

## Week 1

Müller® Yoghurt, Fresh Fruit Salad available daily

**M**

- 1 Pasta Bolognese
- V Jacket Potato with Beans
- 3 Tuna Roll with Salad Garnish

Garden Peas & Fresh Carrot Slices  
Salad

Cookie & Milkshake

**Tu**

- 1 Homemade Chicken Pizza
- V Vegetable Chilli with Rice
- 3 Golden Salmon Bites

Crispy Potato Wedges or Pasta  
Sweetcorn, Orchard Salad, Salad

Carrot Cake with Custard

**W**

- 1 Westcountry Roast Gammon & Pineapple
- V Vegetable Roast
- 3 Cheese Filled Pitta with Mayo & Salad Garnish

Roast or Creamed Potatoes  
Roasted Parsnips, Broccoli Florets, Salad

Neapolitan/Vanilla Ice Cream with Viennese Biscuit

**Th**

- 1 Beef Stew & Dumplings
- V Cheese Wheel
- 3 Ham Ploughman's Lunch

Boiled or Creamed Potatoes  
Farmhouse Vegetables, Baked Beans, Salad

Harvest Fruit Crumble with Custard

**F**

- 1 Oven Baked Fish in Breadcrumbs
- V Vegetable Wrap
- 3 Cheese Salad

Golden Fries or Pasta  
Seasonal Vegetables, Salad

Custard Biscuit with Fruit Juice

## Week 2

Müller® Yoghurt, Fresh Fruit Salad available daily

**M**

- 1 Minced Beef & Vegetable Pie
- V Jacket Potato with Cheese & Beans
- 3 Cheese Roll with Salad Garnish

Pasta or New Potatoes  
Cauliflower Florets, Garden Peas, Salad

Steamed Jam Sponge with Custard

**Tu**

- 1 Mild Turkey Curry with Rice
- V Pizza Baguette
- 3 Fish Fingers with Tomato Sauce

Creamed Potatoes or Pasta  
Farmhouse Vegetables, Salad

Iced Chocolate & Orange Slice

**W**

- 1 Westcountry Roast Beef with Gravy
- V Roast Vegetable Tart
- 3 Chicken Pitta with Salad

Roast or Creamed Potatoes  
Fresh Carrots, Fresh Cabbage, Salad

Cheese & Crackers  
with Apple Slice or Iced Fruit Smoothie

**Th**

- 1 Homemade Sausage Roll
- V Tomato Pasta Bake
- 3 Beef Baguette with Salad Garnish

Creamed Potatoes or Pasta  
Garden Peas, Baked Beans, Salad

Fruity Flapjack with Milk Drink

**F**

- 1 Oven Baked Fish in Natural Crumb
- V Vegetarian Quiche
- 3 Egg Mayonnaise Roll

Golden Fries or Pasta  
Seasonal Vegetables, Salad

Chocolate Drop Biscuit with Fairtrade Fruit Juice

## Week 3

Müller® Yoghurt, Fresh Fruit Salad available daily

**M**

- 1 Westcountry Sausages  
with Onion Gravy or Tomato Sauce
- V Bean Paella
- 3 Cheese Bap with Salad Garnish

Creamed Potatoes or Pasta  
Garden Peas, Sweetcorn, Salad

Sticky Toffee Pudding with Custard

**Tu**

- 1 Homemade Beef Burger or Chicken Breast  
in a Warm Roll
- V Lentil Loaf
- 3 Jacket Potato with Coleslaw

Pasta or Sauté Potatoes  
Baked Beans, Coleslaw, Salad

Shortbread Finger with Fruit Jelly

**W**

- 1 Roast Pork & Gravy
- V Baked Homity Pie
- 3 Tuna Mayo Pasta with Salad

Roast or Creamed Potatoes  
Fresh Swede, Green Beans, Salad

Fruit Cocktail with Ice Cream

**Th**

- 1 Beef Lasagne
- V Cheese & Pineapple Muffin
- 3 Welsh Eggs

New Potatoes or Pasta, Farmhouse Vegetables  
Garlic Bread, Salad

Chocolate Cracknel with Fairtrade Fruit Juice

**F**

- 1 Bite Sized Salmon Fillets in Natural Crumb
- V Vegetarian Sausage
- 3 Tuna & Sweetcorn Wrap

Golden Fries or Pasta  
Seasonal Vegetables, Salad

Cookie & Milkshake

Month	Week 1
	Week 2
	Week 3
	School Holiday
	Bank Holiday

September	M		6	13	20	27
	Tu		7	14	21	28
	W	1	8	15	22	29
	Th	2	9	16	23	30
	F	3	10	17	24	

October	M	4	11	18	25
	Tu	5	12	19	26
	W	6	13	20	27
	Th	7	14	21	28
	F	1	8	15	22

November	M	1	8	15	22	29
	Tu	2	9	16	23	30
	W	3	10	17	24	
	Th	4	11	18	25	
	F	5	12	19	26	

December	M		6	13	20	27
	Tu		7	14	21	28
	W	1	8	15	22	29
	Th	2	9	16	23	30
	F	3	10	17	24	31

**Choices**

- 1 Menu Choice 1
- V Vegetarian Choice
- 3 Menu Choice 3

# Free School Meals

## How do I qualify for free school meals?

Parents/guardians who receive any of the following are entitled to free school meals\*

- Income Support (IS)
- Employment Support Allowance (Income Related)
- Child Tax Credit without Working Tax Credit with an annual taxable income (as assessed by HMR&C) of **less than £16,190**
- Income-based Job Seekers Allowance (IBJSA)
- Guaranteed Element of State Pension Credit
- Support under Part VI of the Immigration and Asylum Act 1999

**NB:** If you have recently become unemployed but are still receiving working Tax credits, you **may** be entitled to free school meals, please call **0845 155 1019** for advice.

**Please note:** Contributions Based Jobseeker's Allowance, Working Tax Credit and Invalidity Benefit do not qualify; also being in receipt of Child Tax Credit AND Working Tax Credit does not qualify.

## How do i register for free school meals?

Telephone the School Admissions Team on **01392 382761** or visit [www.devon.gov.uk](http://www.devon.gov.uk) and look up **free school meals** under 'f' in the a to z.

\* information correct at time of printing



# About Us

**Devon Catering & Cleaning Services** are part of the Children & Young People's Services Directorate of Devon County Council.

**On an average day** we serve over 13,000 meals to children in Primary Schools across Devon.

**Our aim** is to give your child the best possible start in life by providing a healthy school lunch.

Our **Fresh Start** menu is based around providing a good quality balanced meal using freshly prepared ingredients sourced locally wherever possible.



## This menu can be made available in a large text format on request

Contact us if you have any questions about our catering service. We always welcome any comments you may have about our school meals.

**DEVON CATERING & CLEANING SERVICES**  
**CHILDREN & YOUNG PEOPLE'S SERVICES**  
Falcon Road  
Sowton  
Exeter EX2 7LB  
Telephone 01392 384877 Fax 01392 444262  
E-mail [dccs@devon.gov.uk](mailto:dccs@devon.gov.uk)



# Fresh Start Menu

## Autumn Term

September - December 2010

Primary & Special Schools



*" A healthy choice of delicious nutritionally balanced recipes."*

**for only £2.00 per day!**



**A better start in life**