

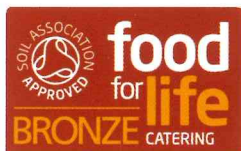
Quality Meals

nutritionally balanced

Your School menu is made from quality ingredients, sourced locally wherever possible.



- **Lamb, Pork & Beef** from Devon, Cornwall & Somerset farms; British Turkey & Chicken.
- **Fresh Seasonal Vegetables** grown locally where possible; Fresh Fruit & Salad choices daily.
- **Local, Semi-skimmed Milk** for drinks & sauces.
- **Free Range Eggs** and **Locally Sourced Cheese**.
- **Sustainable Fish**; Marine Stewardship Council certified **Pollack Fillets**.
- **No undesirable additives** or **hydrogenated fats**.
- Every meal is cooked from **fresh ingredients** daily.
- A tasty **vegetarian option** available every day.
- **Low Fat Yoghurt** or **Fresh Fruit Salad** as alternatives to the dessert every day.



- Your school menu meets all of the **Nutritional Standards** for primary school meals in England.

Free School Meals

Do I qualify for free school meals?

Visit www.devon.gov.uk to look up **free school meals** under 'f' in the **a to z**. For further information and advice please call **0845 155 1019**.

Devon Norse

your new catering provider

Devon Norse is a new Joint Venture Company between **Devon County Council** and **Norse Commercial Services**, set up to provide caretaking, cleaning and school meals in Devon.

Our catering service meets the demand for quality, tailor made operations with the emphasis on healthy, fresh and locally sourced food.



We aim to develop a more positive and customer-driven service, creating a true partnership with schools and communities.

We are committed to investing in the development of the workforce and to ensuring the appropriate equipment is available to undertake the service.

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

Please contact us if you have any questions or comments about our catering service.



DEVON NORSE LTD.
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Exeter EX2 7LW



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 **DevonNorse**

Our School Menu

Autumn Term

September - December 2011
Primary & Special Schools



“ A new name and a fresh approach to school catering in Devon ”

Provided by

 **DevonNorse**

Week 1

Müller® Yoghurt, Fresh Fruit Salad available daily

Monday

- 1 Pasta Bolognaise
- v Jacket Potato with Beans
- 3 Tuna Roll with Salad Garnish
- Garden Peas & Fresh Carrot Slices
- Salad
- Cookie & Milk Shake

Tuesday

- 1 Homemade Cheese & Tomato Pizza Baguette
- v Vegetable Chilli with Rice
- 3 Golden Salmon Bites
- Crispy Potato Wedges or Pasta
- Sweetcorn, Orchard Salad, Salad
- Carrot Cake with Custard

Wednesday

- 1 Westcountry Roast Gammon & Pineapple
- v Vegetarian Roast
- 3 Cheese Filled Pitta with Mayo & Salad Garnish
- Roast or Creamed Potatoes
- Roasted Parsnips, Broccoli Florets, Salad
- Neapolitan/Vanilla Ice Cream & Viennese Biscuit

Thursday

- 1 Homemade Beef Stew & Dumplings
- v Cheese Wheel
- 3 Ham Ploughman's Lunch
- Boiled or Creamed Potatoes
- Farmhouse Vegetables, Baked Beans, Salad
- Harvest Fruit Crumble with Custard

Friday

- 1 Oven Baked Fish in Breadcrumbs
- v Noodle Wrap
- 3 Cheese Salad
- Golden Fries or Pasta
- Seasonal Vegetables, Salad
- Custard Biscuit with Fairtrade Fruit Juice

Week 2

Müller® Yoghurt, Fresh Fruit Salad available daily

Monday

- 1 Turkey & Vegetable Casserole
- v Jacket Potato with Cheese & Beans
- 3 Cheese Roll with Potato Salad & Salad Garnish
- Cauliflower Florets, Garden Peas
- Salad
- Steamed Jam Sponge with Custard

Tuesday

- 1 Fish Fingers with Tomato Sauce
- v Sweet Potato & Lentil Curry, Rice & Naan Bread
- 3 Cheese & Pineapple Pizza Muffin
- Creamed Potatoes or Pasta
- Farmhouse Vegetables, Salad
- Iced Chocolate & Orange Slice with Milk Drink

Wednesday

- 1 Westcountry Roast Beef with Gravy
- v Roast Vegetable Tart
- 3 Tuna Pitta with Salad
- Roast or Creamed Potatoes
- Fresh Carrots, Fresh Cabbage, Salad
- Cheese, Crackers & Apple or Iced Fruit Smoothie with Fairtrade Fruit Juice

Thursday

- 1 Homemade Sausage Roll
- v Tomato Pasta Bake
- 3 Beef Baguette with Salad Garnish
- Creamed Potatoes or Pasta
- Garden Peas, Baked Beans, Salad
- Fruity Flapjack with Custard

Friday

- 1 Oven Baked Fish in Natural Crumb
- v Vegetarian Quiche
- 3 Egg Mayonnaise Roll
- Golden Fries or Pasta
- Seasonal Vegetables, Salad
- Chocolate Drop Biscuit with Milkshake

Week 3

Müller® Yoghurt, Fresh Fruit Salad available daily

Monday

- 1 Bite Sized Salmon Fillets in Natural Crumb
- v Vegetarian Sausage
- 3 Cheese Bap with Salad Garnish
- Creamed Potatoes or Pasta
- Garden Peas, Sweetcorn, Salad
- Sticky Toffee Pudding with Custard

Tuesday

- 1 Homemade Beef Burger in a Warm Roll
- v Lentil Loaf
- 3 Jacket Potato with Coleslaw
- Pasta or Sauté Potatoes
- Baked Beans, Coleslaw, Salad
- Shortbread Finger with Fruit Jelly

Wednesday

- 1 Roast Pork & Gravy
- v Baked Homity Pie
- 3 Tuna Mayo Pasta with Salad
- Roast or Creamed Potatoes
- Fresh Swede, Green Beans, Salad
- Fruit Cocktail with Ice Cream

Thursday

- 1 Homemade Beef Lasagne with Garlic Bread
- v Broccoli & Potato Cheese Bake
- 3 Welsh Eggs
- New Potatoes or Pasta
- Farmhouse Vegetables, Salad
- Chocolate Cracknel with Fairtrade Fruit Juice

Friday

- 1 Westcountry Sausages
- v Vegetarian Wrap
- 3 Tuna & Sweetcorn Bap
- Golden Fries or Pasta
- Seasonal Vegetables, Salad
- Cookie with Milkshake

Month	Week 1				
	Week 2				
	Week 3				
	School Holiday				
	Bank Holiday				

September	M	5	12	19	26	
	Tu	6	13	20	27	
	W	7	14	21	28	
	Th	1	8	15	22	29
	F	2	9	16	23	30

October	M	3	10	17	24	31
	Tu	4	11	18	25	
	W	5	12	19	26	
	Th	6	13	20	27	
	F	7	14	21	28	

November	M	7	14	21	28	
	Tu	1	8	15	22	29
	W	2	9	16	23	30
	Th	3	10	17	24	
	F	4	11	18	25	

December	M	5	12	19	26	
	Tu	6	13	20	27	
	W	7	14	21	28	
	Th	1	8	15	22	29
	F	2	9	16	23	30

Choices	1	Menu Choice 1
	v	Vegetarian Choice
	3	Menu Choice 3