

**TAVISTOCK COMMUNITY  
PRIMARY & NURSERY SCHOOL**

**Additional notes**

Since September 2014 all children in Reception and Years 1 & 2 are entitled to **FREE school meals** through the Government's Universal Infant Free School Meals' initiative.

Families with an annual income of less than £16,190 a years may also be entitled to claim a free meal for their children. Further details are available from the school office or online. Please note that children are never singled out or made aware that they are free meals but being eligible brings additional income into the school budget and could provide savings for parents for future residential visits.

The ingredients used in our food are sourced as locally as possible, we use the following local suppliers:

- J&S Downing, Tavistock —Meats products
- Tamar Fruiters, Saltash —Fruit & Veg
- Mj Baker Foodservice, Newton Abbot —Dry Goods

All food is made on the premises by our own team of catering staff and our menu follows and complies to the standards as set out by the School Food Standards. The Kitchen Manager, Mrs Morgan will always cater for allergies and special diets if required.

Our food may contain the following allergens:

- Milk and cheese
- Gluten
- Fish
- Egg

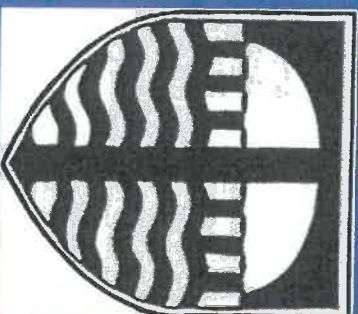
If you would like to know more about our school meals please ask in the office.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

**"THE PRIMARY DINER" MENU**

**Autumn-Spring  
18/2019**

**29th October 2018  
to  
1st April 2019**



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**FREE to Years  
R, 1 & 2**

**Week 1**

Dates: 29th Oct, 19th Nov, 10th Dec, 14th Jan, 4th Feb, 4th Mar & 25th Mar

**M** Chilli Con Carne & Rice or Tomato & Vegetable Pasta Bake or Jacket Potato or Sandwich Coconut & Sultana Flapjack

**T** Chicken & Ham Pie, Veg & Potato or Leek, Potato & Vegetable Bake Jacket Potato or Sandwich Chocolate Courgette Cake

**W** Roast Turkey Dinner or Vegetable Casserole or Jacket Potato or Sandwich Steamed Sultana Sponge & Custard

**T** Beef Stew & Dumpling & Vegetables or Macaroni Cheese Jacket Potato or Sandwich Custard Biscuits

**F** Fish & Chips with Vegetables or Roasted Vegetable Pizza or Jacket Potato or Sandwich Fruit Smoothie

**Week 2**

Dates: 5th Nov, 26th Nov, 17th Dec, 21st Jan, 11th Feb, 11th Mar & 1st Apr

**M** Salmon Risotto & Vegetables or Muffin Pizza & Baked Beans Jacket Potato or Sandwich Mixed Fruit Cereal Bar

**T** Pasta Bolognese & Vegetables or Vegetable Sweet & Sour with Rice or Jacket Potato or Sandwich Fruit Crumble & Custard

**W** Roast Beef Dinner or Cheese & Tomato Quiche & Vegetables Jacket Potato or Sandwich Raspberry Jelly

**T** Sweet & Sour Pork & Rice or Vegetable & Bean Paella or Jacket Potato or Sandwich Apple Cake

**F** Fish, Chips & Vegetables or Ratatouille or Jacket Potato or Sandwich Strawberry Ice Cream

**SALAD BAR, FRESH FRUIT, YOGURT,  
MILK or WATER AVAILABLE EVERY DAY**

**Week 3**

Dates: 12th Nov, 3rd Dec, 7th Jan, 28th Jan, 25th Feb & 18th Mar

**M** Sausages, New Potato & Beans or Vegetarian Curry & Rice Jacket Potato or Sandwich Sultana Shortbread

**T** Sweet Chilli Chicken & Rice or Vegetable Stir Fry or Jacket Potato or Sandwich Carrot Cake

**W** Roast Pork Dinner or Cheese Wheels & Vegetables or Jacket Potato or Sandwich Pear Brownies & Custard

**T** Cottage Pie & Vegetables or French Bread Pizza & Baked Beans or Jacket Potato or Sandwich Cheese & Crackers

**F** Fish, Chips & Vegetables or Vegetarian Sausages or Jacket Potato or Sandwich Raspberry Ripple Mouse

**£2.20 a day  
Years 3, 4, 5 & 6**

**JACKET POTATO AND SANDWICH FILLING OPTIONS**  
Cheese, Ham, Tuna Mayo or Egg Mayo, plus Baked Beans for Potatoes only