

Week one

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

Sizzling Beef Pizza

Cajun Spiced Organic Beef Pizza with Potato Wedges, Apple-slaw and Peas

Vegetable Korma (V)

Vegetables in a Creamy Coconut Curry Sauce with Wholegrain Rice and Peas

Steamed Chocolate Sponge with Chocolate Sauce

Sadie's Chinese Chicken Noodles

Farm Assured Chicken in a Herby 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



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

Week two

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

Bangers with a Mash Mountain

Farm Assured Pork Sausages with Creamy Mash Potato, Groy, 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

Beef Pie

Organic Beef and Onions Topped with a Suet Crust with Parsley Potatoes, Groy, 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



Jacket Potatoes are available every day with a choice of filling

Week three

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

Tomato and Mozzarella Pizza Bianca (V)

Cheese Sauce Pizzo with Tomato Slices with Potato Wedges, Roasted Veg and Peas

Regege Regege Beans with Potato Wedges (V)

Mixed Beans in a Herby BBQ Sauce with Potato wedges, Roasted Veg and Peas

Silvertop's Ice Cream Pot

Pasta Pack's 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 Groy, Carrots and Broccoli

Fruit Strudel with Custard

Roast Chicken with Bud's Crispy Spuds

Red Tractor Chicken with Cabbage, Cauliflower and Groy

Cheese and Onion Roily Poly with Bud's Crispy Spuds (V)

A Pasta, Cheese and Onion swirl with Roast Potatoes, Cabbage and Cauliflower

Fruity Jelly

Beef Mexican Chili

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli

Pasta Pack's Veggie Bolognaise (V)

Veggie Mince in Italian Tomato Sauce with Wholegrain Pasta, Broccoli and Sweetcorn

Boss' Banana and Sticky Toffee Pudding with Custard

MSC Fish Fingers or Salmon Goujons

Golden Pollock Filler Fish Fingers or Salmon Goujons with Chips, Baked Beans and Cole-slaw

Spanish Omelette (V)

Spanish Style Baked Potato Omelette with Chips, Baked Beans and Cole-slaw

Chocolate Fruity Crispy

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Sorse Butchers
- Trewhitt Dairy
- Proper Cornish

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



Friday

MSC Fish Fingers

Golden Pollock Filler 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

Thursday

Pasta Pack's Beef Bolognaise

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

Wednesday

Roast Gammon with Bud's Crispy Spuds

Free Range Gammon with Parsnips, Braised Red Cabbage and Groy

Cauli Corn Bake with Bud's Crispy Spuds (V)

Cauliflower and Sweetcorn in a Cheesy Sauce, Parsnips and Braised Red Cabbage

Giant Oaty Cookie

Tuesday

Sadie's Chinese Chicken Noodles

Farm Assured Chicken in a Herby 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

Friday

MSC Battered Fish

Crispy Battered Pollock Filler 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

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

Wednesday

Roast Beef with Bud's Crispy Spuds

Organic Beef with Parsnips, Cabbage and Groy

Super Quorn Roast with Bud's Crispy Spuds (V)

with Parsnips, Cabbage & Groy

Mango Frozen Yoghurt

Tuesday

Beef Pie

Organic Beef and Onions Topped with a Suet Crust with Parsley Potatoes, Groy, 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

Friday

MSC Fish Fingers or Salmon Goujons

Golden Pollock Filler Fish Fingers or Salmon Goujons with Chips, Baked Beans and Cole-slaw

Spanish Omelette (V)

Spanish Style Baked Potato Omelette with Chips, Baked Beans and Cole-slaw

Chocolate Fruity Crispy

Thursday

Beef Mexican Chili

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli

Pasta Pack's Veggie Bolognaise (V)

Veggie Mince in Italian Tomato Sauce with Wholegrain Pasta, Broccoli and Sweetcorn

Boss' Banana and Sticky Toffee Pudding with Custard

Wednesday

Roast Chicken with Bud's Crispy Spuds

Red Tractor Chicken with Cabbage, Cauliflower and Groy

Cheese and Onion Roily Poly with Bud's Crispy Spuds (V)

A Pasta, Cheese and Onion swirl with Roast Potatoes, Cabbage and Cauliflower

Fruity Jelly

Tuesday

Pasta Pack's 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 Groy, Carrots and Broccoli

Fruit Strudel with Custard

Monday

Tomato and Mozzarella Pizza Bianca (V)

Cheese Sauce Pizzo with Tomato Slices with Potato Wedges, Roasted Veg and Peas

Regege Regege Beans with Potato Wedges (V)

Mixed Beans in a Herby BBQ Sauce with Potato wedges, Roasted Veg and Peas

Silvertop's Ice Cream Pot

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

Available everyday:

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

Our menus are Good 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

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.

