



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

Planet Plate Day

Freshly prepared Margherita pizza (V)
Garden veg pizza (V) served with
Italian pasta & seasonal vegetables
Sunshine soup and freshly made bread roll (V)

Toffee Apple Pancakes, cheese, crackers and grapes or Fruit yoghurts

Tuesday

Butchers Pork Sausage
Or
Veggie Sausages (V)

Served with mash potato, seasonal vegetables & gravy or Baked Beans

Carrot cake or fresh fruit
Or organic fruit yoghurt

Wednesday

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

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

MSC Breaded fish Portions
Or
Cheese & tomato 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 2

Freshly prepared Macaroni cheese, garlic bread & seasonal vegetables
Or
Veggie sausage roll and potato wedges (V)

Seasonal Fruit Crumble & custard
Organic fruit yoghurt
Cheese, crackers and grape pot

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

Fruity flapjack or fresh fruit
Organic fruit yoghurt

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

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

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 3

Freshly prepared Margherita pizza (V)
Or
Garden veg pizza (V)
Wedges, Seasonal vegetables
Or
Sunshine soup, fresh bread roll
'Dessert of the Day'
Or organic fruit yoghurt or
Cheese, crackers and grape pot

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 Sausage Roast, gravy, Yorkshire pudding
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

MSC 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

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

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.