

Exminster Community Primary School - September 2021 - July 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Dates week commencing	week commencing -6 Sep, 27 Sep, 18 Oct, 15 Nov, 6 Dec, 10 Jan, 31 Jan, 28 Feb, 21 Mar, 25 Apr, 16 May, 13 Jun, 4 Jul, 25 Jul				
Meat/Fish	Homemade Beef Burger in a Bap	Pasta Bolognaise	Roast Gammon with New/Roast Potatoes	Chicken and Rice Burritos	Fish Fingers with Chips
Vegetarian	Vegetarian Cottage Pie	Macaroni Cheese	Noodles and Vegetables in a Soy Sauce	Five Bean Vegetable Chilli with Rice	Vegetable Nuggets with Chips
Additional Options	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Baked Beans
	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket
	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
Vegetables	Baked Beans / Carrots	Garden Peas / Sweetcorn	Carrots / Garden Peas	Mixed Vegetables / Broccoli	Baked Beans / Garden Peas
Dessert of the day	Fresh Fruit Salad	Fruity Flapjack	Fruit Yogurt	Cheese and Biscuits	Custard Biscuit
Dates week commencing	week commencing - 13 Sep, 4 Oct, 1 Nov, 22 Nov, 13 Dec, 17 Jan, 7 Feb, 7 Mar, 28 Mar, 2 May, 23 May, 20 Jun, 11 Jul				
Meat/Fish	Cheese and Ham Wholemeal Pizza	Breaded Chicken Escalope served with Savory Rice	Roast Beef with New/Roast Potatoes	Homemade Shepherds Pie	Battered Fish with Chips
Vegetarian	Cheese and Tomato Wholemeal Pizza	Quorn Bolognaise	Vegetable Curry	Vegetable Pasta Bake	Quorn Nuggets with Chips
Additional Options	Jacket Potato with Cheese	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
	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
Vegetables	Sweetcorn / Garden Peas	Mixed Vegetables / Cauliflower	Carrots / Broccoli	Garden Peas / Green Beans	Baked Beans / Sweetcorn
Dessert of the day	Fresh Fruit Salad	Fruit Sponge with Custard	Fruit Yogurt	Cheese and Biscuits	Coconut Infused Biscuit
Dates week commencing	week commencing -20 Sep, 11 Oct, 8 Nov, 29 Nov, 3 Jan, 24 Jan, 14 Feb, 14 Mar, 4 Apr, 9 May, 6 Jun, 27 Jun, 18 Jul				
Meat/Fish	Chicken and Vegetable Pasta Bake	Homemade Beef Lasagne	Roast Pork with New/Roast Potatoes	Homemade Sausage Roll	Fish Goujons with Chips
Vegetarian	Quorn Lasagne	Cheesy Wheels	Vegetarian Quiche	Vegetarian Sausage and Pasta Bake	Vegetable Fingers with Chips
Additional Options	Jacket Potato with Cheese	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato Baked Beans	Jacket Potato with Baked Beans
	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket	Plain Jacket
	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
Vegetables	Garden Peas / Sweetcorn	Carrots / Green Beans	Cabbage/ Cauliflower	Baked Beans / Broccoli	Garden Peas / Sweetcorn
Dessert of the day	Fresh Fruit Salad	Apple Cake with Custard	Fruit Yogurt	Cheese and Biscuits	Chocolate Chip Wholemeal Biscuit

The following are available daily: Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)

Selection of seasonal fresh fruit
Chilled water

The carbohydrate is incorporated in the whole dish unless otherwise stated

The Packed Lunch Option will consist of:
Ham or Cheese Wrap
Portion of Raisins
Cucumber, Carrot and Apple Sticks
Fruit or Yogurt
Chilled Water