

£2.40

Please order your school lunches on-line using the new system in advance of when the meals are required!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>Freshly prepared meat feast pizza</p> <p>Roasted veggie and pineapple pizza</p> <p>wedges seasonal veg</p> <p>mandarin sponge or fresh fruit or fruit yoghurt</p>	<p>Freshly prepared chicken fajitas</p> <p>V-Veggie fajitas</p> <p>savoury corn rice seasonal veg</p> <p>oaty slice or fresh fruit or fruit yoghurt</p>	<p>Quality butchers 'hot dog' in a bun</p> <p>V- Quorn dogs in a bun</p> <p>BBQ sauce seasonal veg</p> <p>shortbread or fresh fruit or fruit yoghurt</p>	<p>Devonshire roast beef, gravy</p> <p>V- Country veggie roast</p> <p>roast potatoes seasonal veg</p> <p>fruity jelly & cream or fresh fruit or fruit yoghurt</p>	<p>MSC fish fingers V- Cheesy courgette sausages</p> <p>chips sweetcorn and baked beans</p> <p>100% fruit PIP organic ice lolly or cheese, cracker & grape pot or fresh fruit</p>
WEEK 2	<p>100% quality beefburger, bun</p> <p>V-Happy cow burger, bun</p> <p>wedges seasonal veg</p> <p>courgette & lime cake or fresh fruit or fruit yoghurt</p>	<p>Freshly prepared sweet n sour chicken</p> <p>V- Piri piri quorn stir fry</p> <p>noodles seasonal veg</p> <p>milk shake & crispy cake or fresh fruit or fruit yoghurt</p>	<p>Freshly prepared spaghetti bolognaise</p> <p>V- Quorn and lentil spaghetti bolognaise</p> <p>seasonal veg</p> <p>coconut slice or fresh fruit or fruit yoghurt</p>	<p>Local Devonshire roast pork, gravy</p> <p>V- Cauliflower & broccoli bake</p> <p>roast potatoes seasonal veg</p> <p>chocolate surprise cake or fresh fruit or fruit yoghurt</p>	<p>MSC salmon bites V- Freshly prepared falafels</p> <p>chips peas and baked beans</p> <p>100% fruit PIP organic ice lolly or cheese, cracker & grape pot or fresh fruit</p>
WEEK 3	<p>Freshly prepared macaroni Cheese</p> <p>V- Mexican vegan pasta bake</p> <p>garlic bread seasonal veg</p> <p>chocolate brownie or fresh fruit or fruit yoghurt</p>	<p>Freshly prepared mild chilli con carne</p> <p>V- Vegan chilli</p> <p>rice, seasonal veg</p> <p>lemon drizzle or fresh fruit or fruit yoghurt</p>	<p>Freshly prepared chicken pasta bake</p> <p>V- Creamy chickpea & veg curry, rice</p> <p>seasonal veg</p> <p>fruity jelly & ice cream or fresh fruit or fruit yoghurt</p>	<p>Roasted Devonshire gammon, gravy</p> <p>V-Homity pie</p> <p>roast potatoes seasonal veg</p> <p>custard biscuits or fruit yoghurt or fresh fruit</p>	<p>MSC battered fish V- Buffalo wrap</p> <p>chips peas and baked beans</p> <p>100% fruit PIP organic ice lolly or cheese, cracker & grape pot or fresh fruit</p>

AVAILABLE DAILY FOR ALL

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

food for life
PARTNERSHIP

WEEK 1
19.04.21
10.05.21
WEEK 2
26.04.21
17.05.21
WEEK 3
03.05.21
24.05.21

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 when it is available



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.