

ELL ACOMBE DE IMARY

AUTUMN MENU WEEK ONE

WEEKS COMMENCING: 1/9, 22/9, 13/10, 10/11, 1/12

FRIDAY

Fish Fingers with Chips, Baked Beans and Peas

Ç Ô	MAIN ONE
	TWO
	JACKET POTATO
	SANDWICH OR WRAP DESSERT

selecti

Fresh

MONDAY	TUESDAY	WEDNESDAY	THURSO
Macaroni Cheese with Homemade Focaccia, Fine Green Beans and Sweetcorn	Sausage Roll with Potato Wedges, Coleslaw and Peas	Roast Chicken and Gravy with Roast Potatoes, Carrots and Broccoli	Devon Beef Bolognese with W and Wholegrain P Garlic Bread Slii Sweetcorn and Ca
Roasted Vegetable and Tomato Pasta with Homemade Focaccia, Fine Green Beans and Sweetcorn	Vegetarian Sausage Roll with Potato Wedges, Coleslaw and Peas	Broccoli, Bean and Cauliflower Bake with Roast Potatoes, Carrots and Broccoli	Vegan Bologne. with White an Wholegrain Pas Garlic Bread Sli Sweetcorn and Ca
Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatos

ted Vegetable Tomato Pasta n Homemade cia, Fine Green and Sweetcorn	Vegetarian Sausage Roll with Potato Wedges, Coleslaw and Peas	Broccoli, Bean and Cauliflower Bake with Roast Potatoes, Carrots and Broccoli	Vegan Bolognese with White and Wholegrain Pasta, Garlic Bread Slice, Sweetcorn and Carrots	Veggie Nuggets with Chips, Baked Beans and Peas
ket Potatoes d daily with a tion of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings
n Sandwich	Cheese Wrap	Egg Mayo Sandwich	Ham Wrap	Chicken Mayo Sandwich
h Fruit Salad	Custard Biscuit	Blueberry Muffin	Banana Cake	Strawberry Mousse with Fruit

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cros contamination will never occur, we do take every possible precaution to prevent this from happeni







AUTUMN MENU WEEK TWO

WEEKS COMMENCING: 8/9, 29/9, 20/10, 17/11, 8/12

CC	MAIN
	JACKET POTATO
	SANDWICH OR WRAP DESSERT

MONDAY	TUE	SDA
	 20	

WEDNESDAY THURSDAY

FRIDAY

Chicken Pasta with Homemade Focaccia, Coleslaw and Carrots

Vegetable and

Mixed Bean Lasagne

with Homemade

Focaccia, Coleslaw

and Carrots

Jacket Potatoes

served daily with a

selection of fillings

Tuna Mayo

Sandwich

Apple and

Raspberry Cake

Devon Beef and Vegetable Pie with Mash Potato, Cabbage and Sweetcorn

Cheese and Bean

Pasty with Mash

Potato, Cabbage

and Sweetcorn

Jacket Potatoes

served daily with a

selection of fillings

Ham Wrap

Strawberry Jelly

and Fruit

Roast Gammon and Gravy with Roast Potatoes. **Carrots and Broccoli**

Leek and Potato Bake

with Roast Potatoes.

Carrots and Broccoli

Jacket Potatoes

served daily with a

selection of fillings

Hummus Wrap

Chocolate Drizzle

Shortbread

Mild Chicken Curry with Wholegrain and White Rice, Naan Bread **Sweetcorn and Fine Green Beans**

Lentil and Vegetable

Curry with Wholegrain and White Rice, Naan Bread, Sweetcorn and **Fine Green Beans**

Jacket Potatoes served daily with a selection of fillings

selection of fillings

Cheese Wrap

Jam and Coconut Sponge with Fresh Fruit

Breaded Fish with Chips, Peas and **Baked Beans**

Red Pepper Frittata with Chips, Peas and Baked Beans

Jacket Potatoes served daily with a

Egg Mayo Sandwich

Carrot Cake





ELLACOMBE PRIMARY

AUTIIMN MFNU WEEK THREE

Sweet and Sour

Chicken with White

and Wholegrain Rice,

Peas and Fine Green

Five Bean Chilli

with White and

Wholegrain Rice,

Peas and Fine Green

Ham Sandwich

WEEKS COMMENCING: 15/9, 6/10, 3/11, 24/11, 15/12

JACKET POTATU

MONDAY TUESDAY Pepperoni Pizza with Potato Wedges, Sweetcorn and Fresh Chopped Salad Magherita Pizza with Potato Wedges, Sweetcorn and Fresh Chopped Salad **Jacket Potatoes**

Tuna Sandwich

Jacket Potatoes served daily with a served daily with a selection of fillings selection of fillings

Apple Sponge and Custard Lemon Cookie

Roast Pork and Gravy with Roast Potatoes, Carrots and Cabbage

Roasted Vegetable Quiche with Roast Potatoes, Carrots and Cabbage

Jacket Potatoes served daily with a selection of fillings

Cheese Wrap

Chocolate Brownie

Devon Pork Sausages with Mash Potato, **Broccoli** and Sweetcorn

WEDNESDAY THURSDAY

Vegetarian Sausage with Mash Potato. **Broccoli** and Sweetcorn

Jacket Potatoes served daily with a selection of fillings

Chicken Mayo Sandwich

Flapjack

Chicken Bites or Salmon Fingers with Chips, Peas

and Beans

FRIDAY

Vegetable Fajita with Chips, Peas and Beans

Jacket Potatoes served daily with a selection of fillings

> Egg Mayo Sandwich

Ice Cream and Fresh Fruit



