



## Planet Plate

Eating a vegetarian diet can help with climate change by reducing carbon emissions and help reduce global warming. They are really tasty too!

# New Menu

Please order and pay in the usual way via



## DID YOU KNOW?

- 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 Life criteria.



### WEEK 1

- Week 1**  
[05.09.22](#)  
**26.09.22 – British Food Fortnight**  
[17.10.22](#)  
**Week 2**  
[12.09.22](#)  
[03.10.22](#)  
**Week 3**  
[19.09.22 – British Food Fortnight](#)  
[10.10.22](#)

### Planet Plate Day

Freshly prepared Margherita pizza (V)  
 Garden veg pizza (V)  
 Italian pasta & seasonal vegetables (v)  
 Sunshine soup and freshly made bread roll (V)  
 PIP lolly, cheese, crackers and grapes or organic fruit yoghurts

### Tuesday

Freshly prepared mild chicken and mixed pepper curry  
 Or  
 Creamy vegetable curry (V)  
 Fluffy rice and poppadum's and seasonal vegetables  
 Fruity flapjack or organic yoghurt

### Wednesday

Local Devonshire Roast Gammon, gravy, Yorkshire pud, roast potatoes and seasonal vegetables  
 Or  
 Vegetable pasty (V)  
 Chocolate muffin or fresh fruit or organic fruit yoghurt

### Thursday

Freshly prepared pasta pots with a variety of toppings  
 Garlic bread  
 Seasonal vegetables  
 Build your own fruit pots or organic fruit yoghurt  
 Cheese, crackers and grape pot

### Friday

Freshly prepared MSC Salmon Fishcake  
 Or  
 MSC Fish fingers  
 Or  
 Veggie burger (V)  
 Chips, sweetcorn and baked beans  
 'Dessert of the Day' or fresh fruit  
 Or organic fruit yoghurt

**Deli Bar:** There will be a variety of fillings available to choose from every day - along with a selection of freshly prepared seasonal salads and various bread options

**Jacket potato:** There will be a choice of fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar

### WEEK 2

## ALLERGENS

We take every care to cater for pupils with allergies & intolerances Please enquire with the kitchen regarding ingredients in your meal.

Freshly prepared Macaroni cheese, garlic bread & seasonal vegetables  
 or  
 Veggie sausage roll and potato wedges (V)  
 PIP lolly  
 Organic fruit yoghurt  
 Cheese, crackers and grape pot

Mild planet plate chilli  
 Or  
 Veggie chilli (V)  
 Rice & tortilla chips  
 Seasonal vegetables  
 Carrot cake or fresh fruit  
 Or organic fruit yoghurt

Local Devonshire Sausage Roast, gravy, Yorkshire pud  
 Or  
 Veggie sausage (V)  
 roast potatoes and Seasonal vegetables  
 Jam sponge & custard  
 or fresh fruit or organic fruit yoghurt

Freshly prepared pasta pots with a variety of toppings  
 Focaccia bread  
 Seasonal vegetables  
 Build your own fruit pot or organic fruit yoghurt  
 Cheese, crackers and grape pot

Brixham breaded fish  
 Or  
 Cheese & tomatoes pinwheel (V)  
 Chips, peas and baked beans  
 'Dessert of the Day' or fresh fruit  
 Or organic fruit yoghurt

**Deli Bar:** There will be a variety of fillings available to choose from every day - along with a selection of freshly prepared seasonal salads and various bread options

**Jacket potato:** There will be a choice of fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar

### WEEK 3

## Homemade Dessert of the Day

This is a freshly prepared reduced sugar sweet treat which changes daily and could include a chocolate date brownie, Mandarin, apple or fruit sponges, carrot cake, tray bake, flapjack, banana muffins, fruity shortbread.

Freshly prepared Margherita pizza (V)  
 Or  
 Garden veg pizza (V)  
 Wedges, Seasonal vegetables  
 Or  
 Sunshine soup, freshly made bread roll  
 PIP lolly, cheese, crackers and grapes  
 Or organic fruit yoghurt

Freshly prepared planet plate lasagne  
 Or  
 Tomato pasta (v)  
 Garlic bread & seasonal vegetables  
 Jelly & ice-cream or fresh fruit  
 Or organic fruit yoghurt

Local Devonshire Roast Turkey, gravy, Yorkshire pud, roast potatoes and seasonal vegetables  
 Or  
 Creamy veggie bake (v)  
 Fruit muffin or fresh fruit  
 Or organic fruit yoghurt

Freshly prepared pasta pots with a variety of toppings  
 Focaccia bread  
 Seasonal vegetables  
 Build your own Fruit pot or organic fruit yoghurt  
 Cheese, crackers and grape pot

MSC Brixham fish fingers  
 Or  
 Cheese & onion pasty (v)  
 Chips, sweetcorn and baked beans  
 'Dessert of the Day' or fresh fruit  
 Or organic fruit yoghurt

**Deli Bar:** There will be a variety of fillings available to choose from every day - along with a selection of freshly prepared seasonal salads and various bread options

**Jacket potato:** There will be a choice of fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar