

£2.40

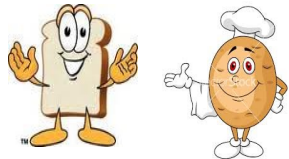
DAILY FOR ALL.....

- ◆ Fresh bread basket
- ◆ Organic milk
- ◆ Fresh fruit
- ◆ Salad bar
- ◆ Organic yoghurt

AVAILABLE DAILY

Hot jacket potato option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Or add hot vegetables
- ◆ Choose the dessert of the day
- ◆ Or enjoy some fresh fruit
- ◆ Enjoy a tasty yoghurt



AVAILABLE DAILY

Packed lunch option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Top up on fresh fruit
- ◆ Grab a bag of raisins
- ◆ Add a healthy treat
- ◆ Enjoy a tasty yoghurt

MONDAY

Freshly prepared ham and sweetcorn pizza

Freshly prepared spinach and tomato pizza

Hand cut paprika wedges

Homemade red slaw

Crunchy carrot sticks

Chocolate cookie milkshake

Fresh fruit yoghurt

Wk beginning: 7th Jan 4th Feb

Freshly prepared cheesy pasta bake

Freshly prepared tomato pasta bake

Homemade garlic bread

Carrots sweetcorn

Apple and cinnamon muffin

Fresh fruit yoghurt

Wk beginning: 14th Jan 11th Feb

TUESDAY

Freshly prepared BBQ chicken

Freshly prepared spicy vegetables

Steamed rice

Peas

Green beans

Handmade jam and coconut tart

Fresh fruit yoghurt

Freshly prepared chicken tikka

Freshly prepared lentil and sweet potato curry

Steamed brown rice

Green beans

Swede

Mandarin sponge

Cheese crackers

Fresh fruit yoghurt

WEDNESDAY

Roast Devonshire beef

Roasted vegetable parcel

Roast and mash potatoes

Savoy cabbage

Local cauliflower

Homemade gravy

Homemade Apple and berry pie

custard

Fresh fruit yoghurt

Roast Devonshire

Roast turkey

Quorn fillet

Roast and mash potatoes

Homemade gravy

Local cauliflower and broccoli

Handmade fruity flapjack

Fresh fruit yoghurt

THURSDAY

Oven cooked Sausage roll

Oven cooked cheese and onion roll

Creamy mashed potatoes

Sweetcorn

Whole-wheat Spaghetti hoops

Fruity shortbread

Cheese & crackers

Fresh fruit yoghurt

Homemade beef bolognaise

Homemade lentil and mixed bean bolognaise

Steamed pasta sweetcorn

Mixed vegetable

Lemon sponge

Fresh fruit yoghurt

FRIDAY

Oven baked MSC battered fish

Quorn nuggets

Oven cooked chips

Or pasta

peas

Baked beans

Strawberry mousse

Fresh fruit yoghurt

Oven baked MSC battered fish

Freshly prepared cheese and broccoli quiche

Oven baked chips or pasta

Wholewheat spaghetti hoops

peas

Vanilla ice cream

ice cream

Fresh fruit yoghurt

Fresh fruit

£2.40

DAILY FOR ALL.....

- ◆ Fresh bread basket
- ◆ Organic milk
- ◆ Fresh fruit
- ◆ Salad bar
- ◆ Organic yoghurt

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Wk beginning: 21st Jan

Freshly prepared pepperoni pizza
 Roasted vegetable pizza
 Herby wedges
 Peas
 Carrots
 Handmade Syrup sponge custard
 Cheese crackers and fruit yoghurt

100% butchers beef burger
 Quorn burger
 Handmade bread roll
 Crunchy carrot sticks
 Whole-wheat spaghetti hoops
 Homemade chocolate sponge and chocolate sauce
 Fresh fruit yoghurt

Roast Devonshire pork
 Creamy vegetable pie
 Roast and mashed potatoes
 spring cabbage
 Local cauliflower
 Homemade gravy
 Fairtrade banana cake
 Cheese crackers and fruit yoghurt

Freshly prepared cottage pie
 Quorn cottage pie
 Sweetcorn
 Green beans
 Fruity jelly
 Cheese & crackers
 Fresh fruit yoghurt

Oven baked MSC battered fish
 Beany pinwheel
 Oven baked chips
 Or pasta
 sweetcorn
 Handmade coleslaw
 Chocolate mousse
 Fresh fruit yoghurt

AVAILABLE DAILY

Hot jacket potato option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Or add hot vegetables
- ◆ Choose the dessert of the day
- ◆ Top up on fresh fruit
- ◆ Enjoy a tasty yoghurt

Wk beginning: 28th Jan

Butchers quality sausage
 Quorn sausage
 Handmade roll
 Peas
 Baked beans
 Ice cream
 Fresh fruit yoghurt

Meat pasty
 Msc salmon fish cake
 Hand cut potato wedges
 Seasonal veg
 Baked beans
 Handmade shortbread
 Fresh fruit yoghurt

Roast Devonshire gammon
 Quorn fillet
 Roast and mashed potatoes
 Spring cabbage
 Cauliflower
 Homemade gravy
 Chocolate crispy cake
 Cheese crackers and fruit yoghurt

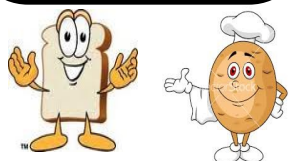
Freshly prepared lasagne
 Freshly prepared vegetable lasagne
 Homemade garlic bread
 Seasonal veg
 Green bead
 Homemade apple and pear crumble
 custard
 Fresh fruit yoghurt

Oven baked MSC battered fish
 Cheese and red Onion quiche
 Oven baked chips
 Or pasta
 Whole-wheat spaghetti hoops
 Crunchy carrot sticks
 Cookie and milkshake
 Fresh fruit yoghurt

AVAILABLE DAILY

Packed lunch option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Top up on fresh fruit
- ◆ Grab a bag of raisins
- ◆ Add a healthy treat
- ◆ Enjoy a tasty yoghurt



LOCAL

We use as much local produce as we possibly can !!

SEASONAL

We use seasonal fruit and vegetables

HEALTHY DRINKS

water, organic milk,
seasonal smoothies,



CHOICE

There is always plenty to choose from

FRESH & TASTY cooked with care

NO nasty additives, preservatives
or colourings.

NO GM products

NO mechanically reclaimed meats

FOOD ALLERGIES And INTOLERANCES

If you have a food allergy or intolerance

**Please speak to our staff
about the ingredients in your meal,
when making your order.
Thank you**

QUALITY

We use higher welfare **BRITISH**
farm assured meat,
local beef, local free range pork,
high meat percentage burgers and
sausages.

Local free range eggs,
Marine Sustainable Certified fish.
Fairtrade bananas, organic milk



VARIETY

We have fresh fruit available
DAILY served in various ways to
make it fun!...
whole fruit, fruit pots, platter,
melon boats and fruit kebabs!!!