

WEST DOWN MENU JANUARY – MARCH 2024



WEEK ONE



	OPTION 1	OPTION 2	OPTION 3	DESSERT
MONDAY	LOCAL BUTCHERS CHIPOLATAS.	QUORN SAUSAGES,	JACKET POTATO, SERVED WITH EITHER BAKED BEANS OR CHEESE, AND SALAD.	FRESH FRUIT MEDLEY
	CREAMY MASH POTATO, PEAS OR BAKED BEANS, AND GRAVY			
Allergen Information	1	1	Cheese 7, Salad 9	
TUESDAY	STICKY CHICKEN <i>(Chicken pieces covered in a honey and garlic glaze)</i> SAVOURY RICE	MAC. N. CHEESE <i>(Creamy macaroni pasta in a cheese sauce)</i> SERVED WITH SWEETCORN, AND CRUSTY BREAD	JACKET POTATO, SERVED WITH EITHER BAKED BEANS OR CHEESE, AND SALAD.	PUDDING SURPRISE
Allergen Information	6	1,7	Cheese 7, Salad 9	
ROAST WEDNESDAY	ROAST CHICKEN BREAST.	ROASTED QUORN FILLET.		MOUSSE
	CRISPY ROAST POTATOES, SEASONAL VEGETABLES, YORKSHIRE PUDDING AND GRAVY.			
Allergen Information	1,3,7	1,3,7	Cheese 7, Salad 9	
THURSDAY	BEEF LASAGNE, <i>(Layers of pasta separated with a rich tomato and meat sauce and creamy white sauce, topped with cheese)</i>	VEGETARIAN LASAGNE, <i>(Layers of pasta with a rich tomato and vegetarian mince sauce and creamy white sauce, topped with cheese)</i>	JACKET POTATO, SERVED WITH EITHER BAKED BEANS OR CHEESE, AND SALAD.	PUDDING SURPRISE
	WARMED GARLIC BREAD, AND SWEETCORN OR SALAD			
Allergen Information	1,3,7	1,3,6,7	Cheese 7, Salad 9	
FISH FRIDAY	BREADED FISH FINGERS.	BREADED VEGETABLE NUGGETS.	JACKET POTATO, SERVED WITH EITHER TUNA BAKED BEANS OR CHEESE, AND SALAD.	FRESH FRUIT MEDLEY
	STEAKHOUSE CHIPS, PEAS OR BAKED BEANS.			
Allergen Information	1,4	1	Cheese 7, Salad 9	



WEEK TWO



	OPTION 1	OPTION 2	OPTION 3	DESSERT
MONDAY	POPEYE PIZZA SERVED WITH POTATO WEDGES, BAKED BEANS OR SWEETCORN	PESTO PASTA SERVED WITH SWEETCORN AND CRUSTY BREAD	JACKET POTATO, SERVED WITH EITHER TUNA, BAKED BEANS OR CHEESE, AND SALAD.	HOMEMADE SHORTBREAD
Allergen Information	1,7	1,3	Cheese 7, Salad 9	
TUESDAY	SPAGHETTI BOLOGNESE	VEGETARIAN SPAGHETTI BOLOGNESE	JACKET POTATO, SERVED WITH EITHER BAKED BEANS OR CHEESE, AND SALAD.	PUDDING SURPRISE
	SERVED WITH MIXED VEGETABLES			
Allergen Information	1,3	1,3,6	Cheese 7, Salad 9	
ROAST WEDNESDAY	ROAST PORK LOIN	HOMEMADE VEGGI ROAST		FRUIT AND YOGURT
	CRISPY ROAST POTATOES, SEASONAL VEGETABLES, YORKSHIRE PUDDING AND GRAVY.			
Allergen Information	1,3,7	1,3,7	Cheese 7, Salad 9	
THURSDAY	WINTER CHICKEN CASSEROLE WITH HERBY SCONE DUMPLINGS	WINTER QUORN AND VEG CASSEROLE WITH HERBY SCONE DUMPLINGS	JACKET POTATO, SERVED WITH EITHER BAKED BEANS OR CHEESE, AND SALAD.	PUDDING SURPRISE
	SERVED WITH SLIGHTLY SPICED DICED POTATOES, AND SLICED GREEN BEANS			
Allergen Information	1,9	1,3,6,9	Cheese 7, Salad 9	
FISH FRIDAY	COD DOGS	V.E. DOGS	JACKET POTATO, SERVED WITH EITHER TUNA BAKED BEANS OR CHEESE, AND SALAD.	PUDDING SURPRISE
	STEAKHOUSE CHIPS, PEAS OR BAKED BEANS.			
Allergen Information	1,4	1	Cheese 7, Salad 9	

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.