

£2.40

Please order your school lunches on-line using the new system in advance of when the meals are required!



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

06.01.20
27.01.20
24.02.20
16.03.20

WEEK 2

13.01.20
03.02.20
02.03.20
23.03.20

WEEK 3

20.01.20
10.02.20
09.03.20

WEEK 1

MONDAY

Freshly prepared sweet & sour chicken
V- Quorn sweet & sour

fluffy rice and seasonal veg

custard biscuit or fresh fruit platter
Or fruit yoghurt

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

Freshly prepared chicken casserole
V—Homity pie

boiled potatoes and seasonal veg

chocolate and date brownie or fresh fruit or fruit yoghurt

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

Meat feast pizza
V- Veggie quorn feast pizza

new potatoes and seasonal veg

banana cake & choc sauce or fresh fruit or fruit yoghurt

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

TUESDAY

Butchers sausages
V-veggie sausage

mashed potatoes, Gravy and seasonal veg

milk shake and crispy slice or fresh fruit or fruit yoghurt

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

100% quality beefburger, bun
V- quorn fillet burger

seasoned wedges and seasonal veg

apple sponge & vanilla sauce or fresh fruit platter or fruit yoghurt

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

Freshly prepared meatballs in a spicy tomato sauce

V- mushroom Stroganoff, rice

Pasta, seasonal veg

Choc surprise sponge or fresh fruit or fruit yoghurt

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

WEDNESDAY

Freshly prepared lasagne

V- veggie lasagne

garlic bread and seasonal veg

autumn sponge and custard or fresh fruit or fruit yoghurt

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

Turkey fajita wrap
V-veggie chickpea noodles

fluffy rice and seasonal veg

courgette & lime cake or fresh fruit or fruit yoghurt

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

Pulled pork in a bun
V— veg & chickpea curry & rice

seasonal veg

shortbread or fresh fruit platter or fruit yoghurt

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

THURSDAY

Devonshire roast gammon gravy
V- lentil loaf

roast potatoes and seasonal veg

100% Organic fruit PIP lolly or fresh fruit or fruit yoghurt

salad bar fresh fruit & yoghurt served daily!!

Local Devonshire roast pork, gravy
V- cauliflower & broccoli bake
roast potatoes and seasonal veg

fruit jelly & cream or fresh fruit or fruit yoghurt

salad bar fresh fruit & yoghurt served daily!

Roasted chicken fillet, gravy
V-Quorn fillet

roast potatoes, gravy & seasonal veg

100% fruit organic PIP lolly or fruit yoghurt or fresh fruit

salad bar fresh fruit & yoghurt served daily!

FRIDAY

MSC fish fingers
V- Falafel

chips sweetcorn and baked beans

fruity jelly & yoghurt icecream or fruit bowl or cheese, cracker & grape pot

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

MSC salmon bites
V- veggie finger

chips peas and baked beans

fruity muffin or fresh fruit or cheese, cracker & grape pot

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

MSC battered fish
V- cheesy courgette sausage

chips peas and baked beans

pear and marble choc sponge or cheese, cracker & grape pot or fresh fruit

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

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 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!



**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.