



# Fresh Ideas Feeding Minds

# Spring / Summer

East-The-Water  
Community 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](http://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](mailto: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](http://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](mailto: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 Dog and Tomato Ketchup with New Potatoes	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
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 Chilli Beef and 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
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
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				