

Week one

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

5/9, 26/9, 17/10, 14/11, 5/12, 9/1, 30/1, 27/2, 20/3

Sizzling Beef Pizza
Cajun Spiced Organic Beef Pizza with Potato Wedges, Appleslaw and Peas
Vegetable Korma (V)
Vegetables in a Creamy Coconut Curry Sauce with Wholegrain Rice and Peas
Steamed Chocolate Sponge with Chocolate Sauce

Sadie's Chinese Chicken Noodles
Farm Assured Chicken in a Honey Roast Sauce with Egg Noodles, Sweetcorn and Herby Baked Courgettes
Super Hero Mac 'N' Cheese (V)
Macaroni in a Cheddar Cheese Sauce with Herby Baked Courgettes and Sweetcorn
Banana Bread and Butter Pudding with Custard

Roast Gammon with Bud's Crispy Spuds
Free Range Gammon with Parsnips, Braised Red Cabbage and Gravy
Cauli Corn Bake with Bud's Crispy Spuds (V)
Cauliflower and Sweetcorn in a Cheesy Sauce, Parsnips and Braised Red Cabbage
Giant Oaty Cookie

Pasta Pack's Beef Bolognese
Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Carrots and Peas
Super Hero Quorn Burger (V)
Quorn Burger in a Bun with Tomato Relish, Potato Wedges, Carrots and Peas
Fruity Flapjack

MSC Fish Fingers
Golden Pollock Fillet Fish Fingers with Chips, Baked Beans and Salad
Barry's BBQ Bean Wrap (V)
Tortilla Wrap filled with Mixed Beans in BBQ Sauce with Chips, Baked Beans and Salad
Apple and Cinnamon Muffin

Available everyday:

- Fresh salad bar
- Fresh baked bread
- Fresh fruit and Yoghurt
- Jacket Potatoes with a choice of fillings

Our menus are Gold FFL accredited and include:

- Fresh Organic Beef
- Fresh Free Range Pork
- Fresh Red Tractor Chicken
- Farm Assured Sausages and Burgers
- Free Range Eggs
- MSC Fish – Sustainably Sourced Fish

Week two

12/9, 3/10, 31/10, 21/11, 12/12, 16/1, 6/2, 6/3, 27/3

Bangers with a Mash Mountain
Farm Assured Pork Sausages with Creamy Mash Potato, Gravy, Peas and Roasted Veg
Sizzling Bean Fajita (V)
Tortilla Wrap filled with Marinated Mixed Beans with Peas and Roasted Veg
Warm Fruit Sponge with Custard

Beef Pie
Organic Beef and Onions Topped with a Suet Crust with Parsley Potatoes, Gravy, Broccoli and Carrots
Mozzarella and Ratatouille Pasta Bake (V)
Wholegrain Pasta in an Italian Tomato and Herb Sauce with Broccoli and Carrots
Oat Fruit Crumble & Custard

Roast Beef with Bud's Crispy Spuds
Organic Beef with Parsnips, Cabbage and Gravy
Super Quorn Roast with Bud's Crispy Spuds (V)
with Parsnips, Cabbage & Gravy
Mango Frozen Yoghurt

Sadie's Coconut Chicken
Farm Assured Chicken in a Creamy Coconut Curry Sauce with Basmati Rice, Sweetcorn and Broccoli
Super Hero Mac 'N' Cheese (V)
Macaroni in a Cheddar Cheese Sauce with Broccoli and Sweetcorn
Toffee Rice Pudding

MSC Battered Fish
Crispy Battered Pollock Fillet with Chips, Baked Beans and Peas
Mediterranean Tart with Cous Cous (V)
Tomato and Spinach in a Shortcrust Pastry case with Baked Beans and Peas
Chocolate Oat Cookie with Fresh Fruit Slices

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

Our dishes contain increased levels of:

- Fruit & Vegetables
 - Pulses & Wholegrains
- to ensure a nutritious, balanced meal everyday.

Week three

19/9, 10/10, 7/11, 28/11, 2/1, 23/1, 20/2, 13/3

Tomato and Mozzarella Pizza Bianca (V)
Cheese Sauce Pizza with Tomato Slices with Potato Wedges, Roasted Veg and Peas
Reggae Reggae Beans with Potato Wedges (V)
Mixed Beans in a Jerk BBQ Sauce with Potato wedges, Roasted Veg and Peas
Silvertop's Ice Cream Pot

Pasta Packs' Beef Meatballs
Organic Beef in a Tomato and Basil Sauce with Wholegrain Pasta, Carrots and Broccoli
Shepherdess Pie (V)
Veggie Mince with a Creamy Mash Top with Gravy, Carrots and Broccoli
Fruit Strudel with Custard

Roast Chicken with Bud's Crispy Spuds
Red Tractor Chicken with Cabbage, Cauliflower and Gravy
Cheese and Onion Roly Poly with Bud's Crispy Spuds (V)
A Pastry, Cheese and Onion Swirl with Roast Potatoes, Cabbage and Cauliflower
Fruity Jelly

Beef Mexican Chili
Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli
Pasta Pack's Veggie Bolognese (V)
Veggie Mince in Italian Tomato Sauce with Wholegrain Pasta, Broccoli and Sweetcorn
Boss' Banana and Sticky Toffee Pudding with Custard

MSC Fish Fingers or Salmon Goujons
Golden Pollock Fillet Fish Fingers or Salmon Goujons with Chips, Baked Beans and Coleslaw
Spanish Omelette (V)
Spanish Style Baked Potato Omelette with Chips, Baked Beans and Coleslaw
Chocolate Fruity Crispy

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.

