

Food to Sampford Peverell

Spring / Summer Menu 2023

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 - 17th April-8th May-5th & 26th June-17th July-18th Sept.-9th Oct.

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
M – Cheese Pizza	M - Beef Bolognaise	M – Roast Turkey &	M – Salmon Nuggets	M – Chicken Goujons
V– Veggie Curry	V – Veggie Hotdog in Bun	Stuffing	V – Vegan Sausage Roll	V – Quorn Nuggets
Sides– Pasta or Rice,	Sides—Pasta, Sweetcorn	V – Veggie Crumble	Sides - Herby Diced Potatoes	Sides - Chips or Pasta Tomato
Homemade Coleslaw &	& Green Beans	Sides - Roast or Mash Pota-	or Rice & Mixed Vegetables	Sauce, Cucumber & Carrot
Peas	JP - Cheese, Beans, Tuna	to, Fresh Sliced Carrots,	or Baked Beans	Sticks
JP - Cheese, Beans, Tuna	or Coleslaw	Fresh Broccoli & Gravy	JP- Cheese, Beans, Tuna or	JP - Cheese or Beans
or Coleslaw	PL-Ham Roll	JP-Cheese, Beans or Tuna	Coleslaw	PL-Sausage Roll
PL-Cheese Roll	D – Sticky Toffee Pudding	PL-Turkey Roll	PL-Egg Mayo Roll	D— Fruity Flapjack
D – Fruit Lolly		D – Fresh Fruit	D – Fruity Jelly	

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

Week 2 - 24th April-15th May-12th June-3rd July-4th & 25th Sept.-16th Oct.

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
M – Macaroni Cheese	M– Beef Nachos	M -Roast Chicken & Stuffing	M – Butchers Sausage	M - Breaded Fish Fillet
V– Veggie Bolognaise	V-Cheese Wheel	V – Cauliflower Bites	V– Quorn Wrap	V – Veggie Sausage
Sides - Crusty Bread & Mixed Vegetables JP - Cheese, Beans, Tuna or	Sides - Tortilla Chips, Wholegrain Rice, Carrot & Pepper Sticks JP - Cheese, Beans, Tuna or	Sides - Dry Roasted or Mash Potato Fresh Broccoli, Sliced Carrots & Gravy	Sides – Mash Potato, Baked Beans & Peas JP-Cheese, Beans, Tuna or Coleslaw	Sides - Chips or Pasta, Homemade Coleslaw & Cucumber Sticks
Coleslaw PL-Cheese Roll	Coleslaw	JP-Cheese, Beans or Tuna	PLEgg Mayo Roll	JP - Cheese, Beans or Coleslaw
D– Raspberry & Apple Cake	PL-Ham Roll D — Pip Organic Fruit Lolly	PL- Chicken & Stuffing Roll D- Fresh Fruit	D– Chocolate Cornflake Crunchies	PL-Sausage Roll D – Cookie

Week 3 - 1st & 22nd May-19th June-10th July-11th Sept.-2nd Oct.

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
M - Cheese & Onion Slice	M-Chicken & Bacon Taglia-	M – Roast Pork & Apple Sauce	M– Meat Feast Pizza Ba- guette	M–Fish Fingers
V– Spanish Omelette	telle V– Broccoli & Cauliflower	V – Quorn Fillet	V– Plant Based Meatball Sub	V– Quorn Nuggets
Sides - Wedges or Pasta,	Bake	Sides - Roast or Mash Pota-	with Tomato Sauce	Sides - Chips or Pasta,
Sweetcorn & Baked		to, Sliced Carrots, Broccoli	Sides - Pasta, Coleslaw &	Carrot & Cucumber Sticks
Beans	Sides - Crusty Bread, Green	& Gravy	Sweetcorn	JP - Cheese, Beans or
JP - Cheese, Beans, Tuna	Beans & Peas	JP-Cheese, Beans, or Tuna	JP-Cheese, Beans, Tuna or	Coleslaw
or Coleslaw	JP - Cheese, Beans, Tuna or	Mayo	Coleslaw	PL-Sausage Roll
PL-Cheese Roll	Coleslaw PL-Ham Roll	PL-Pork & Apple Sauce Roll	PL-Egg Mayo Roll	rt-Sausage Koll
D – Fruit Smoothie	D– Chocolate Brownie	D – Fresh Fruit	D – Pip Organic Fruit Lolly	D – Cookie

Low Fat Yoghurts, Fresh Fruit, Bread, Fresh Salad Selection, Water will be available daily, Milk on request.