



Fresh Ideas Feeding Minds Spring / Summer

Ladysmith Junior School

Welcome to our New Spring/Summer 2021 menu. Our menu is compliant to the School Food and Food for Life served Here Standards

Devon Norse are proud to support Farmwise Devon

FarmWise
Devon

Allergen information is available from your school or www.devonnorse.co.uk. Should your child have a medically diagnosed allergy or health condition that requires an alternative menu please complete our special diet registration form available from the school office or email info@devonnorse.co.uk

Throughout the year we offer a number of themed menus to support the curriculum, celebrate holidays and seasonal events- please check with your school for local arrangements.

Fresh Bread, Salad, Fruit, Yoghurts, Milk and Water are all available daily.

www.devonnorse.co.uk

Please note the menu may be subject to change to meet local needs. For details of employment opportunities within Devon Norse please email info@devonnorse.co.uk or phone us 01392 351160.

**SUGAR
SMART**

Week One

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---|--|--|--|--|
| Option 1 | Mac 'n' Cheese | Pasta Bolognese | Roast Chicken Breast and Stuffing | All Day Breakfast with Diced Potatoes | Mini Battered Fish Fillet |
| Option 2 | Little Green Devil's Kids Plant Burger in High Fibre Bap and Sweet Potato Wedges | Quorn Hot Dog with New Potatoes & Tomato Ketchup | Vegetable Plait | Cauliflower Cheese | Quorn Dippers |
| Sides | BBQ Beans and Sweetcorn | Roasted Mixed Vegetables and Broccoli | Roast or Boiled Potatoes, Cabbage, Carrots and Gravy | Beans, Mushrooms, Tomatoes or Rainbow Salad | Wholemeal Pasta or Oven Baked Chips, Peas, Baked Beans or Crunchy Veg Sticks |
| and for pudding | Chocolate Cracknel, Organic Yoghurt or Fresh Fruit | Peach and Butterscotch Upside-Down Pudding, Organic Yoghurt or Fresh Fruit | Fresh Fruit Platter or Organic Yoghurt | Fruit Jelly and Langage Farm Ice Cream, Organic Yoghurt or Fresh Fruit | Pip Organic Lolly, Organic Yoghurt or Fresh Fruit |
| Jacket potato | Jacket Potato and Cheese | Jacket Potato and Baked Beans | Jacket Potato with Tuna and Sweetcorn | Jacket Potato and Cheesy Beans | |
| Available each day | Freshly Prepared Salad, Home Baked Bread and Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative. | | | | |
| Week starting: | 19/04/21 10/05/21 07/06/21 28/06/21 19/07/21 | | | | |

Week Two

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---|--|--|--|--|
| Option 1 | Tortilla Boats filled with Quorn Mince & Mexican Rice | BBQ Chicken Pizza and Sweet Potato Wedges | Roast Turkey and Stuffing | Organic Pork Meatballs in Tomato Sauce and Wholemeal Pasta | Fish Fingers |
| Option 2 | Cheese Wheel and Wholemeal Pasta | Cowboy Pasta (Pasta Bake made with Quorn Sausage, Pasta and a Tomato and Bean Sauce) | Quorn Roast and Stuffing | Tofu and Vegetable Kebabs with Cous Cous | Veggie Fingers |
| Sides | Mixed Vegetables and Sweetcorn | Broccoli and Fresh Tomatoes | Roast or Boiled Potatoes, Cabbage, Carrots and Gravy | Sweetcorn and Green Beans | Wholemeal Pasta or Oven Baked Chips, Peas, Baked Beans or Crunchy Veg Sticks |
| and for pudding | Langage Farm Ice Cream and Fruit, Organic Yoghurt or Fresh Fruit | Madeleine Sponge and Pink Custard, Organic Yoghurt or Fresh Fruit | Fresh Fruit Platter or Organic Yoghurt | Pip Organic Lolly, Organic Yoghurt or Fresh Fruit | Homemade Devon Flat Biscuits, Organic Yoghurt or Fresh Fruit |
| Jacket potato | Jacket Potato and Cheese | Jacket Potato and Baked Beans | Jacket Potato with Tuna and Sweetcorn | Jacket Potato with Cheesy Beans | |
| Available each day | Freshly Prepared Salad, Home Baked Bread and Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative. | | | | |
| Week starting: | 26/04/21 17/05/21 14/06/21 05/07/21 | | | | |

Week Three

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---|--|--|---|--|
| Option 1 | Captains Pasta Bake (Salmon and Broccoli Pasta in a White Sauce) | Chicken and Vegetable Pie | Roast Gammon | Organic Beef Burger in High Fibre Bap and Ketchup and Potato Wedges | Mini Battered Fish Fillet |
| Option 2 | Pizza Margherita and Diced Potatoes | Swedish Style Balls in Tomato Sauce with Wholemeal Pasta | Quorn Roast and Stuffing | Halloumi and Mediterranean Veg Bake | Sticky Quorn Sausages |
| Sides | Peas and Sweetcorn | New Potatoes, Broccoli, Broad Beans and Gravy | Roast or Boiled Potatoes, Cabbage, Carrots, Gravy and Homemade Bread | Green Beans, Mini Corn on the Cob and Homemade Bread | Wholemeal Pasta or Oven Baked Chips, Peas, Baked Beans or Crunchy Veg Sticks |
| and for pudding | Pip Organic Lolly, Organic Yoghurt or Fresh Fruit | Apricot and Apple Crunch, Organic Yoghurt or Fresh Fruit | Fresh Fruit Platter or Organic Yoghurt | Langage Farm Ice Cream, Organic Yoghurt or Fresh Fruit | Homemade Custard Biscuit, Organic Yoghurt or Fresh Fruit |
| Jacket potato | Jacket Potato and Cheese | Jacket Potato and Baked Beans | Jacket Potato with Tuna and Sweetcorn | Jacket Potato with Cheesy Beans | |
| Available each day | Freshly Prepared Salad, Home Baked Bread and Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative. | | | | |
| Week starting: | 03/05/21 24/05/21 21/06/21 12/07/21 | | | | |