

Sampford Peverell

Summer Menu 2022

Our mission is to provide each of our schools with a unique dining experience that is innovative, aspirational, quality assured and excellent value for money. We can assure you that our ingredients are responsibly, and where possible locally sourced. No ifs, no buts, our menu ingredients are all freshly prepared at your school. The results speak for themselves; access to hearty, wholesome and healthy food every school day.

Week 1 - 25th April—16th May—13th June—4th July—5th & 26th Sept.—17th Oct

Meat Free Monday	Around the World	Roast it Up Wednesday	Tasty Treat Thursday	Fun Time Friday
M – Macaroni Cheese	American Tuesday	M – Roast Chicken & Stuffing	M - Fish Fingers	M – BBQ Chicken
V – Feta Stuffed Peppers	M - Beef Burger in a Bap	V – Quorn Fillet	V – Quorn Nuggets	V– Vegetable Cottage Pie
with Wholegrain Rice Sides - Malted Baguette, Fresh Carrots & Broccoli	V – Quorn Hot Dog in a Finger Roll Sides - Wedges, Corn on The Cob & Peas	Sides - Roast or Mash Potato, Fresh Sliced Carrots, Shredded Cabbage & Gravy	Sides - Chips, Tomato Sauce, Carrot & Cucumber Sticks	Sides – Wholegrain Rice, Peas & Baked Beans JP - Cheese, Beans or
JP - Cheese, Beans or Tuna	JP - Cheese, Beans of Tuna	JP - Cheese Beans of Tuna SPL-Chicken Roll	JP - Cheese, Beans or Tuna	Tuna
SPL-Cheese Roll	SPL-Egg Roll	D – Fresh Fruit	SPL-Ham Roll	SPL-Sausage Roll
D – Pip Organic Ice Lolly	D – Chocolate Brownie	2	D– Lemon Drizzle Cake	D – Fruity Flapjack

M=Main Meal V=Vegetarian Meal JP=Jacket Potato SPL= School Pack Lunch D=Dessert

Week 2 - 2nd & 23rd May—20th June--11th July—12th Sept.-3rd Oct

Meat Free Monday	Around the World	Roast it Up Wednesday	Tasty Thursday	Fun Time Friday
M – Cheese Wheel &	Italian Tuesday	M - Gammon & Pineapple	M – Butchers Sausages	M – Harry Ramsdens
Wedges	M – Pasta Bolognaise	V – Homity Pie (Leek & Pots.)	V – Pizza Muffin	Battered Salmon Fillet
V – Roasted Vegetable & Tomato Pasta Bake	V- Vegetable Lasagne	Sides - Roast or Mash Pota-	Sides - Chips, Tomato	V – Veggie Sausages
Sides - Peas & Sliced Carrots	Sides - Crusty Baguette, Carrot & Pepper Sticks	to Fresh Broccoli, Shredded Cabbage & Gravy	Sauce, Carrot & Cucumber Sticks	Sides - Wholegrain Rice & Mixed Vegetables
JP - Cheese, Beans or Tuna	JP - Cheese, Beans of Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna
SPL-Cheese Roll	SPL-Egg Roll	SPL-Gammon Roll	SPL-Ham Roll	SPL-Sausage Roll
D- Pip Organic Ice Lolly	D– Banana Cake	D– Fresh Fruit	D – Fruit Smoothie	D– Date & Apple Cake

Week 3 - 9th May—6th & 27th June—18th July—19 Sept.—10th Oct.

Meat Free Monday	Around the World	Roast is Up Wednesday	Tasty Treat Thursday	Fun Time Friday
M - Margherita Pizza with	Chinese Tuesday	M – Roast Pork & Apple	M– Breaded Fish Fillet	M– Crispy Organic Pork
Pasta	M – Chicken & Noodles or	Sauce	V– Veggie Burger	Meat Ball Pot Roast
V – Spinach and Mozzarella	Wholegrain Rice V – Sweet & Sour Quorn Pieces	V – Vegetable Roast	Sides - Chips, Tomato	V– Vegan Sausage Roll &
Pasta Bake	with Noodles or Wholegrain Rice	Sides - Roast or Mash Potato, Fresh Sliced Carrots, Broccoli	Sauce, Carrot & Cucumber	Wedges
Sides - Green Beans & Peas	Sides- Stir Fry Vegetables	& Gravy	Sticks	Sides - Mixed Vegetables
JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese Beans or Tuna
SPL-Cheese Roll	SPL-Egg Roll	SPL-Pork Roll	SPL-Ham Roll	SPL-Sausage Roll
D – Pip Organic Ice Lolly	D – Mandarin Jelly	D – Fresh Fruit	D – Pineapple Cake	D – Chocolate Cracknel

Low Fat Yoghurts, Fresh Fruit and Bread will be available daily.