

Exminster Community Primary School

Monday

Tuesday

Wednesday

Thursday

Friday

Dates week commencing **week commencing -4 September, 25 September, 16 October, 13 November, 4 December**

| | | | | | |
|--------------------|--------------------------------|-------------------------------|---------------------------------------|-------------------------------|--------------------------------|
| Meat/Fish | Minced Beef Cobbler | Meatballs and Pasta | Roast Chicken with New/Roast Potatoes | Homemade Chicken Pie | Fish Fingers with Chips |
| Vegetarian | Vegetarian Curry | Vegetarian Sausage Casserole | Lentil Loaf | Cheesy and Leek Pasta Bake | Mock Moussaka |
| 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 |
| Vegetables | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap |
| | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap |
| | Sweetcorn Green Beans | Mixed Vegetables Broccoli | Cabbage Carrots | Green Beans Sweetcorn | Peas Baked Beans |
| Dessert of the day | Apple Cake and Custard | Fresh Fruit Salad | Cheese and Savoury Biscuits | Fresh Fruit Salad | Shortbread Biscuit |

Dates week commencing **week commencing -11 September, 2 October, 30 October, 20 November, 11 December**

| | | | | | |
|--------------------|--------------------------------|-------------------------------|--------------------------------------|-------------------------------|--------------------------------|
| Meat/Fish | Sausage and Pasta Bake | Beef Curry and Rice | Roast Gammon with New/Roast Potatoes | Chicken Casserole | Battered Fish with Chips |
| Vegetarian | Cauliflower Cheese Bake | Vegetarian Burritos | Vegetarian Stir Fry | Stuffed Vegetarian Tortillas | Vegetarian Pasta Bake |
| 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 |
| Vegetables | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap |
| | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap |
| | Carrots Green Beans | Sweetcorn Peas | Broccoli Carrots | Sweetcorn Green Beans | Peas Baked Beans |
| Dessert of the day | Oat Fruit Crunch | Fresh Fruit Salad | Fruit Jelly and Custard | Fresh Fruit Salad | Chocolate Rice Krispie Cake |

Dates week commencing **week commencing - 18 September, 9 October, 6 November, 27 November**

| | | | | | |
|--------------------|--------------------------------|-------------------------------|--------------------------------------|-------------------------------|--------------------------------|
| Meat/Fish | Cheese and Ham Pasta Bake | Chinese Chicken | Roast Turkey with New/Roast Potatoes | Pasta Bolognaise | Fish Fingers with Chips |
| Vegetarian | Vegetarian Curry | Vegetarian Chilli | Butterbean Casserole | Vegetarian Noodle Stir Fry | Homemade Vegetarian Nuggets |
| Additional Options | Jacket Potato with Baked Beans | Jacket Potato with Tuna | Jacket Potato with Baked Beans | Jacket Potato with Cheese | Jacket Potato with Baked Beans |
| | Plain Jacket | Plain Jacket | Plain Jacket | Plain Jacket | Plain Jacket |
| Vegetables | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap | Packed Lunch with Ham Wrap |
| | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap | Packed Lunch with Cheese Wrap |
| | Sweetcorn Green Beans | Green Beans Broccoli | Carrots Cauliflower | Sweetcorn Green Beans | Peas Baked Beans |
| Dessert of the day | Seasonal Fruit Cake | Fresh Fruit Salad | Cheese and Savoury Biscuits | Fresh Fruit Salad | Fruit Biscuit |

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 Wrap (subject to availability)

Portion of Raisins
Cucumber, Carrot and Apple Sticks
Fruit or Yoghurt
Chilled Water