

£2.40

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

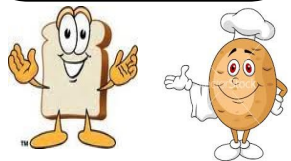
**DAILY FOR ALL.....**

- ◆ 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

Wk beginning: 22.04.19 20.05.19

Wk beginning: 29.04.19

Freshly prepared macaroni cheese  
 Roasted tomato and vegetable pasta  
 Freshly prepared garlic bread  
 Green beans  
 Sweetcorn  
 Handmade fruit shortbread  
 organic milk  
 Fresh fruit yoghurt

Butchers quality meatballs  
 Mixed bean pasta  
 Steamed pasta  
 Seasonal veg  
 Sweetcorn  
 Chocolate and beet muffin  
 Fresh fruit yoghurt

Beef pasty pie  
 gravy  
 Freshly prepared cheese and spring onion pie  
 Creamy mash potato  
 Green beans  
 Mixed veg  
 Handmade iced pineapple sponge  
 Fresh fruit yoghurt

Freshly prepared b-b-q chicken wraps  
 Freshly prepared lentil and tomato wrap  
 Hand cut potato wedges  
 coleslaw  
 Carrots  
 Homemade apple crumble  
 custard  
 Fresh fruit yoghurt

Roast Devonshire roast pork  
 Roasted vegetable and stuffing pie  
 Roast and mash potatoes  
 Spring cabbage  
 Local cauliflower  
 Handmade gravy  
 Handmade Mandarin cheesecake  
 Fresh fruit yoghurt

Roast Devonshire Roast beef  
 Yorkshire pudding  
 Vegetable parcel  
 Roast and mash potatoes  
 Local cauliflower and broccoli  
 Oat and raisin cookie  
 Fresh fruit yoghurt

Freshly baked Sausage roll  
 Quorn sausage roll  
 Hand cut potato wedges  
 Sweetcorn  
 Baked beans  
 Homemade flapjack  
 Cheese & crackers  
 Fresh fruit yoghurt

Homemade beef bolognaise  
 Homemade lentil and mixed bean bolognaise  
 Steamed pasta  
 sweetcorn  
 Mixed vegetable  
 Handmade jam and coconut sponge  
 Fresh fruit yoghurt

Oven baked MSC battered fish  
 Quorn sausage  
 Oven cooked chips  
 Or pasta  
 Handmade coleslaw  
 Mushy peas  
 Frozen toffee yoghurt  
 Fresh fruit yoghurt

Oven baked MSC battered fish  
 Freshly prepared Mediterranean quiche  
 Oven baked chips or pasta  
 Whole-wheat spaghetti hoops  
 peas  
 Strawberry ice cream  
 Fresh fruit yoghurt  
 Fresh fruit

£2.40

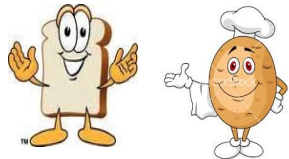
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Packed lunch option with a CHOICE of fillings plus.....

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Wk beginning: 06.05.19

Wk beginning: 13.05.19

MONDAY

Butchers quality sausage  
 Quorn sausage  
 Handmade roll  
 Peas  
 Baked beans  
 Handmade carrot cake  
 Fresh fruit yoghurt

Feshly prepared chicken tikka  
 Roasted vegetable and mixed bean chilli  
 Steamed rice  
 Peas  
 Carrots  
 Handmade fairtrade Banana cake  
 Cheese crackers and fruit yoghurt

TUESDAY

Freshly prepared cottage pie  
 Quorn cottage pie  
 Sweetcorn  
 Green beans  
 Blueberry muffin  
 Banana milkshake  
 Cheese & crackers  
 Fresh fruit yoghurt

100% butchers beef burger  
 Quorn burger  
 Freshly prepared burger bun  
 Seasonal veg  
 Baked beans  
 Handmade chocolate shortbread  
 organic strawberry milk  
 Fresh fruit yoghurt  
 yoghurt

WEDNESDAY

Roast Devonshire gammon  
 Creamy vegetable pie  
 Roast and mashed potatoes  
 spring cabbage  
 Local cauliflower  
 Homemade gravy  
 Chocolate crispy cake  
 Cheese crackers and fruit yoghurt

Roast Devonshire turkey  
 Stuffing and vegetable parcel  
 Roast and mashed potatoes  
 Spring cabbage  
 Cauliflower  
 Homemade gravy  
 Pear crumble and custard  
 Cheese crackers and fruit yoghurt

THURSDAY

Freshly prepared ham pizza  
 Freshly prepared Cheese & spinach pizza  
 Hand cut potato wedges  
 Crunchy carrot sticks  
 Whole-wheat spaghetti hoops  
 Homemade date chocolate sponge  
 and chocolate sauce  
 Fruit yoghurt

Freshly prepared Peperoni pizza  
 Freshly prepared cheese and tomato pizza  
 Tomato pasta  
 Homemade coleslaw  
 Crunchy carrot sticks  
 Oat and raisin cookie milk  
 Fresh fruit yoghurt  
 yoghurt

FRIDAY

Oven baked MSC battered fish  
 Quorn nuggets  
 Oven baked chips Or pasta  
 sweetcorn  
 Handmade coleslaw  
 Fruity ice lolly  
 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  
 Ice-cream and pineapple puree  
 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!!!