



## Planet Plate

Eating a vegetarian diet can help with climate change by reducing carbon emissions and help reduce global warming. They are really tasty too!

# New Menu

Please order and pay in the usual way via



## DID YOU KNOW?

- We source seasonal and local food where we can
- Our meals are freshly prepared on site
- We serve at least two portions of fruit & veg a day
- Organic yoghurt or dairy alternative available daily
- We use local higher welfare meat and free range eggs
- Our school food meets the School Food Standards and Food For Life criteria.



### Planet Plate Day

### Tuesday

### Wednesday

### Thursday

### Friday

#### Week 1

31.10.22  
21.11.22  
12.12.22

14<sup>th</sup> Dec Xmas Lunch

#### Week 2

7.11.22  
28.11.22

#### Week 3

14.11.22  
5.12.22

WEEK 1

Freshly prepared Margherita pizza (V)  
Crunchy potatoes, Seasonal salad & seasonal vegetables  
Or  
Sunshine soup and a homemade bread roll  
  
Dessert of the day or fresh fruit  
Or organic fruit yoghurt

Butchers quality beef burger in a bun  
Or  
Vegetable burger in a bun (V)  
Wedges  
Seasonal vegetables/salad  
  
Chocolate surprise brownie  
Or fresh fruit  
Or organic fruit yoghurt

Local Devonshire Roast Pork, Gravy, Yorkshire pud, roast potatoes and seasonal vegetables  
Or  
Roasted bell pepper soup and a homemade focaccia bread (V)  
  
Lemon drizzle cake or fresh fruit  
Or organic fruit yoghurt

Italian tomato pasta bake  
Or  
Tuna pasta bake, topped with melted cheese & basil  
Italian focaccia bread  
Seasonal vegetables  
  
Marble cake swirl & custard  
Or fresh fruit or organic fruit yoghurt

MSC Breaded Fish Portions  
Or  
Cheesy pinwheel (V)  
  
Chips, sweetcorn and baked beans  
  
'Dessert of the Day' or fresh fruit  
Or organic fruit yoghurt

**Deli Bar:** There will be a variety of fillings available to choose from every day - along with a selection of freshly prepared seasonal salads and various bread options

**Jacket potato:** There will be a choice of fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar

## ALLERGENS

We take every care to cater for pupils with allergies & intolerances Please enquire with the kitchen regarding ingredients in your meal.

WEEK 2

Freshly prepared Margherita pizza (V)  
Crunchy potatoes, Seasonal salad & seasonal vegetables  
Or  
Sunshine soup and a homemade bread roll  
  
Dessert of the day or fresh fruit  
Or organic fruit yoghurt

Butcher quality pork sausages  
Or  
Quorn sausages (V)  
Creamy mash and gravy  
Seasonal vegetables  
  
Orange sponge & custard or fresh fruit  
Or organic fruit yoghurt

Local Devonshire Roast Turkey, gravy, Yorkshire pud  
Or  
Country veggie roast (V)  
Roast potatoes and Seasonal vegetables  
  
Dorset Apple Cake & ice cream  
Or fresh fruit or organic fruit yoghurt

'Planet plate' spaghetti bolognese  
Or  
Macaroni cheese (V)  
& homemade crusty bread  
Seasonal vegetables  
  
Pancake & Seasonal fruit or fresh fruit  
Or organic fruit yoghurt

MSC fish finger  
Or Golden nuggets (salmon)  
Or  
Vegetable biriyani & freshly made onion bhaji (V)  
Chips, peas and baked beans  
  
'Dessert of the Day' or fresh fruit  
Or organic fruit yoghurt

**Deli Bar:** There will be a variety of fillings available to choose from every day - along with a selection of freshly prepared seasonal salads and various bread options

**Jacket potato:** There will be a choice of fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar

## Homemade Dessert of the Day

This is a freshly prepared reduced sugar sweet treat which changes daily and could include a chocolate date brownie, Mandarin, apple or fruit sponges, carrot cake, tray bake, flapjack, banana muffins, fruity shortbread.

WEEK 3

Freshly prepared Margherita pizza (V)  
Crunchy potatoes, Seasonal salad & seasonal vegetables  
Or  
Sunshine soup and a homemade bread roll  
  
Dessert of the day or fresh fruit  
Or organic fruit yoghurt

Breaded chicken Breast Burger in a bun & potato wedges  
Or  
Cauliflower & Broccoli bake (v)  
Garlic bread and seasonal vegetables  
  
Devon flat biscuit or fresh fruit  
Or organic fruit yoghurt

Local Devonshire Roast gammon, gravy, Yorkshire pud, roast potatoes and seasonal vegetables  
Or  
Vegetable casserole with freshly made herby dumplings (v)  
  
Banana Split or fresh fruit  
Or organic fruit yoghurt

Freshly prepared planet plate Beef tacos  
salad potatoes & seasonal slaw  
Or  
Baked cheesy vegetable wrap (V)  
New potatoes & seasonal slaw  
  
Frosted carrot cake or fresh fruit  
Or organic fruit yoghurt

MSC Battered fish  
Or  
Veggie sausage roll (v)  
  
Chips, sweetcorn and baked beans  
  
'Dessert of the Day' or fresh fruit  
Or organic fruit yoghurt

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**Jacket potato:** There will be a choice of fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar