

## Week one

2/9, 23/9, 14/10, 11/11, 2/12, 6/1, 27/1, 24/2, 16/3

Monday

Mac 'N' Cheese  
Mexican Bean & Potato Wrap with a Rice Side (V)

With Green Beans & Broccoli & Cauliflower Medley  
Chocolate Slice

Tuesday

All Day Breakfast  
Vegetarian All Day Breakfast (V)

With Beans, Tomato & Mushrooms  
Orange Drizzle Cake

Wednesday

Roast Chicken with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy (V)

With Carrots & Cabbage  
Shortbread Biscuits

Thursday

Chinese Chicken with Noodles & Prawn Crackers  
Vegetable Stir Fry with a Rice Side (V)

With Sweetcorn & Mixed Salad  
Ice Cream

Friday

Salmon Fish Fingers & Chips  
Fish Fingers & Chips  
Quorn Dippers with Chips (V)

With Baked Beans & Peas  
Peach & Chocolate Sponge



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

## Week two

9/9, 30/9, 28/10, 18/11, 9/12, 13/1, 3/2, 2/3, 23/3

Monday

Spaghetti Bake  
Pesto Pasta (V)

With Sweetcorn & Broccoli  
Mango Frozen Yoghurt

Tuesday

Chicken & Sweetcorn Pie with Mashed Potato  
Country Vegetable Pie with Mashed Potato (V)

With Peas & Roasted Peppers & Sweetcorn  
Plum & Apple Shortcake Crumble with Custard

Wednesday

Roast Gammon with Roast Potatoes & Gravy  
Broccoli & Cauliflower Cheese with Roast Potatoes & Gravy (V)

With Cabbage & Carrots  
Flapjack

Thursday

BBQ Beef Meatballs  
BBQ Quorn Balls in a Tomato Sauce with Pasta (V)

With Green Beans & Broccoli & Cauliflower Medley  
Chocolate Cake

Friday

Fish Fingers & Chips  
Quorn Dippers with Chips (V)

With Baked Beans & Peas  
Raspberry Yoghurt Cake



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

## Week three

16/9, 7/10, 4/11, 25/11, 16/12, 20/1, 10/2, 9/3

Monday

Chicken Curry with a Rice Side (V)  
Crunchy Bean Bake with a Rice Side (V)

With Carrots & Peas  
Creamy Baked Orange & Vanilla Rice Pudding

Tuesday

Pork Sausages with Mashed Potato & Gravy  
Vegetarian Sausages with Mashed Potato & Gravy (V)

With Green Beans & Roasted Peppers & Sweetcorn  
Oatie Biscuits

Wednesday

Roast Beef with Roast Potatoes & Gravy  
Country Vegetable Pie with Roast Potatoes & Gravy (V)

With Cabbage & Carrot and Swede Mash  
Strawberry Frozen Yoghurt

Thursday

Beef Bolognese  
Quorn Bolognese (V)

With Broccoli & Mediterranean Vegetables  
Chocolate & Raspberry Swirl Cake with Custard

Friday

Crispy Fish & Chips  
Tomato & Quorn Wrap with Chips (V)

With Baked Beans & Peas  
Berry Delight

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 prepared fresh everyday using locally sourced meats and high quality ingredients:



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*.

