

## DID HOUTRNWB

- We source seasonal and local food where we can
- Our meals are freshly prepared on site
- We serve at least two portions of fruit \&r veg a day
- Organic yoghurt or dairy alternative available daily
- We use local higher welfare meat and free range eggs

- Our school food meets the School Food Standards and Food For Iife criteria.


## Sustainability Charter

We are making a commitment to actively:

- Celebrate and use local and seasonal produce
- Eliminate processed foods
- Increase quantity of fresh fruit and vegetables
- Increase healthy plant proteins and wholegrains
- Include more plant based dishes on the menu
- Use less but better quality meat and dairy
- Reduce food waste
- Reduce packaging and where nécessary use compostable and recyclable alternatives


## AHTERGENS

We take every care to cater for pupils with allergies \& intolerances. Please ensure the school has an up to date completed allergy form for your child so that the kitchen are aware of your child's allergy and can then prepare the correct meal required. In the kitchen the colour purple highlights to us that we need to make a substitution from the usual ingredient so that the dish is safe for your child. For example in a gluten free meal the pasta will be highlighted indicating we will swap regular whole wheat pasta for gluten free pasta. In the case an ingredient cannot be substituted or taken out of the item it will be highlighted in red so please do not order.any meals that are in red to avoid confusion Please order and select your meal in the usual way.

## WHERE OUR FOOD COMES FROM

1. Frank Mann, Torquay
2. Dole, Newton Abbot
3. Riverford Dairy, Staverton
4. McKelly, Crediton
5. Terry Prentice, Torquay
6. Kingfisher, Brixham
7. Savona South West
8. Apricot Centre
9. Shillingford Organics

ABABFOABBAFOABBFOABBFE

## NOTHCE BOARD




WATCH THIS SPACE

[^0]| Week One | Week Commencing: 15.04.24-06.05.24 |  |  | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | R3 MONDAY | TUESDAY | WEDNESDAY |  |  |
| Option 1 | Freshly-Made Margarita Pizza Served With Potato Wedges \& Seasonal Salad (V) | Classic Chicken Curry Served with Fluffy Rice \& Seasonal Vegetables (Df, Gf) | Devonshire Roast Gammon Served with Roast Potatoes Yorkshire Pud, Gravy \& Vegetables | Beef Bolognese Served with Spaghetti \& Seasonal Vegetables (Df) | MSC Salmon Fishcake Served with Chips Peas or Beans (Df) |
| Option 2 | Freshly-Made Sweetcorn Pizza Served With Potato Wedges \& Seasonal Salad (V) | Smoky BBQ Beans Served with Fluffy Rice \& Seasonal Vegetables (V, Vg, Df) | Veggie Wellington Severed with Roast Potatoes Vegetables \& Gravy (V) | Creamy Sweet Potato Bake Served with Seasonal Vegetables (V, Gf) | 'Southern Fried' Quorn Burger Served with Chips Peas or Beans (V) |
| Option 3 | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) |
| Option 4 | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) | **No Deli Bar available on this day** | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) |
| Dessert | Fruity Flapjack (V) <br> Or Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Fruit Salad (V)(Gf) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Courgette \& Lime Cake (V) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Oat \& Raisin Cookie (V) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Organic PIP Lolly (V) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) |
| Week Two | Week Commencing: 22.04.24-13.05.24 |  |  |  |  |
|  | St MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Option 1 | Mac 'n' Cheese Served with Homemade Garlic Bread \& Seasonal Salad (V) | Chicken Burger <br> Served with Mexican Rice Seasonal Vegetables (Df) | Butchers Pork Sausage Served with Roast Potatoes Yorkshire Pudding Seasonal Veg \& Gravy | British Beef Chilli Served with Nacho's, Sour Cream \& Seasonal Vegetables | MSC Fish Fingers Served with Chip Sweetcorn or Beans (Df) |
| Option 2 | Freshly Prepared Bean Burger Served with Seasonal Salad \& Fruity Slaw (V, Vg, Df) | Creamy Vegetable Curry Served with Rice Seasonal Vegetables (V, Vg, Df) | Toad in the Hole Served with Roast Potatoes Vegetables \& Gravy (V) | Freshly Prepared Beanie Burrito Served with Nacho's Sour Cream \& Seasonal Vegetables (V, Vg, Df) | Homemade Cheese Quiche Served with Chips Sweetcorn or Beans (V) |
| Option 3 | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, Gf, Df) |
| Option 4 | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) | **No Deli Bar available on this day** | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, Gf, Df) |
| Dessert | Fruity Flapjack (V) <br> Or Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Fruit Salad (Vg)(Gf) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Chocolate Orange Cake (V) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Pancakes \& Berries (V) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Organic PIP Lolly Or Jelly (V) Or Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) |




[^0]:    nut aware environment

