## DTD HOURMOWB

- We source seasonal and local food where we can
- Our meals are freshly prepared on site
- We serve at least two portions of fruit \& veg a day
- Organic yoghurt or dairy alternative available daily
- We use local higher welfare meat and free range eggs

- Our school food meets the School Food Standards and Food For Iife criteria.


## Sustainability Charter

We are making a commitment to actively:

- Celebrate and use local and seasonal produce
- Eliminate processed foods
- Increase quantity of fresh fruit and vegetables
- Increase healthy plant proteins and wholegrains
- Include more plant based dishes on the menu
- Use less but better quality meat and dairy
- Reduce food waste
- Reduce packaging and where nécessary use compostable and recyclable alternatives


## AHTERGENS

We take every care to cater for pupils with allergies \& intolerances. Please ensure the school has an up to date completed allergy form for your child so that the kitchen are aware of your child's allergy and can then prepare the correct meal required. In the kitchen the colour purple highlights to us that we need to make a substitution from the usual ingredient so that the dish is safe for your child. For example in a gluten free meal the pasta will be highlighted indicating we will swap regular whole wheat pasta for gluten free pasta. In the case an ingredient cannot be substituted or taken out of the item it will be highlighted in red so please do not order.any meals that are in red to avoid confusion Please order and select your meal in the usual way.

## WHERE OUR FOOD COMES FROM

1. Frank Mann, Torquay
2. Dole, Newton Abbot
3. Riverford Dairy, Staverton
4. McKelly, Crediton
5. Terry Prentice, Torquay
6. Kingfisher, Brixham
7. Savona South West
8. Apricot Centre
9. Shillingford Organics


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NOTICE BOARD



WATCH THIS SPACE

[^0]| Week <br> One | Weel Commencing: 16/02/24-11/03/24 |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | R2 MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Option 1 | Cheese and Tomato Pizza Served with Pasta \& Seasonal Vegetables (V) | British Pork Sausages Served with Mashed Potato Vegetables \& Gravy | Devonshire Roast Chicken Served with Roast Potatoes Yorkshire Pud, Gravy \& Vegetaables | Thai Style Beef Bowl Served with Rice \& Seasonal Vegetables (Df) | MSC Fish Portion <br> Served with Chips, Peas Or Beans (Df) |
| Option 2 | Creamy Vegetable Soup Served with Crunchy Bread (V) | Cheese Omelette Served with Chipped Potatoes Seasonal Vegetables (V) | Quorn Wellington Severed with Roast Potatoes Vegetables \& Gravy (V) | Sweetcorn Fritters Served with Potato Wedges Seasonal Vegetables (V) | Black Bean Burger Served with Chips Peas or Beans (V, Vg, Gf, Df) |
| Option 3 | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato <br> Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) |
| Option 4 | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | **No Deli Bar available on this day** | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) |
| Dessert | Seasonal Fruit Crumble (V) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Fruit Salad (V)(Gf) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Chocolate Orange Cake (V) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Bakewell Tart (V) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Cake Of The Day (V) Or Organic Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) |
|  |  |  |  |  |  |
| Week Two | Weel Commencing: 26/02/24-18/03/24 |  |  |  |  |
|  | St MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Option 1 | Cheese \& Potato Pie Served with Crusty Bread Seasonal Vegetables <br> (V) | BBQ Pulled Chicken Burger Served with Mexican Rice Seasonal Vegetables (Df) | Devonshire Roast Gammon Served with Roast Potatoes Yorkshire Pudding Seasonal Veg \& Gravy | British Beef Lasagne Homemade Garlic Bread Seasonal Vegetables | MSC Fish Fingers Served with Chip Sweetcorn or Beans (Df) |
| Option 2 | Creamy Vegetable Soup Served with Crunchy Bread (V) | Cheese \& Bean Nuggets Served with Mexican Rice Seasonal Vegetables (V, Vg, Df) | Mac ' $n$ ' Cheese Served with Garlic Bread Seasonal Vegetables (V) | Creamy Sweet Potato Bake Served with Crusty Bread (V) | Quorn Hot dog Served with Chips Sweetcorn or Beans (V) |
| Option 3 | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) |
| Option 4 | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | **No Deli Bar available on this day** | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) |
| Dessert | Seasonal Fruit Crumble (V) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Fruit Salad (Vg)(Gf) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Courgette \& Lime Cake (V) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Fruit Crumble Cake (V) Or Organic Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Cake Of The Day (V) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) |


| Week Three | Week Commencing: 04/03/24-25/03/24 |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | St MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Option 1 | Cheese \& Onion Quiche Served with Potato Wedges Seasonal Vegetables (V) | Mild Chicken Korma Served with Rice, Poppadoms Seasonal Vegetables (Df) | Butcher's Pork Sausages Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables \& Gravy | Butcher's Beef Bolognaise Served with Garlic Bread Seasonal Vegetables | MSC Salmon Fishcake Served with Chips Peas or Beans (Df) |
| Option 2 | Creamy Vegetable Soup Served with Crunchy Bread <br> (V) | Cauliflower \& Broccoli Pasta Bake Seasonal Vegetables (V) | Toad in the Hole Served with Roast Potatoes Vegetables \& Gravy (V) | Smoky BBQ Beans Served with Garlic Bread \& Seasonal Vegetables (V, Vg, Df) | 'Southern Fried' Quorn Burger Served with Chips Peas or Beans (V) |
| Option 3 | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) | Jacket potato Served with a selection of Fillings \& salads (V, Vg, GF, DF) |
| Option 4 | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | **No Deli Bar available on this day** | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) | Deli Bar <br> Served with a selection of Sandwich fillings, seasonal Fruit \& veg (V, Vg, GF, DF) |
| Dessert | Seasonal Fruit Crumble (V) Or Organic Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Fruit Salad (Vg)(Gf) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) | Seasonal Spiced Cake (V) Or Organic Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Fruit Flapjack (V) <br> Or Organic Yogurt (V) (Gf) Or Fresh Fruit (V) (Vg) (Gf) | Cake of the Day (V) <br> Or Organic Yogurt (V) (Gf) <br> Or Fresh Fruit (V) (Vg) (Gf) |


[^0]:    nut aware environment

