



West Down Summer Menu 2024



Week 1

Day	Option 1	Option 2	Option 3	Pasta	Dessert
Mon	Sausage Roll Potato wedges, Sweetcorn, Baked Beans or Salad (1, 7)	Homemade Cheese and Bean Parcel Potato wedges, Sweetcorn, Baked Beans or Salad (1, 7)	Jacket Potato with Baked Beans, or Cheese and Salad (7)		Fresh Fruit Medley
Tues	Beef and Lentil Spaghetti Bolognese Mixed Vegetables and Crusty Bread (1)	Vegetarian Spaghetti Bolognese Mixed Vegetables and Crusty Bread (1)	Jacket Potato with Baked Beans, or Cheese and Salad (7)		Homemade Dessert
Weds	Roast Gammon Roast potatoes. yorkshire pudding, seasonal vegetables, gravy (1, 3, 7)	Roast Quorn Fillet Roast potatoes. yorkshire pudding, seasonal vegetables, gravy (1, 3, 7)			Mousse (7) or Dairy free option available.
Thurs	Chicken with a BBQ Sauce Rice, Corn Tortilla, Vegetable stick salad, and Sweetcorn (1, 9)	Quorn cooked in a BBQ Sauce Rice, Corn Tortilla, Vegetable stick salad, and Sweetcorn (1, 9)	Jacket Potato with Baked Beans, or Cheese and Salad (7)	Nut/ dairy free pesto pasta Garlic bread, Sweetcorn or mixed salad (1)	Homemade Dessert
Fri	Fish Fingers with optional Hot Dog Roll Chips baked beans, Peas or mixed salad (1, 4)	Vegetable fingers with optional Hot Dog Roll Chips baked beans, Peas or mixed salad (1)	Jacket Potato with Baked Beans, Tuna or Cheese and Salad (7)		Homemade Dessert

Week 2

Day	Option 1	Option 2	Option 3	Pasta	Dessert
Mon	Local butcher's beef burger in a bun Homemade potato wedges, Baked beans, or salad sticks (1, 9)	Plant Based burger in a bun Homemade potato wedges, Baked beans, or salad sticks (1, 9)	Jacket Potato with Baked Beans, or Cheese and Salad (7)		Fresh Fruit Platter
Tues	Mac n Cheese with Bacon Peas, or Baked Beans Garlic Bread (1, 7)	Mac n Cheese Peas, or Baked Beans Garlic Bread (1, 7)	Jacket Potato with Baked Beans, or Cheese and Salad (7)		Homemade Dessert
Weds	Roast chicken Fillet Roast potatoes. yorkshire pudding, seasonal vegetables, gravy (1, 3, 7)	Homemade Veggi Roast Roast potatoes. yorkshire pudding, seasonal vegetables, gravy (1, 3, 7)			Fruit and Yogurt (milk (7) and soya available)
Thurs	Meaty Meatballs Served in a rich tomato sauce and Rice, Sweetcorn or Salad (1)	Vegetarian Meatballs Served in a rich tomato sauce and Rice, Sweetcorn or Salad (1)	Jacket Potato with Baked Beans, or Cheese and Salad (7)		Homemade Dessert
Fri	Battered Fish Chips baked beans, Peas or mixed salad (1, 4)	Vegetable nuggets Chips baked beans, Peas or mixed salad (1)	Jacket Potato with Baked Beans, Tuna or Cheese and Salad (4, 7)		Ice cream. Dairy (7) & soya free ice cream available

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Gluten free/ dairy free/soya free options will always be available for every meal but may differ from the menu.

All homemade cakes and biscuits are dairy free and available gluten free. Custard will also be available in dairy free form.

Allergen information key

Identified allergens, if they are used as a deliberate ingredient in school food they are declared on the menu.

Key for allergens

1 = Cereals, contains gluten, namely wheat, rye barley and oats,

2 = Crustaceans, like prawns, crab, lobster and crayfish,

3 = Eggs,

4 = Fish,

5 = Peanuts,

6 = Soybeans,

7 = Milk / Dairy Products,

8 = Nuts, namely almonds, hazelnuts etc,

9 = Celery,

10 = Mustard.

Further meal information.

All meals are cooked on site by the kitchen team, our school dinner menu follows strict nutritional guidelines laid down by the government, aimed at encouraging all children to enjoy healthy food

by offering a range of choices, ensuring the food on the plate is healthy, fresh, high quality and locally sourced.

Within the recipes we aim to use lower sugar and often a good helping of vegetables or fruit in, some of our sauces often have hidden vegetables or pulses/beans in to ensure that the children eat a

varied diet and do not miss out on nutritional content because they do not like vegetables served as a side dish.

The kitchen does not use nuts, nut oils or nut containing products in the preparation of food, but we cannot guarantee that the source of some of the food manufacture is completely nut free.

Dairy – free desserts – where possible we use recipes and ingredients to keep all the dessert options dairy-free, however when this is not possible there will be an equivalent dairy-free option.

Drink choices are milk or water.

No added salt is used in any of our recipes, we use herbs, spices, garlic and vegetables to add flavour.

Our baked beans are of the low salt and sugar variety.

We use mature cheese in our recipes, so we can use less but keep the flavour.

The gravy used is a great tasting meaty flavoured gravy, which is gluten free, and suitable for vegetarians and vegans and meets 2024 PHE salt targets.

We use ingredients mainly from local suppliers, our fresh meat is supplied by Ivan Clark Butchers, Ilfracombe and Philip Dennis Butchers, our ambient and other foods from mainly Philip Dennis and Savona Ilfracombe.

We really want the children to enjoy their mealtime experience and encourage them to try different foods and eat a balanced meal.