



# Week One

Monday      Tuesday      Wednesday      Thursday      Friday

Option 1	Outdoor Reared Pork Meatballs in Tomato Sauce	Macaroni Cheese made with Wykes Cheddar	Farm Assured Roast Gammon and Pineapple GF	Handmade Meat Feast Pizza topped with Wykes Cheddar	Oven Baked Fish Fingers
Option 2 (V)	Handmade Mediterranean Pasta Bake	Mexican Bean Burrito*	Handmade Vegetable Tart*	Quorn Stir Fry* and Noodles	Spanish Omelette* GF
Served With	Tilda Rice GF or Pasta Broccoli GF and Sweetcorn GF	Crusty Bread Seasonal Vegetables GF and Mixed Salad GF	Roast or Creamed Potatoes GF Carrots GF Cauliflower GF and Gravy	Baked Potato Wedges GF Sweet Summer Salad GF and Baked Beans GF	Golden Fries GF or Pasta Seasonal Vegetables GF
And for Pudding	Handmade Chocolate Cracknel GF and Cool Milk	Meringue Nests with Mandarins* GF	Fresh Fruit Platter*	Crunchy Apple Cake* and Custard	Handmade Vanilla Biscuit
Jacket Potatoes	Jacket Potato with Beans & Cheese	Jacket Potato with Cheese & Coleslaw	Jacket Potato with Tuna & Coleslaw	Jacket Potato with Beans & Cheese	Jacket Potato with Tuna & Coleslaw

Available Each Day      Fresh fruit, salad, bread, yoghurt and water

Week starting: 11 Apr • 2 May • 23 May • 20 Jun • 11 Jul • 12 Sept • 3 Oct



# Week Two

Monday      Tuesday      Wednesday      Thursday      Friday

Option 1	Oven Baked West Country Sausages Devon Norse Recipe	Lasagne made with West Country Beef	British Roast Turkey with Cranberry Sauce GF	Shepherd's Pie topped with Devon Creamy Potatoes	Battered Salmon Finger GF
Option 2 (V)	Handmade Homity Pie	Home Baked Lentil Loaf	Quorn Roast GF	Tomato Tumble*	Cheese Wheel made with Wykes Cheddar
Served With	New Potatoes GF or Pasta Baked Beans GF and Peas GF	Baked Potato Wedges GF Crusty Bread Coleslaw GF and Mixed Salad GF	Roast or Creamed Potatoes GF Carrots GF Broccoli GF and Gravy	Savoury Diced Potatoes GF Cauliflower GF and Green Beans GF	Golden Fries GF or Pasta Seasonal Vegetables GF
And for Pudding	Red Velvet Cake* and Custard - Devon Norse Recipe	Iced Mousse and Fruit Juice* GF V	Fresh Fruit Platter*	Fruit Jelly* GF and Shortcake Finger	Handmade Chocolate Drop Biscuit
Jacket Potatoes	Jacket Potato with Beans & Cheese	Jacket Potato with Cheese & Coleslaw	Jacket Potato with Tuna & Cheese	Jacket Potato with Beans & Coleslaw	Jacket Potato with Tuna & Cheese

Available Each Day      Fresh fruit, salad, bread, yoghurt and water

Week starting: 18 Apr • 9 May • 6 Jun • 27 Jun • 18 Jul • 19 Sept • 10 Oct

## Did you know?

The tomato is actually a fruit not a vegetable! Tomatoes are an excellent source of vitamins and minerals.



# Week Three

Monday      Tuesday      Wednesday      Thursday      Friday

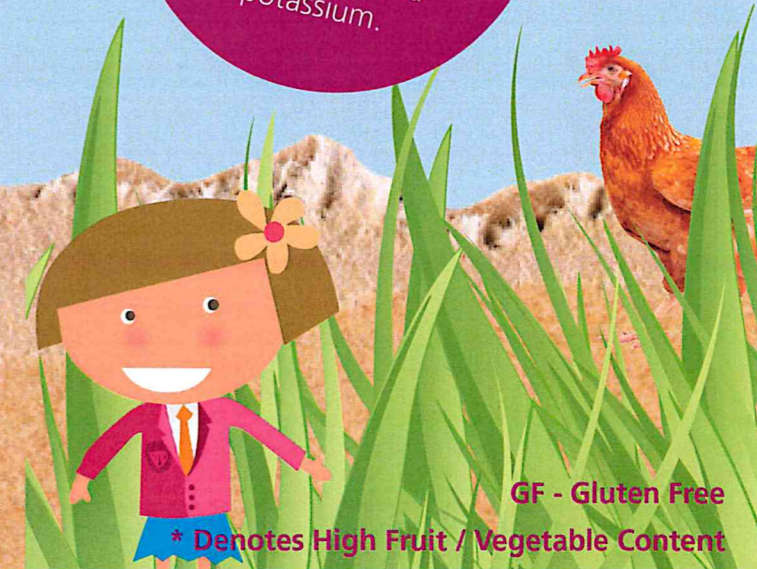
Option 1	Pasta Bolognese made with West Country Beef	Southern Style Chicken with BBQ Sauce GF	British Roast Pork and Apple Sauce GF	Westcountry Beef Burger in a Bap with Sweet Relish	Harry Ramsden's Fish
Option 2 (V)	Meat Free Sausage Roll and New Potatoes	Roast Butternut Squash, Chickpea & Vegetable Rice*GF	Quorn Burger	Vegetable Fajitas*	Handmade Baked Bean Paste
Served With	Garlic Bread Slice Seasonal Vegetables and Summer Salad GF	Tilda Rice GF Peas GF and Sweet Shredded Carrots GF	Roast or Creamed Potatoes GF Farmhouse Veg. GF Swede GF and Gravy	Baked Potato Wedges GF Coleslaw GF and Sweetcorn GF	Golden Fries GF or Pasta Seasonal Vegetables GF
And for Pudding	Peaches* and Ice Cream GF	Granola Summer Fruit Crumble* and Custard	Fresh Fruit Platter*	Handmade Iced Carrot Cake* and Cool Milk GF	Handmade Jammy Dodger
Jacket Potatoes	Jacket Potato with Cheese & Coleslaw	Jacket Potato with Cheese & Beans	Jacket Potato with Tuna & Coleslaw	Jacket Potato with Beans & Coleslaw	Jacket Potato with Tuna & Cheese

Available Each Day      Fresh fruit, salad, bread, yoghurt and water

Week starting: 25 Apr • 16 May • 13 Jun • 4 Jul • 5 Sept • 26 Sept • 17 Oct

## Did you know?

Beetroot is of exceptional nutritional value being an excellent source of folic acid and a very good source of fibre, manganese and potassium.



GF - Gluten Free

\* Denotes High Fruit / Vegetable Content