




# WEEK 1





## WINTER WARMER HOT PANINI OR PASTA

Choose from Ham and Cheese Panini served with tortilla chips and veg. Or a homemade tomato sauce with pasta

**W/C - MONDAY 4TH NOVEMBER, 25TH NOVEMBER, 16TH DECEMBER, 20TH JANUARY, 10TH FEBRUARY, 10TH MARCH, 31ST MARCH**

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H, W, V,</b> Margherita pizza with potato wedges</p> <p><b>Allergens:</b> (Glu), (Wh), (So), (Mi), m/c (E)</p>	<p><b>CHOICE 2 - H, W</b> Chicken curry with rice</p> <p><b>Allergens:</b> (Su)</p>	<p> All day breakfast - choose from meat or climate friendly option</p>	<p><b>CHOICE 1 - H</b> Roast chicken, Yorkshire pudding, gravy and roast potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1 - H</b> Homemade breaded haddock fillet served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>
<p> <b>CHOICE 2 - H, W, V, VE</b> Katerveg meatballs served with homemade tomato sauce &amp; pasta</p> <p><b>Allergens:</b> (Glu), (Wh), (So)</p>	<p> <b>CHOICE 2 - H, V, VE</b> Chickpea &amp; sweetcorn burger served in a bun with potato wedges</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (So)</p>	<p><b>Meat Option Allergens:</b> (Glu), (Wh), (E), (Mi)</p> <p><b>Climate Friendly Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 2 - H, V</b> Golden pastry topped vegetable pie, gravy &amp; roast potato</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (Ce)</p>	<p><b>CHOICE 2 - H, V</b> Tangy cheese, quinoa &amp; vegetable muffin served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW**

<p> <b>DESSERT - V, VE</b> Fruit Salad</p>	<p><b>DESSERT - H, W, V</b> Butternut and date cake</p> <p><b>Allergens:</b> (Wh), (E)</p>	<p> <b>DESSERT - H, V, VE</b> Cornish fairing biscuits and fruit slices</p> <p><b>Allergens:</b> (Glu), (Mi), (E)</p>	<p> <b>DESSERT - H, V, VE</b> Fruit platter or Yoghurt</p> <p><b>Allergens:</b> (Su), (Mi)</p>	<p> <b>DESSERT - H, W, V, VE</b> Fruity cornflake tart with custard</p> <p><b>Allergens:</b> (Wh), (Bar)</p>
---	--	---	---	---

**AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT** 

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN.

**Allergen Key:** Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya, (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (M), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain

 = Climate Friendly





**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!






# WEEK 2

**WINTER WARMER  
HOT PANINI OR PASTA**  
Choose from Ham and Cheese Panini served with tortilla chips and veg. Or a homemade tomato sauce with pasta

**W/C - MONDAY 11TH NOVEMBER, 2ND DECEMBER, 6TH JANUARY, 27TH JANUARY, 24TH FEBRUARY, 17TH MARCH**

MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H, W</b> Baked bean and sausage pasta bake</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p> <b>CHOICE 1 - H, V, VE</b> Katerveg mince chilli and rice</p> <p><b>Allergens:</b> (So)</p>	<p><b>CHOICE 1 - H</b> Chicken chow mein</p> <p><b>Allergens:</b> (Glu), (Wh), (Se), (So)</p>	<p><b>CHOICE 1 - H</b> Roast beef, Yorkshire pudding, gravy and roast potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1</b> Fish fingers served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (F)</p>
<p> <b>CHOICE 2 - V, VE</b> Quorn dippers with seasoned potato wedges</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 2 - H, V</b> Tasty cheese wheels with herby diced potato</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (Mu)</p>	<p> <b>CHOICE 2 - H, V, VE</b> Vegetable sausage, mash and gravy</p> <p><b>Allergens:</b> (Glu), (Wh), (Ce)</p>	<p> <b>CHOICE 2 - H, V, VE</b> Roast Quorn fillet, gravy and roast potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (Bar)</p>	<p><b>CHOICE 2 - H, W, V</b> Homemade cheese and tomato quiche served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW**

<p> <b>DESSERT - V, VE</b> Fruit Salad</p>	<p> <b>DESSERT - H, V, VE</b> Fruity flapjack</p> <p><b>Allergens:</b> (Glu), (O) m/c (Wh), (Bar)</p>	<p><b>DESSERT - H, W, V</b> Westcountry root cake</p> <p><b>Allergens:</b> (Glu), (Wh), (E) m/c (Mi), (Bar)</p>	<p> <b>DESSERT - H, V, VE</b> Fruit Platter</p> <p><b>Allergens:</b> (Glu), (O), M/C: (Wh), (Bar)</p>	<p><b>DESSERT - H, V</b> Zesty cake with custard</p> <p><b>Allergens:</b> (Glu), (Wh), (E), (Su), (Mi) m/c (Bar)</p>
---	--	---	--	--

**AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT** 

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN.

**Allergen Key:** Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c: May Contain

 = Climate Friendly









# WEEK 3

**WINTER WARMER  
HOT PANINI OR PASTA**  
Choose from Ham and Cheese Panini served with tortilla chips and veg. Or a homemade tomato sauce with pasta

**W/C - MONDAY 18TH NOVEMBER, 9TH DECEMBER, 13TH JANUARY, 3RD FEBRUARY,  
3RD MARCH, 24TH MARCH**

MONDAY	TUESDAY	MEAT FREE WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H, W</b></p> <p>Beef cobbler served with mash and gravy</p> <p><b>Allergens:</b> (Glu)(Wh) m/c (Mi)(Bar)</p>	<p><b>CHOICE 1 - H</b></p> <p>Chicken paella</p>	<p> <b>CHOICE 1 - H, V, VE</b></p> <p>Tasty Katerveg bolognaise with garlic bread &amp; pasta</p> <p><b>Allergens:</b> (Glu), (Wh), (So) m/c (Se)</p>	<p><b>CHOICE 1 - H</b></p> <p>Roast gammon loin, Yorkshire Pudding, gravy &amp; roast potatoes</p> <p><b>Allergens:</b> (Glu), (Wh), (E)</p>	<p><b>CHOICE 1 - H</b></p> <p>Homemade fish cakes served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh), (F), (E)</p>
<p><b>CHOICE 2 - H, V</b></p> <p>Crispy samosa with rice</p> <p><b>Allergens:</b> (Glu), (Wh), (E)</p>	<p> <b>CHOICE 2 - V, VE</b></p> <p>Quorn nuggets with diced potato</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 1 - H, V</b></p> <p>Creamy macaroni cheese with garlic bread</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (Mu) m/c(Se)</p>	<p> <b>CHOICE 2 - H, V, VE</b></p> <p>Golden crisp topped shepherds pie, gravy &amp; roast potatoes</p> <p><b>Allergens:</b> m/c (Glu), (Wh), (Bar)</p>	<p> <b>CHOICE 2 - V, VE</b></p> <p>Quorn fingers served with fresh chips</p> <p><b>Allergens:</b> (Glu), (Wh)</p>

**SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW**

<p> <b>DESSERT - V VE</b></p> <p>Fruit salad</p>	<p><b>DESSERT - H, V</b></p> <p>Orange honey cake</p> <p><b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p> <b>DESSERT - H, V, VE</b></p> <p>Custard biscuits with fruit slices</p> <p><b>Allergens:</b> (Glu), (Wh)</p>	<p> <b>DESSERT - H, V, VE</b></p> <p>Fruit Platter</p> <p><b>Allergens:</b> (So)</p>	<p> <b>DESSERT - H, W, V, VE</b></p> <p>Chocolate cake with chocolate sauce</p> <p><b>Allergens:</b> (Glu)(Wh)(E)(Mi) m/c(Bar)</p>
---	---	---	---	---

**AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT** 

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN.

**Allergen Key:** Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya, (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L). m/c May Contain

 = Climate Friendly

