

£2.30



WEEK 1

MONDAY

Quality Beef burger in a bun  
**V- Quorn burger**  
sweetcorn & green beans  
Fairtrade banana cake

TUESDAY

Freshly prepared orchard bistro chicken curry  
**V-vegetable noodles**  
fluffy rice mixed veg  
mandarin muffin  
fresh fruit platter

WEDNESDAY

Freshly prepared bbq pulled pork bap  
**V- homity pie**  
green beans and winter slaw  
courgette & lemon drizzle cake

THURSDAY

Devonshire roast turkey, gravy  
**V- lentil loaf**  
roast potatoes honey roast parsnips carrots  
peach jelly

FRIDAY

MSC battered fish  
**V-courgette sausages**  
chips or savoury rice  
sweetcorn and baked beans  
milk shake & crispy slice or cheese, cracker & grape pot

DAILY FOR ALL.....

- ◆ Fresh bread basket
- ◆ Organic milk
- ◆ Fresh fruit
- ◆ Salad bar
- ◆ yoghurt



WEEK 2

Freshly prepared chilli con carne  
**V-Quorn chilli**  
fluffy rice broccoli & cauliflower  
Pear and marble sponge

Freshly prepared bistro chicken  
**V- Quorn fillets as above**  
'Nandos' style slaw and carrots  
carrot cake  
fresh fruit platter

Farm assured hotdogs , ketchup & onions  
**V-veggie hot dogs**  
mixed veg  
raspberry jelly or crunchy fruit pots

Local Devonshire roast beef, gravy  
**V- veggie & lentil parcel**  
roast potatoes carrots and savoy cabbage  
PIP organic fruit lolly

MSC salmon bites  
**V- veggie sausage roll**  
chips or savoury rice  
peas and baked beans  
custard biscuits or cheese, cracker & grape pot

WEEK 1

07.01.19

28.01.19

WEEK 2

14.01.19

04.02.19

WEEK 3

21.01.19

11.02.19

WEEK 3

Freshly prepared Orchard meatballs  
**V- Mushroom stroganoff**  
fluffy rice  
peas and sweetcorn  
coconut and mango sponge & custard

Freshly prepared macaroni cheese  
**V-Beany calzone**  
garlic bread  
peas & sweetcorn  
chocolate surprise cake  
(hidden beetroot)  
fresh fruit platter

Freshly prepared cottage pie  
**V- Quorn veggie pie**  
peas and seasonal cabbage  
Oaty raspberry muffin with a raspberry coulis

Devonshire roast pork, gravy  
**V-Roast Quorn wellington**  
roast potatoes  
cabbage, carrot & swede mash  
fruit cocktail and cream

MSC battered fish  
**V- roasted vegetable quiche**  
chips  
peas and baked beans  
banana gingerbread or cheese, cracker & grape pot

PUPILS IN FOOD FOR LIFE SCHOOLS  
EAT AROUND A THIRD MORE FRUIT  
AND VEGETABLES THAN PUPILS IN  
COMPARISON SCHOOLS, AND  
SIGNIFICANTLY MORE FRUIT AND  
VEGETABLES AT HOME.

We have fresh fruit available daily,  
served in various ways to make it fun.  
(Whole fruit, fruit pots, fruit platter  
and fruit kebabs)

We use as much seasonal local produce  
as we possibly can.  
The children also grow, harvest and  
eat the vegetables from our school  
garden.



We use higher welfare British  
meat, local beef, local free range  
pork, high meat percentage burgers  
and sausages. Our fish is Marine  
Sustainable Certified and we only  
use local free range eggs.

We use Fairtrade products where  
we can; e.g. bananas.



We use organic milk, yoghurt,  
pasta, rice, flour, sugar,  
vegetables & other ingredients  
where possible.



What our children are eating during the day has  
a big impact on their health and learning whilst  
at school. A third of a child's daily calories are  
eaten outside the home so we ensure our food  
is nutritious, healthy and tasty!



### FOOD ALLERGIES And INTOLERANCES

**If you have a food allergy  
or intolerance,  
please speak to our staff  
about the ingredients in your meal,  
when making your order.  
Thank you**



### What does it mean to be a Food For Life School?

All schools have to meet School Food  
Standards which include:

- One or more portions of vegetables or salad as an accompaniment every day
- At least three different fruits, and three different vegetables each week
- An emphasis on wholegrain foods in place of refined carbohydrates
- An emphasis on making water the drink of choice
- Limiting fruit juice portions to 150ml
- Restricting the amount of added sugars or honey in other drinks to five percent
- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated.
- No more than two portions of food which include pastry each week.

Food for Life Schools also take a whole school approach that sees them grow their own food; organise trips to farms; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; and provide an attractive dining environment so lunchtimes are a positive feature of the school day.