

BREAD BASKET AVAILABLE
EVERY DAY

JACKET POTATOES AVAILABLE
MONDAY, TUESDAY & THURSDAY
WITH VARIOUS FILLINGS

SALAD BAR
MONDAY, TUESDAY, THURSDAY
& FRIDAY

FRESH FRUIT AND MULLER
YOGHURTS EVERY DAY

FRUTINA AVAILABLE AS A FRUIT
OPTION



*** Please Note: : Due to new food legislations we need to advise you of certain food allergens.**

LOOK OUT FOR OUR SPECIAL MENU DAYS

FRESH - Cooked from fresh ingredients daily

HEALTHY - We only use quality ingredients, sourced locally wherever possible.

QUALITY - By taking advantage of local and seasonal produce, our menu avoids processed foods, undesirable additives and hydrogenated fats to provide a healthy, balanced diet.

FREE SCHOOL MEALS

Visit www.devon.gov.uk to look up free school meals under 'f' in the a to z. For further information and advice please call 0845 155 1019 or ask at the School Office.

If your child has any dietary needs or allergies, please feel free to speak to our friendly kitchen staff Lisa or Kim.

FORCHES CROSS PRIMARY SCHOOL



FORTNIGHTLY MENU

PRICE: £2.00 PER DAY

Phone: 01271 343214
website details www.forches-cross.devon.sch.uk

E-mail: admin@forches-cross.devon.sch.uk

WEEK ONE

Monday

Westcountry Beef Burger in a warm bun

Served with baked beans or sweetcorn

(v) **Homemade Macaroni Cheese**

Served with garlic bread slice

Ice Cream Surprise

*(Milk, Eggs, Wheat)**

Tuesday

Homemade Chicken Curry

Served with steamed rice & Nann bread

(v) **Tuna & Sweetcorn Pasta Salad**

(Served Cold)

Steamed Sponge & Custard

*(Wheat, Milk, Eggs, Fish)**

Wednesday

Roast Turkey with Stuffing

(v) **Roasted Vegetable Tart**

Served with roast or mashed potatoes, fresh crinkle carrots, broccoli & gravy

Chocolate Cracknel

*(Milk, Wheat, Soya)**

Thursday

Brunch (Sausage, Bacon, Hash Brown & Baked Beans)

(v) **Freshly made Cheese or Tuna Baguette**

Served with salad & homemade coleslaw

Fruity Meringue Nest or Iced Fruit Smoothie

*(Wheat, Milk, Fish)**

Friday

Catch of the Day! (Fish Nuggets, Stars or Fillets)

(v) **Quorn Sausage**

Served with crispy chips, peas & tomato sauce

Custard Biscuit

*(Wheat, Milk, Egg, Fish)**

WEEK TWO

Monday

Homemade Cheese & Tomato Pizza

Served with wholewheat spaghetti hoops or country mixed vegetables

(v) **Sweet Chilli Noodle Wrap**

Homemade Flapjack

*(Milk, Wheat, Eggs)**

Tuesday

Westcountry Sausage Roll

(v) **Vegetable Burger in a Warm Bun**

Served with mini corn on the cob or baked beans

Chocolate Sponge & Chocolate Custard

*(Eggs, Milk, Wheat)**

Wednesday

Roast Gammon Ham & Pineapple

(v) **Vegetarian Roast (Onion, Cheese, Carrots & Herbs in Puff Pastry)**

Served with roast or mashed potatoes, fresh crinkle carrots, peas & gravy

Fruit Cocktail Jelly

*(Wheat, Milk, Soya)**

Thursday

Pasta Spirals with Carbonara Sauce/

(v) **Mediterranean Tomato Sauce**

Served with garlic bread slice

Homemade Shortbread & Milk

*(Milk, Eggs, Wheat, Mustard)**

Friday

Catch of the Day! (Fish Nuggets, Stars or Fillets)

(v) **Homemade Vegetable Quiche**

Served with crispy chips, peas & tomato sauce

Chocolate Cookie

*(Wheat, Milk, Fish, Egg)**

WEEK 1 DATES

17th April

1st May

15th May

5th June

19th June

3rd July

17th July

WEEK 2 DATES

24th April

8th May

22nd May

12th June

26th June

10th July

24th July