juice
	Vegetarian	Mediterranean cous cous with tomato sauce and baked beans or peas.
	Dessert	Raspberry ripple Ice cream tub.

## Week 3

<b>Monday</b>	Main	Spaghetti Bolognese, bread basket and green beans.
	Sandwiches	Cheese baguette with frube yoghurt, fruit and juice.
	Vegetarian	Quorn Bolognese, bread basket and green beans.
	Dessert	Apple flapjack.

<b>Tuesday</b>	Main	Westcountry sausages with mash potato, gravy and farmhouse veg.
	Sandwiches	Tuna mayo wrap with frube yoghurt, fruit and juice.
	Vegetarian	Vegetarian quorn sausage with mash potato, gravy and farmhouse veg.
	Dessert	Rice pudding or fresh fruit salad.

<b>Wednesday</b>	Main	Roast chicken breast with stuffing, crispy roast potatoes, gravy, carrots and brussel sprouts.
	Sandwiches	Egg mayo sandwich with frube yoghurt, fruit and juice.
	Vegetarian	Vegetarian plait with crispy roast potatoes, gravy, carrots and brussel sprouts.
	Dessert	Shortbread cookie.

<b>Thursday</b>	Main	Tuna and sweetcorn pasta bake with wholemeal bread basket.
	Sandwiches	Chicken mayo pitta with frube yoghurt, fruit and juice.
	Vegetarian	Lentil loaf with wholemeal bread basket and sweetcorn.
	Dessert	Farmhouse fruit cake and custard.

<b>Friday</b>	Main	Harry Ramsden fish with chips, tomato sauce and baked beans or peas.
	Sandwiches	Noodle wrap with frube yoghurt, fruit and juice.
	Vegetarian	Cheese omelette with chips, tomato sauce and baked beans or peas.
	Dessert	Vanilla ice cream tub.

<b>Month</b>	Week 1	School Holiday
	Week 2	Bank Holiday
	Week 3	

<b>Feb</b>	M	19	26
	Tu	20	27
	W	21	28
	Th	22	
F	23		

<b>March</b>	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	

<b>April</b>	M	2	9	16	23	30
	Tu	3	10	17	24	
	W	4	11	18	25	
	Th	5	12	19	26	
F	6	13	20	27		

<b>May</b>	M		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		

<b>June</b>	M	2	4	11	18	25
	Tu	3	5	12	19	26
	W	6	13	20	27	
	Th	7	14	21	28	
F	8	15	22	29		

<b>July</b>	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	

<b>Choices</b>	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 three choice menu with a main dish, vegetarian dish, packed lunch option and a choice of desserts. In addition, jacket potatoes, fruit and yoghurt are available daily. We also have two meat free days and fish Friday.

To save disappointment children pre-order their lunch choice during registration.

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



# School Menu

**19th February 2018  
to  
27th July 2018**

