

**FREE to Years
R, 1 & 2**

Week 1

Dates: 23rd Apr, 13th May, 10th Jun, 1st Jul,
1st Sept, 23rd Sept, 14th Oct.

M

Salmon Pasta Bake or
Muffin Pizza & Baked beans or
Jacket Potato or Sandwich
Mixed Fruit Cereal Bar

T

Homemade Meatballs & Pasta or
Beans, Vegetable Sweet & Sour & Rice
Jacket Potato or Sandwich
Pear Brownies & Custard

W

Roast Beef Dinner or
Cauliflower & Broad Bean Pasta or
Jacket Potato or Sandwich
Fruit Crumble & Custard

T

BBQ Chicken, Potato & Vegetables or
Stir Fry Beans & Vegetable Rice
Jacket Potato or Sandwich
Custard Biscuits

F

Fish & Chips with Vegetables or
Ratatouille or
Jacket Potato or Sandwich
Raspberry Ripple Mousse

Week 2

Dates: 29th Apr, 20th May, 17th Jun, 8th Jul,
9th Sept, 30th Sept.

M

Sausage, New Potatoes & Beans or
Vegetarian Chilli & Rice
Jacket Potato or Sandwich
Sultana Shortbread

T

Beef Lasagne & Vegetables or
Macaroni Cheese or
Jacket Potato or Sandwich
Apple Cake & Custard

W

Roast Gammon Dinner or
Vegetable Casserole or
Jacket Potato or Sandwich
Jelly

T

Chicken Wrap & Couscous or
French Bread Pizza or
Jacket Potato or Sandwich
Oat & Sultana Biscuit

F

Fish, Chips & Vegetables or
Vegetarian Sausages or
Jacket Potato or Sandwich
Fruit Smoothie

Week 3

Dates: 6th May, 3rd Jun, 24th Jun, 15th Jul,
16th Sept, 7th Oct.

M

Chicken Stir Fry & Noodles or
Cheese & Tomato Quiche & Vegetables
Jacket Potato or Sandwich
Cheese and Crackers

T

Chicken Curry & Rice or
Broccoli & Green Bean Pasta or
Jacket Potato or Sandwich
Chocolate Courgette Cake

W

Roast Pork Dinner or
Leek & Potato Bake or
Jacket Potato or Sandwich
Steamed Sultana Sponge & Custard

T

Pasta Bolognese & Vegetables or
Vegetable & Quorn Risotto or
Jacket Potato or Sandwich
Coconut & Sultana Flapjack

F

Fish, Chips & Vegetables or
Roasted Vegetable Pizz or
Jacket Potato or Sandwich
Strawberry Ice Cream

JACKET POTATO AND SANDWICH FILLING OPTIONS

Cheese, Ham, Tuna Mayo or Egg Mayo, plus Baked Beans for Potatoes only

**£2.20 a day
Years 3, 4, 5 & 6**

**SALAD BAR, FRESH FRUIT, YOGURT,
MILK or WATER AVAILABLE EVERY DAY**

TAVISTOCK COMMUNITY PRIMARY & NURSERY SCHOOL

Additional notes

Since September 2014 all children in Reception and Years 1 & 2 are entitled to **FREE** school meals through the Government's Universal Infant Free School Meals' initiative.

Families with an annual income of less than £16,190 a years may also be entitled to claim a free meal for their children. Further details are available from the school office or online. Please note that children are never singled out or made aware that they are free meals but being eligible brings additional income into the school budget and could provide savings for parents for future residential visits.

The ingredients used in our food are sourced as locally as possible, we use the following local suppliers:

- J&S Downing, Tavistock —Meats products
- Tamar Fruiterers, Saltash —Fruit & Veg
- MJ Baker Foodservice, Newton Abbot —Dry Goods

All food is made on the premises by our own team of catering staff and our menu follows and complies to the standards as set out by the School Food Standards. The Kitchen Manager, Mrs Morgan will always cater for allergies and special diets if required.

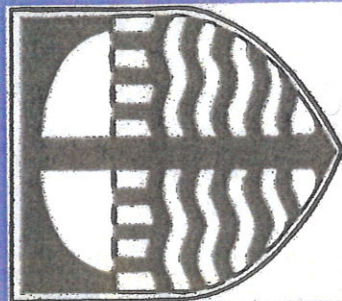
Our food may contain the following allergens:

- Milk and cheese
- Gluten
- Fish
- Egg

If you would like to know more about our school meals please ask in the office.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

"THE PRIMARY DINER" MENU



Summer /
Autumn
2019

23rd April 2019
to
14th October 2019



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