#### Dartmoor **Multi Academy** Trust

...everyone in our Trust.

South Tawton Primary



# SUMMER MENU Leek one













#### MONDAY

BBQ Chicken Wrap, Handcut Wedges and Root Slaw **GF/DF** 

**Hand Stretched** Margherita Pizza, Handcut Wedges and Vegetable Sticks DFA

> Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

Fruit Platter GF/DF

#### **TUESDAY**

**Crispy Bacon** Mac n Cheese, Garlic Focaccia **Bread and Peas GFA** 

Veggie Brunch Quorn Sausage, Hash Brown, Beans and Tomato

> Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

**Chocolate Brownie** 

## WEDNESDAY

Roast Turkey, Roast Potatoes, Seasonal Vegetables and Gravy GF/DF

**Sweet Potato Bake** Roast Potatoes, Seasonal Vegetables and Gravy

> Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

Ice Cream GF

#### **THURSDAY**

**Beef Tacos**, Veaetable Rice and Vegetable Sticks GFA/DF

**Butternut Squash and** Cauliflower Curry, Vegetable Rice and Naan Bread

GF/DF

Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

**Iced Sponge DF** 

### **FRIDAY**

**Breaded Fish or** Salmon Fingers with Chips and Beans GF/DF

Vegetable Fajita with Chips and Peas or Beans

> Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad GFA/DFA

Pink Raspberry Flapjack DF

Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.





FRESH FRUIT É YOGHURT **SERVED DAILY** 

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# SUMMER MENU Week two



### MONDAY

#### TUESDAY

#### WEDNESDAY

#### **THURSDAY**

### FRIDAY

Devonshire Hot Dog, Pomme Noisettes and Baked Beans GFA/DF

Beef Chilli, Tortilla Chips and Salad GF/DF Roast Pork, Roast Potatoes, Seasonal Vegetables and Gravy GF/DF Hand Stretched Pepperoni Pizza, Hand Cut Wedges and Vegetable Sticks

Breaded Fish Fingers, Chips and Peas DF



Cheese and Potato Pasty with Pomme Noisettes and Baked Beans Vegetable Potato Boat with Root Slaw and Salad GF/DF Cauliflower and Broccoli Gratin, Roast Potatoes Seasonal Vegetables and Gravy GFA

Macaroni Cheese, Garlic Bread and Salad GFA

Vegetable Nuggets, Chips and Peas DF



Cheese, Beans or Tuna Mayo Cheese, Beans or Tuna Mayo GF/DFA Cheese, Beans or Tuna Mayo GF/DFA Cheese, Beans or Tuna Mayo GF/DFA Cheese, Beans or Tuna Mayo GF/DFA



Pick a
DESSERT

Cheese, Ham or Tuna Mayo with Potato and Salad GFA/DFA Cheese, Ham or Tuna Mayo with Potato and Salad GFA/DFA Cheese, Ham or Tuna Mayo with Potato and Salad GFA/DFA Cheese, Ham or Tuna Mayo with Potato and Salad GFA/DFA Cheese, Ham or Tuna Mayo with Potato and Salad GFA/DFA

Fruit Platter GF/DF

Banana Sticky
Toffee GF

Carrot Cake DF

Chocolate Orange Drizzle Cake DF Jelly with Fruit GF/DF





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FRESH FRUIT & YOGHURT SERVED DAILY

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# SUMMER MENU Week three













#### MONDAY

**Dartmoor Chipolata** Sausages and Mashed Potato with Carrots, Cabbage and Gravy GF/DF

Quorn Sausage and Mashed Potato with Carrots, Cabbage and Gravy DF

> Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

Fruit Platter GF/DF

#### **TUESDAY**

Beef Bolognaise, Penne Pasta, Garlic Bread and Peas GFA/DF

Falafel Wrap with Root Slaw and Vegetable Sticks **GFA** 

Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

Lemon Drizzle DF

#### WEDNESDAY

Roast Chicken, **Roasted New** Potatoes, Seasonal Vegetables and Gravy GF/DF

Leek and Potato Bake, Roasted New Potatoes and Seasonal Vegetables

Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

Flapplejack DF

**Sweet and Sour** Pork, Noodles and Sweetcorn DF

**Tomato and Basil** Pasta Bake with Sweetcom **GFA/DFA** 

Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad **GFA/DFA** 

Banana Marble Cake DF

FRESH FRUIT É YOGHURT

**SERVED DAILY** 

#### **THURSDAY FRIDAY**

**Battered Chicken** Chunks, Chips and **Beans DF** 

**Sweet Potato and** Chick Pea Cakes with Chips and Beans

Cheese, Beans or Tuna Mayo GF/DFA

Cheese, Ham or Tuna Mayo with Potato and Salad GFA/DFA

**Rocket Lolly GF/DF** 





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