

Summer/Autumn Menu for The Flying Start Federation

w/c 03-06-19, 24-06-19, 15-07-19, 15-09-19, 16-09-19, 07-10-19

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION ONE	Oven Baked Sausages	Shepherd's Pie	Roast Leg of Pork	Chicken Pilaff	Oven Baked Fish Fingers
OPTION TWO	Spring Vegetable & New Potato Bake	Quorn Sausage	Quorn Fillet	Cheese & Tomato Pizza Baguette	Vegetable Stir Fry with Noodles
OPTION THREE	Cheese Bap with Salad Garnish	Jacket Potato with Baked Beans or Cheese or Tuna	Tuna Sandwich with Salad Garnish	Italian Ragout (Spaghetti, Tomato & Vegetables)	Chicken Wrap with Salad Garnish
SIDES	Oven Baked Jacket Wedges, or Pasta Baked Beans, Peas Mixed Salad Platter	Creamed Potatoes Fresh Carrots Broad Beans, Gravy Mixed Salad Platter	Roast or Creamed Potatoes, Gravy, Swede & Fresh Broccoli Mixed Salad Platter	Garlic Bread Seasonal Vegetables Mixed Salad Platter	Oven Baked Fries or Pasta Coleslaw, Sweetcorn Tomato Sauce Mixed Salad Platter
DESSERT	Bananas & Chocolate Sauce Low Fat Yogurt Fresh Fruit	Sunshine Sponge & Custard Low Fat Yogurt Fresh Fruit	Fresh Fruit Salad with ice cream Low Fat Yogurt Fresh Fruit	Ice Cream Roll or Iced Fruit Smoothie Low Fat Yogurt or Fresh Fruit	Shortcake & Strawberry Milk Shake Low Fat Yogurt or Fresh Fruit

w/c 10-06-19, 01-07-19, 02-09-19, 23-09-19, 14-10-19

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION ONE	Pasta, Sweetcorn & Bacon	Diced Turkey in Gravy	Roast Chicken Breast	Gammon with Pineapple	Battered Fish
OPTION TWO	Jacket Potato with Baked Beans or Cheese or Tuna	Quorn Sausage	Quorn Fillet	Macaroni Cheese	Cheese & Tomato Pizza Triangle
OPTION THREE	Tuna Baguette with Salad Garnish	Jacket Potato with Baked Beans or Cheese or Tuna	Cheese Ploughman's Lunch	Chicken Sandwich with Salad Garnish	Ham Wrap with Salad
SIDES	Peas Carrot & Raisin Pasta Salad Mixed Salad Platter	Creamed Potatoes Fresh Carrots, Broad Beans Mixed Salad Platter	Roast or Creamed Potatoes Fresh Cauliflower Shredded Cabbage, Gravy Salad Platter	Oven Baked Jacket Wedges or Wholegrain Rice Peas, Spring Salad	Oven Baked Fries or Pasta Sweetcorn Summer Salad Mixed Salad Platter
DESSERT	Summer Fruit Crumble with Ice Cream Low Fat Yogurt Fresh Fruit	Lemon Drizzle & Fresh Milk Drink Low Fat Yogurt Fresh Fruit	Peaches & Ice Cream Low Fat Yogurt Fresh Fruit	Ice Cream Roll or Iced Fruit Smoothie Low Fat Yogurt Fresh Fruit	Banana Flapjack & Chocolate Milk Shake Low Fat Yogurt Fresh Fruit

w/c 17-06-19, 08-07-19, 09-09-19, 30-09-19

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION ONE	Chicken in Korma Sauce	Spaghetti Bolognaise	Oven Baked Sausages	Cheese & Tomato Pizza	Salmon Bites with Noodles
OPTION TWO	Jacket Potato with Baked Beans or Cheese or Tuna	Sweet Potato & Lentil Curry	Quorn Fillet	Quorn Sausage optional Tomato Sauce	Jacket Potato with Baked Beans or Cheese or Tuna
OPTION THREE	Tuna Bap with Salad Garnish	Jacket Potato with Baked Beans or Cheese or Tuna	Egg Mayonnaise Sandwiches with Salad Garnish	Cheese Bap with Salad Garnish	Chicken Wrap with Salad Garnish
SIDES	Rice, Green Beans Orchard Salad	Garlic Bread, Broad Beans Sweet Corn Mixed Salad Platter	Roast or Creamed Potato, Gravy, Fresh Broccoli & Carrots Mixed Salad Platter	Oven Baked Fries or Pasta Peas & Sweetcorn Mixed Salad Platter	Bread Basket Vegetable Medley Mixed Salad Platter
DESSERT	Custard Biscuit Fresh Milk Drink Low Fat Yogurt Fresh Fruit	Marble Sponge with Custard Low Fat Yogurt Fresh Fruit	Fruit Cocktail & Ice Cream Low Fat Yogurt Fresh Fruit	Ice Cream Roll or Iced Fruit Smoothie Low Fat Yogurt Fresh Fruit	Ginger Cookie with Apple Juice Low Fat Yogurt Fresh Fruit

Summer/Autumn 2019



ParentPay
Meals need to be ordered/
changed via ParentPay on or before the
Thursday before each week
commencing.
**Please read menu carefully and
encourage your child to help make
the food choices with you.**

MENU INFORMATION

- **Jacket Potatoes and a meat free alternative are available. Please liaise with your school to check these options are offered.**
- **Drinking Water, Salad, Fresh Bread, Fresh Fruit and Yoghurt are available daily**
- **Please note that the menu may be subject to change to meet local needs**
- **We endeavour to provide the products stated however, on rare occasions, substitutions may need to be made when circumstances beyond our control are experienced**

SPECIAL DIETS

We take your children's dietary needs very seriously and ask that you let us know if your child has a food related allergy, or has any other medical or cultural dietary needs. We will make an appointment for you to meet with the Kitchen Manager to discuss and arrange a suitable plan. Information on the allergen content of our menus is available on our website www.buckland-brewer-primary.devon.sch.uk as a guide and this is updated as changes occur, which are sometimes beyond our control. If your child does have a specific dietary need, please make sure our catering team are aware and that you check the website regularly for updates

FOOD SUPPLIERS

Wherever possible, we source our foods from Devon and the South West. We are pleased to support local companies "Honey's Butcher" of Parkham, "Ed's Greengrocers" of Ilfracombe, "Savona" of Ilfracombe and Dunstaple Farm Dairy, Holsworthy. They supply us with local good quality, meat, fruit, milk, veg, eggs, cheese and fish.

FREE SCHOOL MEALS

All children attending reception, Year 1 and Year 2 are offered a free school meal as part of the Government Universal Free School Meals for Infants Programme. If you receive a benefit that gives entitlement to a free school meal, please apply for this through the citizen portal Devon County Council as the school can receive additional funding. You may be eligible for free school meals, if as a parent or guardian, you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit