

SOUTH WEST  
**norse**

Fresh Ideas Feeding Minds

# Spring / Summer

Menu 2022

## Ilfracombe Infant & Nursery School

Welcome to our New Spring/Summer 2022 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

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.

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)

Fresh Bread, Salad, Fruit, Yoghurts, Milk 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 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           | Macaroni Cheese   | Chicken Korma & Rice                                      | Roast Chicken                                       | Organic Pork Meatballs & Wholemeal Pasta | Mini Battered Fish Fillet                                     |
| Option 2 (v)       | Vegetable Fajitas   | Cheese Wheels & Wholemeal Pasta                           | Quorn Roast or Potato Topped Vegetable Pie          | Quorn Burgers in a Bap                   | Quorn Dippers   |
| Sides              | Garlic Bread, Peas & Summer Salad Sticks  | Peas, Baked Beans & Tomato Ketchup                        | Roast or Mashed Potatoes, Carrots, Broccoli & Gravy | Broccoli                                 | 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                               |
| Packed lunch       | Cheese or Tuna Mayonnaise Wrap  | Cheese or Tuna Mayonnaise Wrap                            | Cheese or Tuna Mayonnaise Wrap                      | Cheese or Tuna Mayonnaise Wrap           | Cheese or Tuna Mayonnaise Wrap                                |
| Available each day | Freshly Prepared Salad, Cheese & Biscuits. Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives |   |   |  |   |
| Week starting:     | 25/04/22 – 16/05/22 – 13/06/22 – 04/07/22 – 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 & Free Range Egg) | Roast Chicken                                       | Cottage Pie & Gravy               | Fish Finger   |
| Option 2 (v)       | Spanish Rice  | Vegetarian Brunch (Quorn Sausage & Free Range Egg)              | Quorn Roast or Cauliflower & Broccoli Cheese Bake   | Quorn Sausage & Mash Potato       | Battered Quorn Dippers  |
| Sides              | Sauté Potatoes & Peas   | Tomatoes, Mushrooms, Baked Beans & Hash Browns                  | Roast or Mashed Potatoes, Broccoli, Carrots & Gravy | Broccoli                          | 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                             |
| Packed lunch       | Cheese or Tuna Mayonnaise Wrap  | Cheese or Tuna Mayonnaise Wrap                                  | Cheese or Tuna Mayonnaise Wrap                      | Cheese or Tuna Mayonnaise Wrap    | Cheese or Tuna Mayonnaise Wrap                                |
| Available each day | Freshly Prepared Salad, Cheese & Biscuits. Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives |   |   |                                   |   |
| Week starting:     | 02/05/22 – 23/05/22 – 20/06/22 – 11/07/22 – 12/09/22 – 03/10/22   |   |   |                                   |   |

# Week Three

|                    | Monday  | Tuesday                                 | Wednesday   | Thursday   | Friday  |
|--------------------|---|---|---|--|---|
| Option 1           | Macaroni Cheese   | Organic Beef Burger in a Bun            | Roast Chicken                                       | Vegetarian Quorn Lasagne                                 | Mini Battered fish fillet (Salmon)                            |
| Option 2 (v)       | Veggie Cottage Pie & Mashed Potato  | Quorn Burger in a Bun                   | Quorn Roast or Vegetable Wellington                 | Quorn Dog in a roll                                      | Quorn Dippers   |
| Sides              | Garlic Bread, Peas & Summer Salad Sticks  | Herby Diced Potatoes, Peas & Side Salad | Roast or Mashed Potatoes, Carrots, Broccoli & Gravy | Garlic Bread & Broccoli                                  | Chips, Wholemeal Pasta, Peas, 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                        | Sticky Chocolate Cake & Chocolate Custard or Fresh Fruit | Chocolate Cracknel or Fresh Fruit                             |
| Packed lunch       | Cheese or Tuna Mayonnaise Wrap  | Cheese or Tuna Mayonnaise Wrap          | Cheese or Tuna Mayonnaise Wrap                      | Cheese or Tuna Mayonnaise Wrap                           | Cheese or Tuna Mayonnaise Wrap                                |
| Available each day | Freshly Prepared Salad, Cheese & Biscuits. Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives |   |   |  |   |
| Week starting:     | 09/05/22 – 06/06/22 – 27/06/22 – 18/07/22 – 05/09/22 – 19/09/22 – 10/10/22  |   |   |  |   |