

TAVISTOCK 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, <https://www.devon.gov.uk/educationandfamilies/school-information/school-meals>

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
- Tarnar Fruiterers, 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 2019
& Spring 2020
to
28th October 2019
27th March 2020



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

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

**£2.20 a day
Years 3, 4, 5 & 6**

Week 1

Dates: 28th Oct, 18th Nov, 9th Dec, 13th Jan
3rd Feb, 2nd Mar, 23rd Mar.

M

Sausage, New Potatoes, & Beans or
Vegetarian Chilli & Rice or
Jacket Potato or Sandwich
Sultana Shortbread

T

Pasta Bolognese & Vegetables or
Vegetable Lasagne or
Jacket Potato or Sandwich
Pear Brownie & Chocolate Custard

W

Roast Turkey Dinner or
Vegetarian Curry & Rice or
Jacket Potato or Sandwich
Jelly

T

Chicken Pie, New Potato & Veg or
Vegetable Sweet & Sour with Rice or
Jacket Potato or Sandwich
Cheese and Crackers

F

Fish & Chips with Vegetables or
Roasted Vegetable Pizza or
Jacket Potato or Sandwich
Raspberry Ripple Mousse

Week 2

Dates: 4th Nov, 25th Nov, 16th Dec, 20th Jan,
10th Feb, 9th Mar.

M

Salmon Risotto or
Muffin Pizza & Baked Beans or
Jacket Potato or Sandwich
Fruit & Muesli Crunch

T

Chicken Tikka Masala & Rice or
Vegetarian Chilli & Rice or
Jacket Potato or Sandwich
Steamed Sultana Sponge & Custard

W

Roast Pork Dinner or
Broccoli & Green Bean Pasta or
Jacket Potato or Sandwich
Fruit Crumble & Custard

T

Beef Stew, Dumplings & Vegetables or
Cheese Wheel & Vegetables or
Jacket Potato or Sandwich
Oat & Sultana Biscuit

F

Fish, Chips & Vegetables or
Vegetarian Sausages or
Jacket Potato or Sandwich
Fruit Smoothie

Week 3

Dates: 11th Nov, 2nd Dec, 6th Jan, 27th Jan,
24th Feb, 16th Mar.

M

Chilli Con Carne & Rice or
Tomato Pasta Bake & Vegetables
Jacket Potato or Sandwich
Coconut & Sultana Flapjack

T

Turkey Pie, New Potatoes & Veg or
Macaroni Cheese & Vegetables or
Jacket Potato or Sandwich
Apple Sponge & Custard

W

Roast Beef Dinner or
Vegetable & Quorn Risotto or
Jacket Potato or Sandwich
Carrot Cake

T

Sweet & Sour Chicken & Rice or
French Bread Pizza & Baked Beans or
Jacket Potato or Sandwich
Custard Biscuit

F

Fish & Chips with Vegetables or
Vegetable Ratatouille or
Jacket Potato or Sandwich
Strawberry Ice Cream

JACKET POTATO AND SANDWICH FILLING OPTIONS

Cheese, Ham, Tuna Mayo or Egg Mayo, plus Baked Beans for Potatoes only