

£2.40



DAILY FOR ALL.....

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



NEW

**Packed Lunch bag
KS1 & KS2**

- Filled roll/wrap
- Cucumber & carrot sticks
- Fresh or dried fruit
- Yoghurt pot
- Cake/dessert of the day

**KS2 only
Jacket potato with
choice of toppings**

WEEK 1

**02.09.19
23.09.19
14.10.19**

WEEK 2

**09.09.19
30.09.19**

WEEK 3

**16.09.19
07.10.19**

MONDAY

Sausage roll
V- quorn hot dog in a roll

herby diced potatoes
(using school herbs!)
sweetcorn
& green beans

st clements sponge
fresh fruit platter

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

'Pasta Pot Monday
with a variety of
toppings
V—as above

peas and baby corn
lemon drizzle sponge

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

Meat feast
panini pizza
**V- Veggie quorn
feast panini pizza**

peas and sweetcorn
pineapple upside down
cake

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

TUESDAY

Freshly prepared beef
lasagne
**V-vegetable
& lentil lasagne**

garlic bread
carrots and peas

milk shake and crispy
slice

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

100% quality
beefburger, bun
V- quorn fillet burger

seasoned wedges
green beans, carrots

chocolate and date
brownie
fresh fruit platter

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

chicken & tomato
pasta bake
**V- mushroom
stroganoff**

garlic bread
broccoli and
carrots
courgette & lime cake
fresh fruit platter

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

WEDNESDAY

Freshly prepared
southern fried
chicken strips

V- veggie noodles

savoury rice
mixed seasonal veg

Autumn crumble &
custard

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

Turkey fajita wrap
**V-butterbean, red
lentil & spinach curry**

summer roasted veg
and sweetcorn

apple pie and custard

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

Freshly prepared
Turkey Korma
**V- veg & chickpea
curry**

savoury rice
green beans&
sweetcorn

banana cake

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

THURSDAY

Devonshire roast
pork, gravy
V- lentil loaf

roast potatoes
cabbage and carrots

100% Organic fruit
PIP lolly

salad bar
fresh fruit & yoghurt
served daily!!

Local Devonshire
roast gammon,
gravy
**V- cauliflower and
broccoli bake**

roast potatoes
carrots and cabbage
100% fruit PIP lolly

salad bar
fresh fruit & yoghurt
served daily!

Devonshire roast
Beef, gravy
**V-Quorn toad in the
hole**

yorkshire pud
roast potatoes
cabbage, carrot &
swede mash

fruity jelly and cream

salad bar
fresh fruit & yoghurt
served daily!

FRIDAY

MSC battered fish
V- Falafel pitta

chips or savoury rice
sweetcorn and baked
beans

fruity muffin
or
cheese, cracker &
grape pot

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

MSC salmon bites
V- veggie quiche

chips or savoury rice
peas and baked beans

banoffee pancakes or
cheese, cracker &
grape pot

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

MSC fish fingers
V- veggie finger

chips
peas and baked beans

100% fruit organic
PIP lolly
or cheese, cracker &
grape pot

**Packed lunch bag
KS2—jacket potato
with choice of toppings**

WEEK 1

WEEK 2

WEEK 3

PUPILS IN FOOD FOR LIFE SCHOOLS
EAT AROUND A THIRD MORE FRUIT
AND VEGETABLES THAN PUPILS IN
COMPARISON SCHOOLS, AND
SIGNIFICANTLY MORE FRUIT AND
VEGETABLES AT HOME.

We have fresh fruit available daily,
served in various ways to make it fun.
(Whole fruit, fruit pots, fruit platter
and fruit kebabs)

We use as much seasonal local produce
as we possibly can.

The children also grow, harvest and
eat the vegetables from our school
garden.

We can trace our meat

**BACK
TO
THE
FARM**



We use higher welfare British
meat, local beef, local free range
pork, high meat percentage burgers
and sausages.

Our fish is Marine Sustainable
Certified and we only use local free
range eggs.

We use Fairtrade products where
we can; e.g. bananas.



We use organic milk, yo-
ghurt, pasta, rice, flour, sugar,
vegetables & other ingredients
where possible.



What our children are eating during the day has
a big impact on their health and learning whilst
at school. A third of a child's daily calories are
eaten outside the home so we ensure our food
is nutritious, healthy and tasty!



**COOKED FROM
SCRATCH**

At least 75% of our meals
are freshly prepared.

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



**Soil Association
FOOD FOR LIFE**

BRONZE SCHOOL

**What does it mean to be a
Food For Life School?**

All schools have to meet School Food
Standards which include:

- One or more portions of vegetables or salad as an accompaniment every day
- At least three different fruits, and three different vegetables each week
- An emphasis on wholegrain foods in place of refined carbohydrates
- An emphasis on making water the drink of choice
- Limiting fruit juice portions to 150ml
- Restricting the amount of added sugars or honey in other drinks to five percent
- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated.
- No more than two portions of food which include pastry each week.

Food for Life Schools also take a whole school approach that sees them grow their own food; organise trips to farms; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; and provide an attractive dining environment so lunchtimes are a positive feature of the school day.