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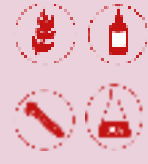











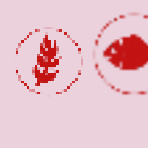




	1 - Main	1 - Dairy Free	1 - Vegetarian
M O N	 Jacket potato with baked beans and cheese Served with carrots and peas Muller Thick and Creamy yogurt or fresh fruit.	Jacket potato with baked beans Served with carrots and peas Fresh fruit	 Jacket potato with baked beans and cheese Served with carrots and peas Muller Thick and Creamy yogurt or fresh fruit.
T U E	   Chicken Grill in wholemeal bap with potato wedges and broccoli served with tomato ketchup Raspberry Mousse Sponge Slice	  Chicken Grill in wholemeal bap with potato wedges and broccoli served with Alfee's tomato ketchup Lemon Sorbet	   Spicy Vegetable burger in wholemeal bap with potato wedges and broccoli served with tomato ketchup Raspberry Mousse Sponge Slice
W E D	  Baked Gammon with garlic and herb roasted potatoes and seasonal vegetables and gravy. Strawberry swirl sorbet	 Baked Gammon with garlic and herb roasted potatoes and seasonal vegetables and gravy. Mango & Orange Sorbet	    Homemade Veggie roast with garlic and herb roasted potatoes and seasonal vegetables and gravy. Strawberry Swirl sorbet
T H U	   Homemade chilli topped with grated cheese served with vegetable rice, salsa and flat bread. Peach tarte tatin and ice cream	  Homemade chilli served with vegetable rice, salsa and tortilla. Peach tarte tatin	   Homemade veggie chilli topped with grated cheese served with vegetable rice, salsa and tortilla. Peach tarte tatin and ice cream
F R I	   Breaded Salmon fillet with skin on chips and salad sticks. Homemade Oat Crunchies.	  Breaded Salmon fillet with skin on chips and salad sticks Flapjack	  Breaded Vegetable nuggets with skin on chips and salad sticks. Homemade Oat Crunchies.

Allergen	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol								

WEEK 2 menu wk/c 26/02, 19/03, 23/04, 14/05, 18/06, 9/07,








































2 - Main		2 - Dairy Free		2 - Vegetarian		
M O N		Oven baked sausages with Jacket potato and mixed vegetables Fruit salad		Oven baked sausages with Jacket potato and mixed vegetables Fruit Salad		Oven baked veggie sausages with Jacket potato and mixed vegetables Fruit Salad
		Roasted Mediterranean Pasta Bake with crunchy cheese topping served with peas and sweetcorn. Chocolate Cracknel		Roasted Mediterranean Pasta Bake served with peas and sweetcorn. Ginger Cookie		Roasted Mediterranean Pasta Bake with crunchy cheese topping served with peas and sweetcorn. Chocolate Cracknel
W E D		Roast Turkey with garlic and herb roasted potatoes and seasonal vegetables and gravy. Raspberry ripple sorbet		Roast Turkey with garlic and herb roasted potatoes and seasonal vegetables and gravy. Mango and Orange sorbet		Homemade Veggie Roast with garlic and herb roasted potatoes and seasonal vegetables and gravy. Raspberry Ripple Sorbet
		Homemade mild Chicken Curry Served with mixed vegetable rice and mini naan breads. Apple Caramel Crumble Slice and custard		Homemade mild vegetable Curry Served with mixed vegetable rice and flatbread. Lemon Sorbet		Homemade mild vegetable Curry Served with mixed vegetable rice and mini naan breads. Apple Caramel Crumble Slice and custard
F R I		Oven baked cod fish fingers with chips and salad sticks. Flapjack		Oven baked cod fish fingers with chips and salad sticks. Flapjack		Oven baked veggie sausage with chips and salad sticks. Flapjack

Allergen	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol								



WEEK 3 menu wk/c 5/03 ,26/03, 30/04, 21/05, 25/06, 16/07

3 - Main		3 - Dairy Free		3 - Vegetarian		
M O N	 	Jacket potato served with salmon nibbles and peas and sweetcorn.		Jacket potato served with salmon nibbles and peas and sweetcorn.		Jacket potato served with a Veggie nuggets and peas and sweetcorn.
		Angel Delight		Lemon Sorbet		Angel Delight
T U E	 	Tomato, Basil and Mozzarella Penne Pasta bake with a crunchy lemon and herb topping served with garlic bread and broccoli.		Tomato and Basil Penne Pasta bake with a crunchy lemon and herb topping served with a bread roll and broccoli.	 	Tomato, Basil and Mozzarella Penne Pasta bake with a crunchy lemon and herb topping served with garlic bread and broccoli.
		Pancakes with berry fruity sauce		Dairy Free Cookie		Pancakes with berry fruity sauce
W E D	 	Devonshire Roast Beef with Yorkshire pudding, roast potatoes, Seasonal vegetables and gravy.		Devonshire Roast Beef with roast potatoes, Seasonal vegetables and gravy.	 	Homemade Veggie roast with Yorkshire pudding, roast potatoes, Seasonal vegetables and gravy.
	 	Mango and orange sorbet		Mango and orange sorbet	 	Mango and orange sorbet
T H U R	 	Proper Cornish Pasty, with baby carrots, peas and new potatoes.		Fish Fingers with baby carrots, peas and new potatoes.		Veggie Sausage roll, with baby carrots, peas and new potatoes.
		Homemade fruit crumble & vanilla custard.		Homemade fruit crumble		Homemade fruit crumble & vanilla custard.
F R I		Crunchy Chicken and sweet potato fries with salad sticks		Crunchy Chicken and sweet potato fries with salad sticks		Vegetable Burger and sweet potato fries with salad sticks
		Homemade Ginger cookie		Homemade Ginger cookie	 	Homemade Ginger cookie

Allergen	Sulphites	Mustard	Celery	Milk	Soya beans	Fish	Eggs	Gluten
Symbol								



Healthy New Menu!

Dear Parents and children,

To coincide with our schools **Healthy Eating Week** I am delighted to launch our **Healthy new menu!** This menu meets all the government's food standards set to ensure nutritionally balanced meals.

These meals are:

- Low in fat, salt and sugar.
- Offer daily servings of fruit and vegetables
- Dishes are baked in preference to frying
- Ingredients are checked for unnecessary additives and allergens
- Offer great Value for Money
- Save parents time in their busy daily schedule!

A Special mention...

I would like to highlight some of our new ingredients and dishes developed to improve the nutritional value of our school meals. We hope your children will love them!

Muller Thick and Creamy yogurt, a parent asked me if we could switch our reduced fat yogurts as these contained more sugar than the full fat version. These Muller yogurts taste great and pack a lot more Calcium goodness with lower added sugars. Delicious!

Homemade Chilli, packed with goodness made with a soya based protein mince, with red kidney beans, tomato, onion, garlic, cinnamon and cumin. This dish is high in fibre and vegetable protein. Served with grated cheddar and an optional fresh Salsa on vegetable rice with a delicious crispy flatbread. Low in fat and high on flavour.

Peach Tarte Tatin, a homemade treat that meets the 50/50 fruit pudding requirements. Baked peaches with a sprinkle of sugar and cinnamon served under crisp puff pastry with the option of vanilla ice cream. Yummy!

Homemade Oat Crunchies, your children may remember these from an African Special Menu we did to complement topic work. These are a traditional treat from South Africa and made with a combination of oats and coconut. Very tasty and high in fibre and nutrients.

Roasted Mediterranean Pasta Bake, The Mediterranean diet is one of the healthiest in the world. This dish combines the flavours of roasted tomatoes, peppers, garlic, onions, courgettes and aubergine to make a pasta sauce which is then baked and topped with a crunchy mix to add texture and extra flavour!

Chocolate Cracknel, Makes a long awaited and school council requested comeback! Combined with the seriously healthy Pasta Bake it is a “ once every three weeks” treat!

Homemade Chicken Curry, This mild curry is made with fresh ginger, coriander, onion and garlic with turmeric, chickpeas, chicken and coconut milk. A separate vegetarian and dairy free version will also be freshly made.

Berry Fruity Sauce, another of our 50/50 fruit desserts the combination of berries in the sauce provides a combination of vitamins and antioxidants!

Roast Devon Beef with Yorkshire Pudding and the works! A very popular option this slow roast Brisket of Beef is tender and tasty providing an excellent source of Iron and B vitamins. It also makes a very tasty gravy!

Proper Cornish Pasty, Lower salt and fat content makes these pasties made with steak and potatoes, onions and swede perfect for school lunches!

Sweet potato fries, these are new to the menu and delicious. These are brimming with vitamin A have large amounts of vitamin C and manganese.

Super Power Ingredients!

Cinnamon- antiviral, antibacterial, antifungal, antioxidant and anti-inflammatory. It can also help reduce blood sugar levels.

Ginger - Antibacterial, antifungal and anti-inflammatory. Digestive aid. Very high in antioxidants.

Garlic - Helps prevent heart disease, antioxidant, antibacterial, anti-inflammatory, antifungal and antiviral. Helps the immune system

Turmeric - Anti-inflammatory, antioxidant, antibacterial, antifungal, antiseptic, digestive aid, helpful for allergies.

Tomatoes - packed with high levels of Vitamins A, C and K. Contain Lycopene an extremely powerful antioxidant and Lutein an antioxidant that protects the eye. Also contain potassium, niacin, vitamin B6 and folate. Antioxidant rich foods can reduce inflammatory diseases such as asthma and bronchitis.

Yogurt - is a complete protein on a par with meat and eggs. A great source of calcium, iodine, vitamins A, B and D. Also important for gut function improving absorption of nutrients by balancing PH in the stomach.

Oats - oat protein is roughly equivalent to that of soy. Oats lower bad cholesterol and are a rich source of zinc, potassium, magnesium, copper, manganese, selenium, thiamine, pantothenic acid and phytonutrients.. They release their energy slowly.

Coconut - contains less sugar and more protein than most fruits, and it is quite high in minerals. Coconut Milk is crammed with nutrients, fibre, vitamin E, folic acid, calcium, copper, selenium, magnesium and manganese. The oil contains monolaurins proven to be very powerful antibacterial, antifungal and antiviral agents.

