

Week 1

Müller® Yoghurt, Fresh Fruit Salad available daily

M

1 Pasta Bolognese
 V Jacket Potato with Beans
 Garden Peas & Fresh Carrot Slices Salad
 Cookie & Milkshake

Tu

1 Homemade Chicken Pizza
 V Vegetable Chilli with Rice
 Crispy Potato Wedges or Pasta Sweetcorn, Orchard Salad, Salad
 Carrot Cake with Custard

W

1 Westcountry Roast Gammon & Pineapple
 V Vegetable Roast
 Roast or Creamed Potatoes
 Roasted Parsnips, Broccoli Florets, Salad
 Neapolitan/Vanilla Ice Cream with Viennese Biscuit

Th

1 Beef Stew & Dumplings
 V Cheese Wheel
 Boiled or Creamed Potatoes
 Farmhouse Vegetables, Baked Beans, Salad
 Harvest Fruit Crumble with Custard

F

1 Oven Baked Fish in Breadcrumbs
 V Vegetable Wrap
 Golden Fries or Pasta
 Seasonal Vegetables, Salad
 Custard Biscuit with Fruit Juice

Week 2

Müller® Yoghurt, Fresh Fruit Salad available daily

M

1 Minced Beef & Vegetable Pie
 V Jacket Potato with Cheese & Beans
 Pasta or New Potatoes
 Cauliflower Florets, Garden Peas, Salad
 Steamed Jam Sponge with Custard

Tu

1 Mild Turkey Curry with Rice
 V Pizza Baguette
 Creamed Potatoes or Pasta
 Farmhouse Vegetables, Salad
 Iced Chocolate & Orange Slice

W

1 Westcountry Roast Beef with Gravy
 V Roast Vegetable Tart
 Roast or Creamed Potatoes
 Fresh Carrots, Fresh Cabbage, Salad
 Cheese & Crackers
 with Apple Slice or Iced Fruit Smoothie

Th

1 Homemade Sausage Roll
 V Tomato Pasta Bake
 Creamed Potatoes or Pasta
 Garden Peas, Baked Beans, Salad
 Fruity Flapjack with Milk Drink

F

1 Oven Baked Fish in Natural Crumb
 V Vegetarian Quiche
 Golden Fries or Pasta
 Seasonal Vegetables, Salad
 Chocolate Drop Biscuit with Fairtrade Fruit Juice

Week 3

Müller® Yoghurt, Fresh Fruit Salad available daily

M

1 Westcountry Sausages
 with Onion Gravy or Tomato Sauce
 V Bean Paella
 Creamed Potatoes or Pasta
 Garden Peas, Sweetcorn, Salad
 Sticky Toffee Pudding with Custard

Tu

1 Homemade Beef Burger or Chicken Breast
 in a Warm Roll
 V Lentil Loaf
 Pasta or Sauté Potatoes
 Baked Beans, Coleslaw, Salad
 Shortbread Finger with Fruit Jelly

W

1 Roast Pork & Gravy
 V Baked Homity Pie
 Roast or Creamed Potatoes
 Fresh Swede, Green Beans, Salad
 Fruit Cocktail with Ice Cream

Th

1 Beef Lasagne
 V Cheese & Pineapple Muffin
 New Potatoes or Pasta, Farmhouse Vegetables
 Garlic Bread, Salad
 Chocolate Cracknel with Fairtrade Fruit Juice

F

1 Bite Sized Salmon Fillets in Natural Crumb
 V Vegetarian Sausage
 Golden Fries or Pasta
 Seasonal Vegetables, Salad
 Cookie & Milkshake

Month	Week 1
	Week 2
	Week 3
	School Holiday
	Bank Holiday

September	M		6	13	20	27
	Tu		7	14	21	28
	W	1	8	15	22	29
	Th	2	9	16	23	30
	F	3	10	17	24	

October	M	4	11	18	25
	Tu	5	12	19	26
	W	6	13	20	27
	Th	7	14	21	28
	F	1	8	15	22

November	M	1	8	15	22	29
	Tu	2	9	16	23	30
	W	3	10	17	24	
	Th	4	11	18	25	
	F	5	12	19	26	

December	M		6	13	20	27
	Tu		7	14	21	28
	W	1	8	15	22	29
	Th	2	9	16	23	30
	F	3	10	17	24	31

Choices

1 Menu Choice 1
 V Vegetarian Choice

Free School Meals

How do I qualify for free school meals?

Parents/guardians who receive any of the following are entitled to free school meals*

- Income Support (IS)
- Employment Support Allowance (Income Related)
- Child Tax Credit without Working Tax Credit with an annual taxable income (as assessed by HMR&C) of **less than £16,190**
- Income-based Job Seekers Allowance (IBJSA)
- Guaranteed Element of State Pension Credit
- Support under Part VI of the Immigration and Asylum Act 1999

NB: If you have recently become unemployed but are still receiving working Tax credits, you **may** be entitled to free school meals, please call **0845 155 1019** for advice.

Please note: Contributions Based Jobseeker's Allowance, Working Tax Credit and Invalidity Benefit do not qualify; also being in receipt of Child Tax Credit AND Working Tax Credit does not qualify.

How do i register for free school meals?

Telephone the School Admissions Team on **01392 382761** or visit www.devon.gov.uk and look up **free school meals** under 'f' in the a to z.

** information correct at time of printing*



About Us

Devon Catering & Cleaning Services are part of the Children & Young People's Services Directorate of Devon County Council.

On an average day we serve over 13,000 meals to children in Primary Schools across Devon.

Our aim is to give your child the best possible start in life by providing a healthy school lunch.

Our **Fresh Start** menu is based around providing a good quality balanced meal using freshly prepared ingredients sourced locally wherever possible.



This menu can be made available in a large text format on request

Contact us if you have any questions about our catering service. We always welcome any comments you may have about our school meals.

DEVON CATERING & CLEANING SERVICES
CHILDREN & YOUNG PEOPLE'S SERVICES
Falcon Road
Sowton
Exeter EX2 7LB
Telephone 01392 384877 Fax 01392 444262
E-mail dccs@devon.gov.uk



Fresh Start Menu

Autumn Term

September - December 2010

Primary & Special Schools



" A healthy choice of delicious nutritionally balanced recipes."

for only £2.00 per day!



A better start in life