



## 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.



### Planet Plate Day

### Tuesday

### Wednesday

### Thursday

### Friday

#### Week 1

20/02/23

13/03/23

#### Week 2

27/02/23

20/03/23

#### Week 3

06/03/23

27/03/23

WEEK 1

Freshly prepared Margherita pizza (V)  
Or  
Garden veg pizza (V)

Italian pasta & seasonal vegetables

Seasonal fruit crumble & custard or  
Or fruit yoghurts

Bolognese pasta bake served with  
garlic bread & seasonal vegetable  
Or  
Seasonal vegetable soup served with a  
freshly bake bread roll (V)

Fruit jelly & Ice-cream or fresh fruit  
Or fruit yoghurt

Local Devonshire Roast Turkey,  
Gravy & Yorkshire pud  
Or  
Creamy vegetable bake (V)

Roast potatoes & seasonal vegetables

Iced lemon cake or  
Fresh fruit or fruit yoghurt

Freshly prepared pasta pots with a  
variety of toppings

Focaccia bread & seasonal vegetables

Build your own fruit pots  
Or Cheese, cracker & grape pots  
Or fruit yoghurt

MSC Fish fingers  
Or  
MSC Salmon Fishcake  
Or  
Cheese & tomato pinwheel (V)  
Chips, sweetcorn and baked beans

'Dessert of the Day' or fresh fruit  
Or 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.

WEEK 2

Freshly prepared tomato & vegetable  
pasta bake (V)  
Or  
Veggie burger in a bun (V)  
Tortilla chips & seasonal vegetable

Banoffee Pancakes or fresh fruit  
Or fruit yoghurt

Butcher's beef burger in a bun  
Or  
Cheese & onion pasty (V)

Potato wedges & Seasonal vegetables

Chocolate surprise brownie  
Or fresh fruit  
Or fruit yoghurt

Local Devonshire roast pork, gravy,  
Yorkshire pud  
Or  
Broccoli & cauliflower cheese (V)  
Roast potatoes and  
Seasonal vegetables

Fruit muffins  
Or fresh fruit or fruit yoghurt

Freshly prepared pasta pots with a  
variety of toppings

Garlic bread & seasonal vegetables

Build your own fruit pot  
Or Cheese, cracker & grape pots  
Or fruit yoghurt

MSC battered fish portion  
Or  
Vegetable sausage roll (V)

Chips, peas and baked beans

'Dessert of the Day' or fresh fruit  
Or 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

## 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.

WEEK 3

Freshly prepared Margherita pizza (V)  
Or  
Garden veg pizza (V)

Wedges, Seasonal vegetables

Seasonal fruit crumble & custard  
Or fresh fruit or fruit yoghurt

Mild Chicken curry  
Or  
Creamy vegetable curry (v)

Fluffy rice, poppadum &  
Seasonal vegetables

Fruity flapjack or fresh fruit  
Or fruit yoghurt

Butchers pork sausage roast, gravy,  
Yorkshire pud  
Or  
Veggie sausage roast (v)

Roast potatoes & seasonal vegetables

Marble cake or fresh fruit  
Or fruit yoghurt

Freshly prepared pasta pots with a  
variety of toppings

Garlic bread & Seasonal vegetables

Build your own fruit pots  
Or Cheese, cracker & grape pots  
Or fruit yoghurt

MSC fish fingers  
Or  
MCS Salmon fishcake  
Or  
Cheese & tomato pinwheel (V)  
Chips, sweetcorn and baked beans

'Dessert of the Day' or fresh fruit  
Or 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