

M Main meal £2.40. V Vegetarian option £2.40. L. Light £2.05. D Dessert. Wholemeal bread, milk and water available daily. Fresh fruit and yoghurts available daily as a dessert alternative. Packed lunches are also available at £1.95 to be ordered on the day and include a sandwich/roll (ham or cheese), a drink, yoghurt piece of fruit and cake. Exciting salad bar available with all meal choice – varied daily. Salmon is available in the salad bar on Tuesdays week 3.

	Week 1	Week 2	Week 3
Monday 	M. Pork sausage meat roll/slice V. As above with Quorn sausage Served with baked beans L. Cheese omelette D. Jam sponge & custard	M. Fish Fingers V. Quorn bites/sausages Served with mashed potato and vegetables L. Quiche Lorraine (contains bacon) D. Lemon Drizzle Cake & pink custard	M. Turkey & veg stir fry with noodles V. Quorn chunks Served with rice L. Jacket potato with spag hoops D. Chocolate brownie with ice cream
Tuesday 	M. Beef chilli & tortilla chips V. Quorn mince chilli Served with rice and veg L. Jacket potato with cheese D. Apple Crumble & custard	M. Turkey Korma V. Sweet Potato & Chickpea Curry Served with rice & veg L. Tapas – slices of French stick, cheese, ham, tuna, humus, olives, carrots, cucumber D. Banana Cake & Custard	M. Beef mince cottage pie & veg V. Mixed bean & Quorn mince cottage pie & veg L. BLT baguette D. Tinned fruit and custard
Wednesday 	M. Roast Pork/Beef. Gravy. V. Macaroni Cheese & chunky bread Served with roast potatoes and vegetables. L. Bacon baguette D. *Frupots with Assorted Sauces/Jelly and Ice Cream	M. Roast Chicken Served with roast potatoes and vegetables. V. Cheese & Lentil Bake with pasta sauce L. Baked beans on toast D. Homemade scones & jam	M Roast Gammon. Gravy. V. Butternut Squash and Chickpea Risotto Served with roast potatoes and vegetables. L. Tuna Sweetcorn & mayo wraps D. Assorted fruit muffins
Thursday 	M. Pasta pots with various toppings V. As above with vegetarian toppings L. Cheese Toasties D. Strawberry Cheesecake	M. Pasta pots with various toppings V. As above with vegetarian toppings L. Potato, cheese & onion pasties D. Fruit jelly & ice cream	M. Pasta pots with various toppings V. As above with vegetarian toppings L. Falafel & cheese tortilla wraps D. Pear & chocolate sponge & chocolate sauce
Friday 	<u>Bag a lunch</u> M. Breaded fish V. Macaroni cheese bites Served with chips, salad and vegetable sticks. Ketchup. L. Cheese & Ham wraps D. Iced sponge slice	M. Beef burger in a bap V. Quorn burger in a bap Served with chips, salad and vegetable sticks L. Chicken baguette D. Chocolate crispie slice	<u>Bag a lunch</u> M. Chicken nuggets V. Vegetarian nibbles Served with chips, salad and vegetable sticks. Ketchup. L. Tuna mayo baguette D. Flapjack slice

Week		1	2	3	1		1	2	3	1		2	3	1	2	3		3	1	2
Mon	September	7	14	21	28	October		5	12	19	November	2	9	16	23	30	December		7	14
Tues		8	15	22	29			6	13	20		3	10	17	24			1	8	15
Wed		9	16	23	30			7	14	21		4	11	18	25			2	9	16
Thu		10	17	24			1	8	15	22		5	12	19	26			3	10	17
Fri		11	18	25			2	9	16	23		6	13	20	27			4	11	18

Week 1 Wednesday Roast pork 1st half term then roast beef and Yorkshire pudding 2nd half of the term

Week 1 Wednesday * Frupots until half term and 2nd half term Jelly and Ice Cream

9th December is Childrens Christmas Lunch

This menu is kindly sponsored by Hunters letting agency 58 South Street Exeter EX1 1EE