

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**



**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.



£2.30

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

Freshly prepared  
Margarita pizza

**V- Veggie loaded  
pizza whirls**

Tomato pasta,  
sweetcorn & green  
beans

Fruit & ice cream

100% beef burger  
in a hand made bun

**V-Quorn burger**

Corn on the cob and  
summer slaw

Coconut slice

Southern baked  
chicken fingers

Jacket potato  
option available

**V- Cheesy lentil  
leek lattice tart**

Traffic light rice  
mixed veg

Iced carrot cake

Devonshire roast  
pork, gravy

**V- Mushroom  
quiche**

Roast potatoes,  
carrots and  
summer cabbage

100% organic  
PIP berry lolly

MSC fish fingers

**V-Falafel pitta**

Chips,  
peas and baked  
beans

Custard biscuit  
Or  
Cheese, cracker &  
grape po

WEEK 2

Freshly prepared  
meatballs in tomato  
sauce

**V-Mac 'n' veg slice**

Garlic bread  
broccoli & carrots

Strawberry  
milkshake'

Freshly prepared  
chicken fajitas

**V- Roasted  
vegetable & quorn  
beany wraps**

Mixed veg

Fairtrade banana  
cake

Freshly prepared  
pulled pork bap

Jacket potato  
option available  
**V-Cheesy  
courgette sausages**  
peas & sweetcorn

Peach & raspberry  
jelly wobble

Local Devonshire  
roast turkey, gravy

**V- Lentil loaf**

Diced potatoes with  
school garden herbs  
Carrots and summer  
cabbage

Fruit & ice cream

MSC fish fingers

**V- Courgette &  
tomato frittata**

Chips or savoury  
rice,  
peas and baked  
beans

WEEK 3

Quality butchers  
hot dog in a bun

**V- Quorn dog**

Baby new potatoes,  
green beans and  
sweetcorn

PIP Organic 100%  
berry lolly

Freshly prepared  
'Zachary Cox' dish  
of the day  
Chicken pasta

**V-vegetable &  
lentil curry, rice**  
peas & carrots

Orange & lemon  
drizzle

Freshly prepared  
beef lasagne

Jacket potato  
option available  
**V- Vegetable &  
Quorn lasagne**  
garlic bread,  
rainbow salad &  
peas  
Mixed melon platter  
or jelly wobble

Devonshire roast  
gammon, gravy

**V-Mushroom  
stroganoff & rice**

Roast potatoes,  
summer cabbage  
and carrots

Fruit and ice cream

MSC golden  
fish nuggets

**V- Broccoli &  
butterbean bake**

Chips, peas and  
baked beans

Chocolate & orange  
sponge or cheese,  
cracker & grape pot

DAILY FOR ALL.....

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

**food  
for  
life**  
PARTNERSHIP

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

04.06.18

25.06.18

16.07.18

WEEK 2

11.06.18

02.07.18

23.07.18

WEEK 3

18.06.18

09.07.18