

# What's New?

Welcome to our Spring/ Summer 2017 Menu. After a stringent accreditation process Devon Norse are delighted that the menu once again has met the Childrens Food Trust accreditation standards and food for life silver award with over 94% of our meals being freshly prepared in our Devon Norse kitchens.

This menu sees more meat free options for you to try something new including the very tasty smoked lentil and black bean chilli created by one of our own kitchen managers and the Tofu and noodle stir fry. Wednesdays remain the Traditional Roast day always a popular choice as are Fishy Fridays. We hope you enjoy our new Seaside battered salmon fillet too - this was a real hit with children from Hatherleigh, Bishopsteignton and Ladysmiths Schools who kindly sampled this for us.

We also hope you will like the Iced Caribbean cake made with lots of fresh banana, pineapples and oranges and Jaynes dairy free chocolate orange cake both of these recipes have been developed by our very own Devon Norse kitchens.

We hope you enjoy our geographical food facts and will try some new dishes as we take your taste buds on a journey of discovery.

## SPECIAL DIETS

Special diets are available on completion of a special diet request letter with supporting statements from a Doctor or registered dietician. Please discuss with the catering manager of your school. A full breakdown of the 14 recognised food allergens together with full nutritional analysis are available on our website [www.devonnorse.co.uk](http://www.devonnorse.co.uk) or from the school kitchen.

## FOOD SUPPLIERS

Devon Norse are passionate about our great West Country produce and proud to work with a number of local suppliers.

Our meat is British Farm Assured from a local butcher and sausages are made to our own recipe. Fresh fruit, vegetables & salads in season are used as far as practicable, locally sourced by our suppliers. All our potatoes and many of our vegetables are grown in Devon too! Dairy products are sourced in Devon & Somerset.

Our Eggs are all Free Range and conform to the 'lion mark' code of practice and to prove it, we have been awarded a prestigious Good Egg Award!

## FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government's Universal Free School Meals for Infants programme. If you receive a benefit that gives entitlement to Free School Meals, please apply for this with your local County Council as the school can get additional funding.

You may be eligible for free school meals if as a parent or guardian you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to
- Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190

## CONTACT DETAILS

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## Food Facts

### MENU INFORMATION

Ladysmith Infant School

- Jacket Potatoes and a meat free alternative are available to pre order daily. Please liaise with your school to check these options are offered.
- Fresh Fruit, Salad and Yoghurts are available daily.
- Please note that the menu may be subject to change to meet local needs.
- We endeavour to provide the products stated however on rare occasions substitutions may need to be made when circumstances beyond our control are experienced.

Would you like a career with Devon Norse? We often have opportunities for Cleaners, Catering Assistants and Kitchen Managers. For more information on our current vacancies or to download our application form, please visit [www.devonnorse.co.uk](http://www.devonnorse.co.uk) or call 01392 351160.







## Week One

Monday

Tuesday

Wednesday

Thursday

Friday

Option 1

Organic Meatballs  
in Tomato Sauce

Cheese & Tomato  
Pizza <sup>VG</sup>

Roast Beef with  
Roast or Creamed  
Potatoes <sup>DF EF</sup>

Homemade Lasagne

Harry Ramsdens  
Battered Fish

Option 2

Stuffed Peppers with  
Quorn Mince

Soya Bolognaise

Homemade Veggie  
Roast <sup>VG</sup>

Quorn Sausages

Cheese and Onion  
Pasty <sup>VG</sup>

Sides

Cous Cous with  
Mediterranean  
Roasted Vegetables

Baked Beans,  
Sweetcorn &  
Tomato Ketchup

Cabbage, Carrots &  
Gravy

Salad, Crusty Bread  
Slice, Creamed  
Potato, Peas &  
Sweetcorn

Chips or Pasta,  
Seasonal Vegetables  
& Tomato Ketchup

Desserts

Chocolate Cake with  
Chocolate Sauce

Toffee Apple  
Crumble & Custard

Apple Slice or  
Ambrosia Rice Pot

Flapjack Slice with a  
Fruit Drink

Oat & Sultana  
Cookie with a Milk  
Drink

Available  
Each Day

Fresh fruit, salad, bread, yoghurt and water

Jacket potato option (please check with your school for availability)

Week starting: 17 Apr • 8 May • 5 Jun • 26 Jun • 17 Jul • 11 Sept • 2 Oct



## Week Two

Monday

Tuesday

Wednesday

Thursday

Friday

Option 1

Tomato Penne Pasta  
with optional Olives  
& Basil <sup>DF VG</sup>

Westcountry Burger  
in a Bap

Roast Chicken &  
Stuffing <sup>DF EF</sup>

Chicken &  
Sweetcorn Pasta  
Bake

Fish Fingers <sup>GF DF</sup>

Option 2

Smoked Lentil &  
Black Bean Chilli  
Served with Rice

Mexican Bean  
Burrito

Cheese & Potato  
Bake <sup>VG EF</sup>

Cheese Wheels with  
corn-on-the-Cob &  
Crusty Bread <sup>VG</sup>

Quorn Burger <sup>VG</sup>

Sides

Pasta or Crusty  
Bread, Green Leaf  
Salad & Coleslaw

Peas & Wedge  
Potatoes

Roast Potatoes or  
Mashed Potatoes,  
Broccoli, Carrots &  
Gravy

Salad &/or Peas

Chips or Pasta,  
Seasonal Vegetables  
& Tomato Relish

Desserts

Smoothies

Fruit Muffin with  
Milkshake

Jayne's Chocolate &  
Orange Iced Sponge

Raspberry Mousse

Chocolate  
Shortbread

Available  
Each Day

Fresh fruit, salad, bread, yoghurt and water

Jacket potato option (please check with your school for availability)

Week starting: 24 Apr • 15 May • 12 Jun • 3 Jul • 24 Jul • 18 Sept • 9 Oct

## Did you know?

Mexico is a country in North America, its capital is Mexico City. Mexico is famous for its spicy hot chillies! Try some Mexican style foods with our smoky lentil and black bean chilli, Burritos and Fajitas.



## Week Three

Monday

Tuesday

Wednesday

Thursday

Friday

Option 1

Chicken wrapped in  
Bacon with BBQ  
sauce on the side  
<sup>GF DF EFF</sup>

Homemade Quorn  
Spaghetti Bolognaise  
<sup>DF EF</sup>

Roast Pork & Apple  
Sauce with Roast or  
Creamed Potatoes  
<sup>DF EF</sup>

Pork or Quorn  
Sausage, Bacon with  
Omelette or  
Scrambled Egg

Seaside Battered  
Fish

Option 2

Mac 'n' Cheese

Vegetable Fajita <sup>VG</sup>

Homemade Veggie  
Plait <sup>VG</sup>

Vegetable & Quorn  
Paella  
<sup>EF VG DF</sup>

Vegetable Sausage  
Roll <sup>VG</sup>

Sides

Mixed summer  
Vegetables  
and Creamed Potato  
Side Salad

Peas & Coleslaw

Carrots, Green  
Beans & Gravy

Diced Potatoes,  
Baked Beans,  
Tomato and  
Mushrooms

Chips or Pasta,  
Seasonal Vegetables  
& Tomato Ketchup

Desserts

Iced Caribbean Cake  
(Banana, Pineapple  
& Orange)

Chocolate & Raisin  
Cracknel  
Fruit Juice Drink

Lemon Mousse

Fruit Jelly

Custard Biscuit

Available  
Each Day

Fresh fruit, salad, bread, yoghurt and water

Jacket potato option (please check with your school for availability)

Week starting: 1 May • 22 May • 19 Jun • 10 Jul • 4 Sept • 25 Sept • 16 Oct Monday

## Did you know?

Spain is a country in Europe its capital is Madrid. Spain has over 1,000 miles of coastline around the Mediterranean sea. Try our Spanish influenced foods including Paella, Cous cous with Mediterranean roasted vegetables and stuffed peppers.

## Did you know?

Italy is a country in Europe, its capital is Rome. Italy is famous for pizza and pasta, try our meatballs, bolognaise, pizza and pasta dishes to sample some of the foods Italy has to offer.