

Week one

30/10, 20/11, 11/12, 8/1, 29/1, 26/2, 19/3.

Vegetable Supreme Pizza

Sweetcorn, Peppers, Cheese and Tomato Pizza with Jacket Potatoes, House Cakeslaw and Sweetcorn

Borlotti Bean and Mushroom Carbonara (V)

Beans and Mushrooms in a Creamy Sauce with, House Cakeslaw and Sweetcorn

Beef and Vegetable Pie with Sweet Crust

Beef and Vegetables Topped with a Sweet Crust Pastry Lid with New Potatoes, Gravy, Green Beans and Cauliflower

Vegetables in Tomato Sauce (V)

Vegetarian Meatballs in a Tomato and Basil Sauce, with Green Beans and Cauliflower Fruit in Jelly

Roast Turkey with Crispy Potatoes

Red Tractor Turkey with Cabbage, Carrots and Gravy Cheese and Potato Bake (V)

Rich Creamy Cheese and Potato Bake with Cabbage and Carrots Fruity Flapjack with Yoghurt

Chinese Chicken

Form Assured Chicken in a Five Spiced Sauce with Egg Noodles, Broccoli and Sweetcorn

Mild Vegetable Rice Curry, Broccoli and Sweetcorn Pineapple and Peach Crumble with Custard

MSC Battered Fish

Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas Vegetable Chili (V)

Chocolate and Banana Slice



If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt

Week two

6/11, 27/11, 18/12, 15/1, 5/2, 5/3, 26/3

Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Broccoli and Crunchy Salad

Boston Bean Casserole (V)

BBQ Bean Casserole with Broccoli and Crunchy Salad Chocolate and Mandarin Sponge with Chocolate Sauce

Bangers with a Mash Mountain

Form Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Carrots

Vegebangers with Mash Mountain (V)

Vegetarian Sausages with Creamy Mash Potato, Gravy, Garden Peas and Carrots Strawberry Cheesecake

Roast Beef with Crispy Potatoes

Beef with Peas, Cauliflower and Gravy Quorn Roast with Crispy Potatoes (V)

Quorn Roast with Peas, Cauliflower and Gravy Cheese and Biscuits

Beef Mexican Chili

Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Green Beans Roasted Cauliflower and Chickpea Korma (V)

Vegetables in a Creamy Curry Sauce with Wholegrain Rice, Sweetcorn and Green Beans Carrot and Pineapple Cake Slice

MSC Fish Fingers

Golden Cod Fillet Fish Fingers with Chips, Baked Beans and House Cakeslaw Bean and Potato Burrito (V)

Oatle Biscuit with Fruit Slices



Jacket Potatoes are available every day with a choice of filling

Week three

13/11, 4/12, 1/1, 22/1, 19/2, 12/3.

Sizzling Beef Pizza

Cajun Spiced Beef Pizza with Potato Wedges, Peas and Sweetcorn

Mild Yellow Vegetable Curry (V)

Fresh Vegetables in a Mild Curry Sauce with Wholegrain Rice, Peas and Sweetcorn Strawberry Fro Yoghurt

Marinated Mild Chicken Tikka

Chicken in a Tikka Masala Sauce with Wholegrain Rice, Broccoli and Salad Cheese and Sweetcorn Quiche (V)

Mini Gingerbread Cake with Fresh Fruit

Roast Gammon with Crispy Potatoes

Form Assured Gammon with Cabbage, Carrots and Gravy Shepherdies Pie (V)

Veggie Mince with a Creamy Mash Top with Cabbage and Carrots Apple Cracknell with Custard

Pasta Bolognese

Beef in an Italian Tomato Sauce with Wholegrain Pasta, Green Beans and Sweetcorn Chinese Veggie Noodles (V)

Vegetable Chow Mein with Egg Noodles, Green Beans and Sweetcorn Chocolate Sultana Crispie

MSC Crispy Salmon Fillet

Smorcrumb Salmon Fillet with Chips, Baked Beans and Peas Veggie Quesadilla (V)

Peas

Shortbread Biscuits with Fruit

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Scorse Butchers
- Trewithen Dairy
- Proper Cornish

Keep yourself topped up with water - it will help you concentrate all day long

Our dishes contain increased levels of:

- Fruit & Vegetables
- Pulses & Wholegrains

to ensure a nutritious, balanced meal everyday.



There is a vegetarian choice every day and don't forget that salad is available daily

Fresh baked bread available everyday



Year 3, 4, 5 & 6 £2.30