

Exminster Community Primary School

Monday

Tuesday

Wednesday

Thursday

Friday

Dates week commencing -5 September, 26 September, 17 October, 14 November, 5 December

Meat/Fish	Chicken/Cheese & Tomato Pizza	Sausage & Mash	Roast Turkey with New/Roast Potatoes	Pasta Bolognese	Fish Fingers with Chips
Vegetarian	Vegetarian Mock Moussaka	Tomato & Broccoli Pasta Bake	Savoury Rice	Cheesy Wheels	Vegetarian Burger
Additional Options	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Tuna	Jacket Potato with Baked Beans
	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket
	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll
	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll
Vegetables	Sweetcorn Cucumber Sticks	Peas Baked Beans	Cauliflower Green Beans	Carrots Tomatoes	Peas Baked Beans
Dessert of the day	Cheese & Biscuits	Orange Shortbread	Peaches & Ice Cream	Chocolate Sponge & Chocolate Sauce	Custard Biscuit

Dates week commencing -12 September, 3 October, 31 October, 21 November, 12 December

Meat/Fish	Cheese & Tomato Pizza	Hot Dog	Roast Gammon with New/Roast Potatoes	Macaroni & Ham Bake	Battered Fish with Chips
Vegetarian	Vegetarian Bolognese	Cauliflower Cheese	Homity Pie	Tomato and Vegetable Tumble	Vegetarian Stir Fry
Additional Options	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Beans
	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket
	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll
	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll
Vegetables	Sweetcorn Cucumber Sticks	Baked Beans Peas	Cabbage Carrots	Sweetcorn Green Beans	Peas Baked Beans
Dessert of the day	Lemon Cake	Flapjack	Jelly & Pineapple	Chocolate Rice Krispies	Iced Sponge

Dates week commencing - 19 September, 10 October, 7 November, 28 November,

Meat/Fish	Ham/Cheese & Tomato Pizza	Sausage Hot Pot	Roast Chicken with New/Roast Potatoes	Beef & Onion Puffs	Fish Fingers with Chips
Vegetarian	Vegetable and Noodle Wrap	Roast Vegetable Tart	Cheese & Tomato Focaccia	Vegetarian Hot Dog	Sweet Potato & Lentil Curry with Rice
Additional Options	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Baked Beans
	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket
	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll	Packed Lunch with Ham Roll
	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll	Packed Lunch with Cheese Roll
Vegetables	Sweetcorn Cucumber Sticks	Peas Carrots	Carrots Broccoli	Sweetcorn Green Beans	Peas Baked Beans
Dessert of the day	Cheese & Biscuits	Mandarin Sponge & Custard	Muesli Crunch	Ice Cream & Pears	Chocolate Date Cookie

The following are available daily: Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
Organic fresh white & wholemeal crusty bread
Selection of seasonal fresh fruit and low fat yoghurts
Chilled water
The carbohydrate is incorporated in the whole dish unless otherwise stated

The Packed Lunch Option will consist of:
Ham or Cheese Roll (subject to availability)
Carton of Drink
Cucumber or Carrot Sticks
Fruit or Yoghurt