Reception, Year 1 & 2 Free
Year 3, 4, 5 & 6 £2.20

Week one



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

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 Gammon with Carrots, Cabbage and Gravy
Cauli Corn Bake with Bud's Crispy Spuds *(V)*
Cauliflower and Sweetcorn in a Cheesy Sauce, Carrots and 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
Omelette *(V)*
Baked Bean Omelette with Chips, Baked Beans and Salad
Apple and Cinnamon Muffin

Week two



Jacket Potatoes are avdilable every day· with a choice of filling

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

Monday

Bangers with Mash
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 *(V)*
Tomato and Spinach in a Shortcrust Pastry case with Chips, Baked Beans and Peas
Chocolate Oat Cookie with Fresh Fruit Slices

Week three

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

Wednesday

Roast Chicken with Bud's Crispy Spuds
Red Tractor Chicken with Cabbage, Cauliflower and Gravy
Super Quorn Roast with Bud's Crispy Spuds *(V)*
with Cabbage and Cauliflower & Gravy
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

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



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.

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

