

SOUTH WEST  
**norse**

Fresh Ideas Feeding Minds

# Spring / Summer

Menu 2022

Winkleigh Primary School

Welcome to our New Spring/Summer 2022 menu. Our menu is compliant to the School Food and Food for Life served Here Standards

South West Norse are proud to support Farmwise Devon

**FarmWise**  
Devon

Allergen information is available from your school or [www.swnorse.co.uk](http://www.swnorse.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@swnorse.co.uk](mailto:info@swnorse.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.

Salad, Fruit, Yoghurts and Water are all available Daily.

Please note the menu may be subject to change to meet local needs. For details of employment opportunities within South West Norse please email [info@swnorse.co.uk](mailto:info@swnorse.co.uk) or phone us 01392 351160.

**SUGAR  
SMART**  
Devon

# Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta Bake	Chicken Korma & Rice	Roast Gammon & Pineapple	Organic Pork Meatballs & Wholemeal Pasta	Mini Battered Fish Fillet
Option 2 (v)	Vegetable Fajitas	Cheese Wheels & Wholemeal Pasta	Potato Topped Vegetable Pie	Creamy Vegetable Risotto	Veggie Fingers
Sides	Crusty Bread, Sweetcorn & Summer Salad Sticks	Peas, Carrots & Tomato Ketchup	Roast or Boiled Potatoes, Carrots, Green Beans & Gravy	Seasonal Mixed Vegetables	Chips, Wholemeal Pasta, Peas, Baked Beans or Vegetable Sticks
And for pudding	Flapjack or Fresh Fruit	Sticky Chocolate Cake with Chocolate Sauce or Fresh Fruit	Peaches & Langage Farm Ice Cream or Fresh Fruit	Seasonal Fresh Fruit Platter	Chocolate Cookie or Fresh Fruit
Baguette	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese
Available each day	Freshly Prepared Salad & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives				
Week starting:	05/09/22 – 26/09/22 - 17/10/22				

# Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza	All Day Breakfast (Westcountry Sausage & Bacon)	Roast Chicken	Cottage Pie & Gravy	Fish Finger
Option 2 (v)	Spanish Rice	Vegetarian Brunch (Quorn Sausages )	Cauliflower & Broccoli Cheese Bake	Cowboy Pasta (with Quorn Sausage)	Battered Quorn Dippers
Sides	Potato Wedges, Peas & Sweetcorn	Tomatoes, Mushrooms, Baked Beans & Hash Brown	Roast or Boiled Potatoes, Green Beans, Carrots & Gravy	Seasonal Mixed Vegetables	Chips, Wholemeal Pasta, Peas, Baked Beans or Vegetable Sticks
And for pudding	Pip Organic Ice lolly or Fresh Fruit	Eves Pudding (Apple Sponge) & Custard or Fresh Fruit	Fruit Jelly & Langage farm Ice Cream or Fresh Fruit	Toffee Banana Cake or Fresh Fruit	Chocolate Cracknel or Fresh Fruit
Baguette	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese
Available each day	Freshly Prepared Salad & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives				
Week starting:	12/09/22 – 03/10/22				

# Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese	Organic Beef Burger in a Bun	Roast Turkey	Lasagne	Mini Battered fish fillet (Salmon)
Option 2 (v)	Spanish Omelette	Roasted Vegetable Lasagne	Vegetable Wellington	Quorn Dog in a roll	Southern Style Quorn Burger
Sides	Crusty Bread, Peas & Summer Salad Sticks	Herby Diced Potatoes, Sweetcorn & Side Salad	Roast or Boiled Potatoes, Carrots, Broccoli & Gravy	Garlic Bread, Sweetcorn & Green Beans	Chips, Wholemeal Pasta, Peas or Baked Beans or Vegetable Sticks
And for pudding	Summer Fruits & Langage Farm Ice Cream or Fresh Fruit	Iced Orange Muffin or Fresh Fruit	Seasonal Fresh Fruit Platter	Pear & Chocolate Crumble with Custard or Fresh Fruit	Honey Cookie or Fresh Fruit
Baguette	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese	Ham or Cheese
Available each day	Freshly Prepared Salad & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives				
Week starting:	19/09/22 – 10/10/22				