



£2.30

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

Quality butchers sausage
V- Quorn sausages

creamy mash and onion gravy
carrots & green beans

coconut and mango cake

Freshly prepared chicken casserole
V-winter warmer pie

Parsley potatoes
swede & carrot mash

Fairtrade banana gingerbread or fresh fruit platter

Freshly prepared ham mac & cheese
V- beany calzone pizza

jacket potato option available

peas and sweetcorn

apple sponge & custard

Devonshire roast beef, gravy
V- lentil loaf

roast potatoes
honey roast parsnips
carrots and red cabbage

rice pudding with fresh berry coulis

MSC fish fingers
V-veggie sausage roll

chips or savoury rice
peas and baked beans

banoffee pancakes
Or cheese, cracker & grape pot

WEEK 2

Freshly prepared fish pie
V- Mushroom stroganoff, rice

peas and sweetcorn

Fairtrade banana cake

Freshly prepared spaghetti bolognaise
V- veggie cowboy hotpot

broccoli and carrots

Chocolate beetroot brownie with vanilla sauce or fresh fruit platter

Freshly prepared beef stew
V-Quorn wellington

jacket potato option available

boiled potatoes, mixed veg

coconut slice

Local Devonshire roast gammon, gravy
V- Homity pie

roast potatoes
carrots and savoy cabbage

Mandarin muffin

MSC fish fingers
V- roasted veg quiche

chips or savoury rice
peas and baked beans

PIP organic berry lolly or cheese, cracker & grape pot

WEEK 3

Freshly prepared sweet & sour chicken
V-veggie stir fry noodles

noodles, broccoli & cauliflower

toffee apple sponge & custard

Freshly prepared mild chilli con carne
V-Quorn chilli

tortilla wrap, peas & sweetcorn

milk shake and chocolate crispy slice or fresh fruit platter

Freshly prepared BBQ chicken strips
V- cheesy courgette sausages

Jacket potato option available

fluffy rice mixed veg

pear marble cake

Devonshire roast pork, gravy
V-Veg & lentil parcel

roast potatoes
cabbage, carrot & swede mash
honey roast parsnips
carrot cake

MSC fish fingers
V- asparagus, mushroom & red pepper quiche

tiger fries
peas and baked beans

fruity flapjack or cheese, cracker & grape pot

DAILY FOR ALL.....

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



AVAILABLE WEDNESDAY

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

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



WEEK 1

29.10.18

19.11.18

10.12.18

WEEK 2

05.11.18

26.11.18

17.12.18

WEEK 3

12.11.18

03.12.18

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 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, yoghurt,
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!



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**



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.