

£2.40

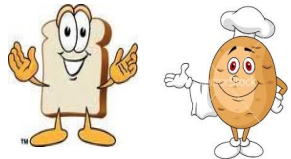
**DAILY FOR ALL.....**

- ◆ 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: 11th Mar

Freshly prepared cheesy pasta bake

Freshly prepared tomato pasta bake

Homemade garlic bread

Carrots sweetcorn

Apple and cinnamon muffin

Fresh fruit yoghurt

Wk beginning: 18th Mar

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

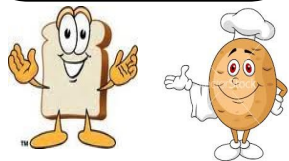
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Wk beginning: 25th Feb 25th Mar

Wk beginning: 4th Mar 1st Apr

MONDAY

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

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

TUESDAY

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

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

WEDNESDAY

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

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

THURSDAY

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

FRIDAY

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

### 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!!!