

FEEDING THE FINEST FOOD TO THE NEXT GENERATION

EXCITING CHILD-LED MENUS

with only the

FINEST, FRESH INGREDIENTS

all

GROWN AND LOCALLY SOURCED

where possible, with

LOW FOOD MILES

meaning a

LOWER CARBON FOOTPRINT!

TEIGNMOUTH
Community School

MILL LANE

Join the SCHOOL FOOD REVOLUTION

servicing
**THE FRESHEST
LOCAL
INGREDIENTS**

feeding
**INQUISITIVE,
INQUIRING
MINDS**

contact us
**FOR MORE
INFORMATION**

TWO WEEK MENU

AUTUMN MENU 2021

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follow us



WEEK ONE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

MEAL OPTION 1

Hand Stretched Focaccia Bread Pizza (2,7) with Crispy Round Potatoes and Sweetcorn	Sausage (14) with Yorkshire Pudding (2,4,7) with Colcannon, Peas and Gravy	Roast Chicken Breast, Roast or Creamed Potatoes and Fresh Vegetables with Optional Gravy	Beef Bolognaises, with Pasta (2) and Roasted Root Vegetables	Breaded Fish (2,5) French Fries and Veggie Sticks
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MEAL OPTION 2

Spinach, Roasted Pepper and Lentil Ragout with Pasta (2) and Sweetcorn	Light Cauliflower and Sweet Potato Korma with Wholemeal Sunshine Rice	Roasted Vegetable Wellington (2,7), Roast or Creamed Potatoes and Fresh Vegetables	Mushroom Biryani with Cucumber Raita (7) and Vegetable Korma	Veggie Nuggets (2,4,7), French Fries and Veggie Sticks
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MEAL OPTION 3

Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham
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DESSERT

Fresh Fruit / Fresh Yoghurt	Peach Melba Slice (2,4)	Fresh Fruit	Lemon Drizzle Cake (2,4)	Cookie (2)
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WEEK TWO

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

MEAL OPTION 1

Dartmoor Beef Slider Burger (2) with Potato Wedges and Salad	Cheesy Ham Pasta Bake (2,7) with Homemade Garlic Focaccia Bread (2) and Peas	Slow Roast Brisket of Beef with Yorkshire Pudding and Fresh Vegetables with optional Gravy	Sausage (14) and Bacon with Sauté Potatoes and Baked Beans	Chicken Breast Nuggets (2), French Fries and Veggie Sticks
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MEAL OPTION 2

Onion Bhaji Flatbread with Mango Chutney and Mint Raita (7), with Potato Wedges and Sweetcorn	Vegetable Lasagne with Courgette Pasta (7), Potato Wedges and Salad	Cauliflower and Broccoli Cheese Bake (7), Potatoes and Fresh Vegetables	Haloumi Stuffed Peppers (7) with Sauté Potatoes and Peas	Veggie Nuggets (2,4,7), French Fries and Veggie Sticks
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MEAL OPTION 3

Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham	Cheese (7) / Beans / Tuna (4,5) / Ham
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DESSERT

Apple Cake (2,4)	Sticky Toffee Slice (2,4,7,13)	Fresh Fruit	Banana and Blueberry Muffins (2,4)	Cookie (2)
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ALLERGEN KEY

CELERY	1	MOLLUSC	8
CEREALS CONTAINING GLUTEN	2	MUSTARD	9
CRUSTACEANS	3	NUTS	10
EGGS	4	PEANUTS	11
FISH	5	SESAME SEEDS	12
LUPIN	6	SOYA	13
MILK	7	SULPHUR DIOXIDE	14

available DAILY

YOGHURT, FRESH FRUIT AND SALAD BAR