

## Week one



If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt

5/9, 26/9, 17/10, 14/11, 5/12, 9/1, 30/1, 27/2, 20/3

Monday

Sizzling Beef Pizza  
Cajun Spiced Organic Beef Pizza with Potato Wedges, Appleslaw and Peas  
Vegetable Korma (V)  
Vegetables in a Creamy Coconut Curry Sauce with Wholegrain Rice and Peas  
Steamed Chocolate Sponge with Chocolate Sauce

Tuesday

Sadie's Chinese Chicken Noodles  
Farm Assured Chicken in a Honey Roast Sauce with Egg Noodles, Sweetcorn and Herby Baked Courgettes  
Super Hero Mac 'N' Cheese (V)  
Macaroni in a Cheddar Cheese Sauce with Herby Baked Courgettes and Sweetcorn  
Banana Bread and Butter Pudding with Custard

Wednesday

Roast Gammon with Bud's Crispy Spuds  
Free Range Pork with Parsnips, Braised Red Cabbage and Gravy  
Cauli Corn Bake with Bud's Crispy Spuds (V)  
Cauliflower and Sweetcorn in a Cheesy Sauce, Parsnips and Braised Red Cabbage  
Giant Oaty Cookie

Thursday

Pasta Pack's Beef Bolognese  
Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Carrots and Peas  
Super Hero Quorn Burger (V)  
Quorn Burger in a Bun with Tomato Relish, Potato Wedges, Carrots and Peas  
Fruity Flapjack

Friday

MSC Fish Fingers  
Golden Pollock Fillet Fish Fingers with Chips, Baked Beans and Salad  
Barry's BBQ Bean Wrap (V)  
Tortilla Wrap filled with Mixed Beans in BBQ Sauce with Chips, Baked Beans and Salad  
Apple and Cinnamon Muffin

Available everyday:

- Fresh salad bar
- Fresh baked bread
- Fresh fruit and Yoghurt
- Jacket Potatoes with a choice of fillings

Our menus are Gold FFL accredited and include:

- Fresh Organic Beef
- Fresh Free Range Pork
- Fresh Red Tractor Chicken
- Farm Assured Sausages and Burgers
- Free Range Eggs
- MSC Fish - Sustainably Sourced Fish

## Week two



Jacket Potatoes are available every day, with a choice of filling

12/9, 3/10, 31/10, 21/11, 12/12, 16/1, 6/2, 6/3, 27/3

Monday

Bangers with a Mash Mountain  
Farm Assured Pork Sausages with Creamy Mash Potato, Gravy, Peas and Roasted Veg  
Sizzling Bean Fajita (V)  
Tortilla Wrap filled with Marinated Mixed Beans with Peas and Roasted Veg  
Warm Fruit Sponge with Custard

Tuesday

Beef Pie  
Organic Beef and Onions Topped with a Suet Crust with Parsley Potatoes, Gravy, Broccoli and Carrots  
Mozzarella and Ratatouille Pasta Bake (V)  
Wholegrain Pasta in an Italian Tomato and Herb Sauce with Broccoli and Carrots  
Oat Fruit Crumble & Custard

Wednesday

Roast Beef with Bud's Crispy Spuds  
Organic Beef with Parsnips, Cabbage and Gravy  
Super Quorn Roast with Bud's Crispy Spuds (V) with Parsnips, Cabbage & Gravy  
Mango Frozen Yoghurt

Thursday

Sadie's Coconut Chicken  
Farm Assured Chicken in a Creamy Coconut Curry Sauce with Basmati Rice, Sweetcorn and Broccoli  
Super Hero Mac 'N' Cheese (V)  
Macaroni in a Cheddar Cheese Sauce with Broccoli and Sweetcorn  
Toffee Rice Pudding

Friday

MSC Battered Fish  
Crispy Battered Pollock Fillet with Chips, Baked Beans and Peas  
Mediterranean Tart with Cous Cous (V)  
Tomato and Spinach in a Shortcrust Pastry case with Baked Beans and Peas  
Chocolate Oat Cookie with Fresh Fruit Slices



There is a vegetarian choice every day... and don't forget that salad is available daily.

Our dishes contain increased levels of:

- Fruit & Vegetables
  - Pulses & Wholegrains
- to ensure a nutritious, balanced meal everyday.

## Week three

Reception, Year 1 & 2 Free  
Year 3, 4, 5 & 6 £2.30

19/9, 10/10, 7/11, 28/11, 2/1, 23/1, 20/2, 13/3

Monday

Tomato and Mozzarella Pizza Bianca (V)  
Cheese Sauce Pizza with Tomato Slices with Potato Wedges, Roasted Veg and Peas  
Reggae Reggae Beans with Potato Wedges (V)  
Mixed Beans in a Jerk BBQ Sauce with Potato wedges, Roasted Veg and Peas  
Silvertop's Ice Cream Pot

Tuesday

Pasta Packs' Beef Meatballs  
Organic Beef in a Tomato and Basil Sauce with Wholegrain Pasta, Carrots and Broccoli  
Shepherdess Pie (V)  
Veggie Mince with a Creamy Mash Top with Gravy, Carrots and Broccoli  
Fruit Strudel with Custard 1 tray 20 portion

Wednesday

Roast Chicken with Bud's Crispy Spuds  
Red Tractor Chicken with Cabbage, Cauliflower and Gravy  
Cheese and Onion Roly Poly with Bud's Crispy Spuds (V)  
A Pastry, Cheese and Onion Swirl with Roast Potatoes, Cabbage and Cauliflower  
Fruity Jelly

Thursday

Beef Mexican Chilli  
Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli  
Pasta Pack's Veggie Bolognese (V)  
Veggie Mince in Italian Tomato Sauce with Wholegrain Pasta, Broccoli and Sweetcorn  
Boss' Banana and Sticky Toffee Pudding with Custard

Friday

MSC Fish Fingers or Salmon Goujons  
Golden Pollock Fillet Fish Fingers or Salmon Goujons with Chips, Baked Beans and Coleslaw  
Spanish Omelette (V)  
Spanish Style Baked Potato Omelette with Chips, Baked Beans and Coleslaw  
Chocolate Fruity Crispy

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Scorse Butchers
- Trewithen Dairy
- Proper Cornish

Keep yourself topped up with water - it will help you concentrate all day long.

