



# Week One

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Macaroni Cheese & Crusty Bread - 2,7,9	Savoury Mince Pie - 1,2,4,7	Roast Chicken & Stuffing - 2	Westcountry Sausages- 2,14	Harry Ramsden's Battered Fish- 2,5,8,9
<b>Vegetarian</b>	Sausage Casserole with Boiled Potatoes - 1,2,4,7,13,14	Vegetable Curry	Country Garden Crumble - 2	Potato & Courgette Rosti- 2,4	Pizza Muffins- 2,7,13
<b>Sides</b>	Peas, Swede, Gravy	Rice, Creamed Potatoes, Sweetcorn, Cabbage, Gravy - 7	Roast Potatoes, Creamed Potatoes, Carrots, Cauliflower & Gravy - 7	Creamed Potatoes, Pasta, Baked Beans, Broccoli & Gravy- 2, 7	Chips, Pasta, Sweetcorn, Ketchup, Carrot/ Cucumber Sticks
<b>Dessert</b>	Fruit Crumble & Custard - 2,7	Sticky Toffee Pudding & Custard - 2,4,7	Fresh Fruit Platter	Chocolate Rice Pudding- 7	Home-made Custard Biscuit- 2
<b>Jacket Potato</b>		Cheese, Baked Beans, Tuna- 2, 5,7		Cheese, Baked Beans, Tuna- 2, 5,7	
<b>Available Each Day</b>	Fresh fruit, salad, bread, yoghurt and water				
<b>Week starting:</b>	30 Oct • 20 Nov • 11 Dec • 15 Jan • 5 Feb • 5 Mar • 26 Mar				



# Week Two

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Cheese & Tomato Pizza- 2,4,7	Lasagne & Crusty Bread- 1,2,4,7,9	Roast Beef	Chicken Meatballs in a Tomato Sauce-2	Harry Ramsden's Breaded Seaside Fish- 2,5
<b>Vegetarian</b>	Chilli- 1,14	Risotto Verdi- 1,14	Vegetarian Roast- 1,2,4,7,9	Vegetarian Sausage Pasta Bake- 1,2,4,7,14	Cheese & Bean Pasty- 2
<b>Sides</b>	Potato Wedges, Pasta, Green Beans, Fresh Carrots- 1,14	Coleslaw, Peas-4	Roast Potatoes, Creamed Potatoes, Broccoli, Carrots & Gravy-7	Potato Wedges, Sweetcorn, Baked Beans	Chips, Pasta, Peas, Ketchup, Carrot/ Cucumber Sticks- 2
<b>Dessert</b>	Jam Sponge & Custard- 2,4,7,14	Honey Cake- 2,4	Chocolate Cracknel- 2,7	Baked Fruit & Custard- 7	Sarah's Home-made Raspberry Shortcake & Juice- 2
<b>Jacket Potato</b>		Cheese, Baked Beans, Tuna- 2, 5,7		Cheese, Baked Beans, Tuna- 2, 5,7	
<b>Available Each Day</b>	Fresh fruit, salad, bread, yoghurt and water				
<b>Week starting:</b>	6 Nov • 27 Nov • 1 Jan • 22 Jan • 19 Feb • 12 Mar				

## Did you know?

### MEAT FREE MONDAYS

If every person in Britain skipped meat for one day, it would reduce our carbon footprint by more than if every car was taken off the road for one day.



# Week Three

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Pasta Bolognese & Crusty Bread- 2	Chicken Casserole & Cornbread- 2,4,7,14	Roast Gammon & Pineapple	Beef Burger- 2,4,5,7	Fish Fingers-2,5
<b>Vegetarian</b>	Chinese Sweet & Sour Noodles with Vegetables- 1,2,4,7,14	Cheese Wheels & Seasoned Wedges- 2,4,7,9	Homity Pie- 2,4,7	Vegetarian Enchilada- 2	Spanish Omelette- 2,4,7,9
<b>Sides</b>	Broccoli, Sweetcorn	Farmhouse Vegetables, Autumn Salad, Tomato Sauce	Roast Potatoes, Creamed Potatoes, Carrots, Broccoli & Gravy- 7	Pasta, Rice, Coleslaw, Peas- 4	Chips, Pasta, Baked Beans, Carrot & Cucumber Sticks- 2
<b>Dessert</b>	Dionne's Autumn Cake-2,4	Fruit Jelly & Vanilla Ice Cream by Langage Farm- 7	Fruit Platter	Sticky Chocolate Cake & Chocolate Sauce- 2,4,7	Home-made Jammie Dodger & Milkshake- 2,4,7
<b>Jacket Potato</b>		Cheese, Baked Beans, Tuna- 2, 5,7		Cheese, Baked Beans, Tuna- 2, 5,7	
<b>Available Each Day</b>	Fresh fruit, salad, bread, yoghurt and water				
<b>Week starting:</b>	13 Nov • 4 Dec • 8 Jan • 29 Jan • 26 Feb • 19 Mar				



## Did you know?

**ORGANIC**  
Organic food production helps preserve local wildlife.





Autumn / Winter Menu  
2017/18  
Autumn / Winter  
Menu  
Special  
Dishes



Food Facts

MENU INFORMATION

- Jacket Potatoes and a meat free alternative are available to pre order daily. Please liaise with your school to check these options are offered.
- Fresh Fruit, Salad and Yoghurts are available daily.
- Please note that the menu may be subject to change to meet local needs.
- We endeavour to provide the products stated however, on rare occasions, substitutions may need to be made when circumstances beyond our control are experienced.

Would you like a career with Devon Norse? We often have opportunities for Cleaners, Catering Assistants and Kitchen Managers. For more information on our current vacancies or to download our application form, please visit [www.devonnorse.co.uk](http://www.devonnorse.co.uk) or call 01392 351160.

Welcome to our Autumn / Winter menu 2017/18. We are delighted that our menu once again has received accreditation from the Children's Food Trust and Food for Life Silver Award.

We're very excited that Langage Farm here in Devon have made our delicious new ice cream. Did you know that Langage Farm power their factory and supply electricity to the National Grid from waste food collected from across South Devon; how clever is that! All the new items have been tried and tested in our schools and most importantly been given the seal of approval from our children before they made it on the menu.

Here are some of the new and old favourite dishes we would like to introduce you to;

- Dionne's Cake** created by our one of our long serving kitchen managers, this tasty treat will become a seasonal favourite and made with pumpkin and ginger.
- Risotto Verdi** a delicious combination of rice, vegetables and apple juice.
- Chinese Stir Fry with Tofu and Noodles** with a delicious sticky sweet & sour sauce.

We've also brought back the very popular **Harry Ramsden's Seaside Fish** made with tasty MSC Salmon and the Westcountry favourite **Homity Pie** delicious leeks, potatoes & Wykes Cheddar Cheese in a pastry case.

SPECIAL DIETS

Special diets are available on completion of a special diet request letter with supporting statements from a Doctor or registered dietician. Please discuss with the catering manager at your school. A full breakdown of the 14 recognised food allergens together with full nutritional analysis are available on our website [www.devonnorse.co.uk](http://www.devonnorse.co.uk) or from the school kitchen.

FOOD SUPPLIERS

We are proud to use the following quality local suppliers Scorse Foods supply our meat from farms across the Westcountry. All our meat is Red Tractor and our beef burgers are organic. Total Produce from their depots in Heathfield and Bodmin supply our fresh fruit and vegetables and our free range eggs. All our eggs are from Devon and Cornwall, as are our potatoes and over 50% of our fruit and vegetables. Our yoghurts are organic and made by Yeo Valley and our Ice Cream by Langage Farm in Plympton. Bidfood distribute our frozen and dry groceries from their depot in Ivybridge.

Devon Norse are members of the Trading Standards Buy with Confidence scheme. Over recent years on our behalf Trading standards have tested our meat for DNA content, Fish for species and home made dishes for allergens as we take the provenance of the food we serve very seriously. This year we are testing to make sure there are no nasty pesticides on our fruit and vegetables.

FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government's Universal Free School Meals for Infants programme. If you receive a benefit that gives entitlement to Free School Meals, please apply for this with your local County Council as the school can get additional funding.

You may be eligible for free school meals, if as a parent or guardian, you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190

CONTACT DETAILS

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