

WEEK 1

W/C - MONDAY: 1ST JAN, 22ND JAN, 19TH FEB, 17TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H V Cheese & tomato pizza with seasoned wedges Allergens: (Wh), (So), (Mi), M/C (E)	CHOICE 1 - H Lasagne with garlic bread Allergens: (Wh), (Mu), (Mi), M/C (Bar, E, SE)	CHOICE 1 - H All day breakfast Allergens: (Wh), (Mi), (E)	CHOICE 1 - H Roast chicken, Yorkshire pudding, roast potatoes & gravy Allergens: (Wh), (Mi), (E)	CHOICE 1 - H Coated pollock served with fresh chips Allergens: (Wh), (F), M/C (Bar)
CHOICE 2 - H W V VE Vegan bolognaise pasta bake Allergens: (Wh), (So)	CHOICE 2 - V VE Mexican bean quesadilla	CHOICE 2 - H V VE Vegan all day breakfast Allergens: (Wh)	CHOICE 2 - H W V VE Vegan mince and onion pie (sliced potato top) & gravy Allergens: (Wh), (Bar), (So)	CHOICE 2 - H W V VE Cheese and tomato quiche Allergens: (Wh), (Mu), (Mi), (E)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (Mi)	DESSERT - H V Fruity flapjack Allergens: (O), M/C (Bar, Wh)	DESSERT - H V Creamy rice pudding Allergens: (Mi)	DESSERT - VE Fresh fruit platter, fresh fruit or yoghurt Allergens: (Su) (Mi)	DESSERT - H W V VE Spiced pear cake with custard Allergens: (Wh), (Mi), (E)

AVAILABLE EVERY DAY: FRESH SALAD BAR / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period.
All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN. W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN, Z = THE VEGETARIAN LINE.

Allergen Key: Gluten (Gl), Barley (Bar), Wheat (Wh), Oats (O), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain
Allergens and Ingredient Information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.

DID YOU KNOW?
You can have mixed or brown rice instead of potatoes!
Tilda



WEEK 2

W/C - MONDAY: 8TH JAN, 29TH JAN, 26TH FEB, 18TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H W Chicken & vegetable pasta bake served with garlic bread Allergens: (Wh), (Mi), M/C (So)	CHOICE 1 - H Sausage & bean plait served with creamy mash Allergens: (Wh), (E), (Mi)	CHOICE 1 - H Dig down cottage pie Allergens: M/C (Wh, Bar)	CHOICE 1 - H Roast gammon with roast potatoes & gravy	CHOICE 1 Fish fingers served with fresh chips Allergens: (Wh), (F)
CHOICE 2 - W V VE Quorn nuggets with savoury rice Allergens: (Wh), (Mu)	CHOICE 2 - H W V VE Vegetable pasta bake Allergens: (Wh), (Mi)	CHOICE 2 - H V VE Bean & rice burrito Allergens: (Wh)	CHOICE 2 - H V VE Vegan sausages	CHOICE 2 - H V Savoury cheesy muffin served with fresh chips Allergens: (Wh), (Mi), (E), M/C (O, Bar)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (Mi)	DESSERT - H W V Fruity Cookie Allergens: (Wh), (O), (E), M/C (Bar)	DESSERT - H V Fresh fruit platter, fresh fruit or yoghurt Allergens: (Su) (Mi)	DESSERT - H W V Chocolate MALTed cake Allergens: (Wh), (Bar), (Mi), (E)	DESSERT - H W V Toffee apple sponge with custard Allergens: (Wh), (Mi), (E)

AVAILABLE EVERY DAY: FRESH SALAD BAR / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

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Allergen Key: Gluten (Gl), Barley (Bar), Wheat (Wh), Oats (O), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain
Allergens and Ingredient Information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.

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Tilda



WEEK 3

W/C - MONDAY: 15TH JAN, 5TH FEB, 4TH MARCH, 25TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H Meatballs with spaghetti & tomato sauce Allergens: (Wh)	CHOICE 1 Beefburger in a brioche roll with wedges Allergens: (Wh), (Mi), (E), (Su) M/C (So, Se, Mu, R, Bar)	CHOICE 1 - H V Macaroni cheese with garlic bread Allergens: (Wh), (Mi), (Mu) M/C (So)	CHOICE 1 - H Roast chicken, Yorkshire pudding, roast potatoes & gravy Allergens: (Wh), (Mi), (E)	CHOICE 1 - H Southern fried chicken wrap
CHOICE 2 - V VE Quorn dippers with seasoned wedges & tomato dip Allergens: (Wh)	CHOICE 2 - H V Courgette burger with wedges	CHOICE 2 - H V V VE Vegan sausage savoury rice Allergens: (So)	CHOICE 2 - H V VE Vegetable bubble and squeak	CHOICE 2 - H V Pizza wheels Allergens: (Wh), (So), (Mi), M/C (E)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (Mi)	DESSERT - H W V Chocolate brownie Allergens: (Wh), (E)	DESSERT - H V Fresh fruit platter, fresh fruit or yoghurt Allergens: (Su), (Mi)	DESSERT - H V V VE Banana bread Allergens: (Wh)	DESSERT - H V Jam sponge & custard Allergens: (Wh), (Mi), (Su), (E)

AVAILABLE EVERY DAY: FRESH SALAD BAR / SANDWICHES ON REQUEST / FRESH FRUIT AND YOGHURT

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H = HOME-MADE IN THE KITCHEN. W = WHOLE WHEAT INGREDIENTS. VE = VEGAN DIET. V = VEGETARIAN. Z = THE VEGETARIAN LINE.

Allergen Key: Gluten (Gl), Dairy (Da), Eggs (Eg), Nuts (Nu), Soy (So), Sesame (Se), Peanuts (Pe), Mustard (Mu), Sulphites (Su), Milk (Mi), Fish (Fi), Lupin (Lu), Any Other. Allergens and ingredient information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.



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SUPER FANTASTIC SCHOOL MEALS

January 2024 - March 2024

