

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	HAM HOT POT A hearty meal with ham, potato, pea & mint, served with crusty bread (1,6)	CHICKEN QUESADILLA Chicken, vegetables & Cheddar cheese in a tortilla wrap served with rice (1,6)	THE ROAST Devon Sausages with crispy potatoes, Yorkshire pudding & gravy (1,6,8,12)	PASTA BOLOGNAISE Plant powered bolognaise sauce mixed with penne pasta. (1)	FISH FINGERS Fish fingers with oven baked chips (1,5)
Meat Free	SWEET POTATO CRUMBLE Lentils & sweet potato in a tomato sauce with a crunchy topping & rice (1)	CHICKPEA TAGINE Packed with warm Moroccan flavours. A healthy blend of vegetables, chickpeas & cous cous (1)	HOMINY PIE Cheese & potato pie topped with tomatoes (1,6)	PIZZA The original Margherita topped with cheese & tomato with potato wedges (1,6)	VEGGIE BURGER In a soft white bap with oven baked chips (1,7)
Jacket Potatoes	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)
Dessert	GINGERBREAD A warm, sweet, flavoured ginger cake (1,8)	FRUIT CRUMBLE Old fashioned apple & mixed berry crumble with custard (1,6)	CARROT CAKE Sweet & moist, full of carrots, covered in creamy icing (1,8)	RASPBERRY JELLY	CHOCOLATE COOKIE Thick, crunchy & crumbly (1)

Week beginning - 30th Oct
20th Nov

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	MAC 'N' CHEESE WITH BACON The ultimate - creamy, cheesy bake (1,6)	CHICKEN & CHORIZO PIE Crisp flaky puff pastry filled with chicken & chorizo served with seasoned diced potatoes (1, 6)	THE ROAST Gammon Ham with crispy potatoes & gravy	PIZZA The All-American with Pepperoni & potato wedges (1,6)	BEEF BURGER Juicy, local beef burger in a soft white bap with oven baked chips (1,2,12)
Meat Free	COTTAGE PIE A classic recipe with a veggie twist topped with a sweet potato mash	VEGGIE CANNELLONI Pasta tubes stuffed with vegetables & beans, baked in a rich sauce (1,6)	VEGETABLE FILO PARCEL Seasonal root vegetables with a rich tomato sauce in a pastry wrap (1)	VEGGIE HOT DOG In a soft white roll with potato wedges (1)	MOZZARELLA CHEESE STICKS Golden & crispy on the outside, melted gooey cheese on the inside, with oven baked chips (1,6)
Jacket Potatoes	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)
Dessert	CHERRY SHORTBREAD Traditional shortbread with sweet cherries (1,12)	JAM SPONGE & CUSTARD Sponge cake with jam & a generous sprinkle of coconut (1,6,8,12)	SPICED APPLE CAKE A deliciously moist fruit cake with a warm spice. (1,8)	ICE CREAM Vanilla or Strawberry (6)	ROCK CAKES Wonderfully crumbly, filled with orange & sultanas (1,8)

Week beginning - 6th November
27th Nov

Week beginning - 13th November
4th December

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	CHICKEN CURRY A mild creamy, lightly spiced chicken curry served over rice (7)	LASAGNE Beef ragu, layered with white sauce & pasta, topped with melted mozzarella (1,6)	THE ROAST Chicken with crispy potatoes, Chef's stuffing & gravy (1)	ULTIMATE BANGERS 'N' MASH Devon sausages with a creamy mash potato (1,12)	FISH & CHIPS Breaded cod with oven baked chips (1,5,6)
Meat Free	MAC 'N' CHEESE Pasta in a rich cheesy sauce with a cheese crust (1,6)	CURRIED CAULIFLOWER & BROCCOLI CHEESE Flaky pastry packed with a creamy cauliflower & broccoli cheese (1,6)	VEGGIE TOAD IN THE HOLE Crispy Yorkshire pudding with veggie sausages, lots of lovely vegetables & gravy. (1,6,8)	PIZZA The original Margherita topped with cheese & tomato with potato wedges (1,6)	FALAFEL Falafel with mint yoghurt, pitta & oven baked chips (1,6)
Jacket Potatoes	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)	CHEDDAR CHEESE (6), TUNA MAYO (5,8), BAKED BEANS OR BAKED BEANS AND CHEESE (6)
Dessert	CHOCOLATE BROWNIE Rich & fudgy, with a hint of beetroot. (1,6,8)	APPLE & BANANA CRISP A crunchy, golden-brown crust with a mushy mixture of banana & apple With Custard (1,6)	FRUITY FLAPJACK Sticky, chewy & bursting with fruity goodness (1)	STRAWBERRY JELLY	FRUIT MUFFIN Light, moist & super fluffy packed with fruit (1,6,8)

Allergens code:

1. Cereals including gluten – including wheat, rye, barley and oats.
2. Celery
3. Crustaceans such as prawns, crabs & lobsters
4. Lupin
5. Fish
6. Milk
7. Mustard
8. Eggs
9. Peanuts
10. Sesame Seeds
11. Soya Beans
12. Sulphur Dioxide
13. Tree nuts
14. Molluscs