



Photo: Bradinch by Pete Hemington

Fresh Start Menu

Summer
2009

Devon is proud to announce that it is one of the first local authorities to be awarded the Food For Life Bronze Catering Mark



The Food For Life Catering Mark is an award from the Soil Association to endorse Caterers that believe in offering delicious, healthy and climate friendly menus which use unprocessed, seasonal produce, a growing proportion of local ingredients, high welfare meat and sustainable fish.

- At least 75% of dishes on the menu are freshly prepared.
- Meat is farm assured as a welfare minimum. Eggs are from cage-free hens.
- Menus are seasonal and in-season produce is highlighted.
- Menus cater well for all dietary needs in the school population.
- Continuous professional development is available to catering staff, including training in fresh food preparation.
- A member of catering staff is encouraged to get involved in food education activities, with the support of the school.
- No undesirable additives and hydrogenated fats.

Weeks commencing:

20th April, 11th May, 8th June, 29th June, 20th July 2009

Monday

Meat **Westcountry Sausages with Creamed Potatoes**
 Vegetarian **Sweet Potato & Lentil Curry with Rice**
 Light Bite **Egg Mayonnaise Roll with Salad Garnish**
 Served With **Baked Beans, Peas Salad**
 Dessert **Iced Fruit Smoothie Dessert**

Tuesday

Meat **Bacon & Pea Pasta Bake**
 Vegetarian **Homemade Margherita Pizza**
 Light Bite **Vegetarian Sausage**
 Served With **Crispy Potato Wedges Sweetcorn, Broad Beans, Salad**
 Dessert **Chocolate Cracknel with Fairtrade Fruit Juice**

Wednesday

Meat **Roast Pork with Apple Sauce**
 Vegetarian **Seasonal Vegetable Tart**
 Light Bite **Tuna Filled Pitta with Salad Garnish**
 Served With **Roast or Creamed Potatoes Fresh Broccoli, Fresh Carrots, Gravy, Salad**
 Dessert **Fruit Jelly with Ice Cream**

Thursday

Meat **Beef Bobotie (*Mild Curry with a Difference!*)**
 Vegetarian **Grated Cheese Jacket Potato**
 Light Bite **Pork Baguette with Salad Garnish**
 Served With **Creamed Potatoes Farmhouse Vegetables, Gravy, Salad**
 Dessert **Sticky Toffee Pudding with Custard**

Friday

Meat **Oven Baked Fish in Breadcrumbs**
 Vegetarian **Vegetarian Sausage Roll**
 Light Bite **Summer Noodle Wrap**
 Served With **Golden Fries or Pasta Seasonal Vegetables, Tomato Sauce, Salad**
 Dessert **Golden Flapjack with Fairtrade Fruit Juice**

Keeping it local!

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

- Our lamb, pork and beef are from Devon, Cornwall and Somerset farms and our turkey and chicken is British.
- We use fresh seasonal vegetables grown locally wherever possible; we offer fresh fruit and salad choices daily.
- We use fresh, local, semi-skimmed milk for drinks & sauces.
- Our eggs are free range and our cheese is local.
- We only use sustainable fish, certified by the Marine Stewardship Council.
- We avoid additives wherever possible, although some products will contain approved colours and/or preservatives. Preservatives are often essential to the quality and shelf life of certain products.

Photo: Baling by Pauline Rook



Weeks commencing:

27th April, 18th May, 15th June, 6th July 2009

Monday

Meat **Homemade Meaty Pork Bites in Tomato Sauce**
 Vegetarian **Jacket Potato with Beans**
 Light Bite **Cheddar & Egg Ploughman's Lunch**
 Served With **Pasta or Creamed Potatoes**
Peas & Sweetcorn, Salad
 Dessert **Summertime Crumble with Custard**

Tuesday

Meat **Freshly Prepared Chicken Breast in Crunchy Coating**
 Vegetarian **Country Garden Crumble**
 Light Bite **Cheesy Jacket Potato**
 Served With **Seasonal Fresh New Potatoes**
Fresh Carrots, Fresh Broccoli, Salad
 Dessert **Sticky Chocolate Slice with Chocolate Sauce**

Wednesday

Meat **Westcountry Roast Beef**
 Vegetarian **Savoury Lentil Bake**
 Light Bite **Coronation Chicken Baguette**
 Served With **Roast or Creamed Potatoes**
Green Beans, Fresh Spring Cabbage, Gravy, Salad
 Dessert **Banana Split**

Thursday

Meat **Lasagne with Crusty Bread**
 Vegetarian **Homemade Veggie Burger in a Bap**
 Light Bite **Beef Roll with Salad Garnish**
 Served With **Pasta**
Peas, Homemade Coleslaw, Salad
 Dessert **Shortcake with Custard**

Friday

Meat **Crispy Salmon Bites**
 Vegetarian **Cheese & Spring Onion Quiche**
 Light Bite **Homemade Sausage Roll**
 Served With **Golden Fries or Pasta**
Seasonal Vegetables, Tomato Sauce, Salad
 Dessert **Ginger Cookie with Milk Drink**

Expert preparation

- Your children's meals are freshly prepared daily by our fully trained kitchen managers and school catering staff.
- We work with local colleges and the new FEAST Centre at Ashburton Cookery School to provide ongoing NVQ and Short Course training for all of our catering staff.
- The FEAST Centre (Food Excellence & Skills Training) is in partnership with the School Food Trust to provide high quality training for our catering employees.
- During training there is a big emphasis on learning how to encourage children to make healthy eating choices.
- In addition to our staff attending the training centre, assessors from the colleges visit staff in their workplace to further assess their skills.



Weeks commencing:
4th May, 1st June, 22nd June, 13th July 2009

Monday	Meat	Pasta Bolognese
	Vegetarian	Mediterranean Couscous
	Light Bite	Tuna & Sweetcorn Wrap
	Served With	New Potatoes, Garlic Bread Fresh Sliced Carrots, Green Beans, Salad
	Dessert	Muesli Crunch with Custard
Tuesday	Meat	Homemade Beef or Lamb Burger in a Roll
	Vegetarian	Jacket Potato with Coleslaw
	Light Bite	Cheese Roll with Salad Garnish
	Served With	Crispy Potato Wedges Freshly Made Coleslaw, Peas, Salad
	Dessert	Sticky Orange Cake with Custard
Wednesday	Meat	Roast Gammon & Pineapple
	Vegetarian	Cheese Soufflé
	Light Bite	Cold Meat Salad
	Served With	Roast or Creamed Potatoes Roasted Summer Vegetables, Gravy, Salad
	Dessert	Fruit Cocktail with Ice Cream
Thursday	Meat	Tropical Chicken
	Vegetarian	Vegetarian Lentil Loaf
	Light Bite	Jacket Potato with Ham & Sweetcorn
	Served With	New Potatoes, Salad Farmhouse Vegetables, Carrot & Raisin Salad
	Dessert	Iced Sponge with Fairtrade Fruit Juice
Friday	Meat	Oven Baked Fish in Natural Crumb
	Vegetarian	Cheese Wheel
	Light Bite	Ham Baguette with Salad Garnish
	Served With	Golden Fries or Pasta Seasonal Vegetables, Tomato Sauce, Salad
	Dessert	Custard Biscuit with Milk Drink

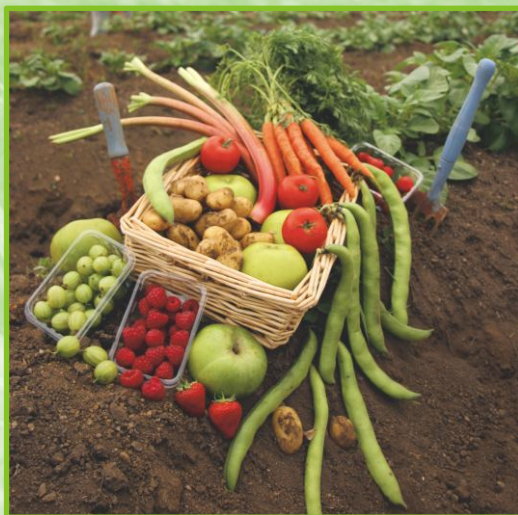
Who are DCCS?

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.

"Devon School Meals offer high quality and excellent value"



For free school meal enquiries please contact the School Admissions Team on 01392 382761

Contact us...

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.

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CHILDREN & YOUNG PEOPLE'S SERVICES**
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