

Please order your school lunches on-line using parent pay in advance of when the meals are required!

**PLANET PLATE MEALS**



Eating a vegetarian diet can help with climate change by reducing the carbon emissions and help reduce global warming

They are really tasty too!  
Why not give them a try!

Deli bar option  
Pupils will be able to help themselves to the available in the bread basket select the filling they have ordered, help themselves to the salad bar and collect their tasty dessert

**WEEK 1**  
06.09.21  
27.09.21  
18.10.21  
**WEEK 2**  
13.09.21  
04.10.21  
**WEEK 3**  
20.09.21  
11.10.21

	PLANET PLATE DAY	TUESDAY	WEDNESDAY	WORLD CUISINE	FRIDAY
<b>WEEK 1</b>	<p> Freshly prepared margherita pizza, crunchy diced potatoes &amp; seasonal veg or  sunshine soup and homemade bread roll</p> <p>mandarin muffin or fresh fruit or organic fruit yoghurt</p>	<p>Freshly prepared Beef and vegetable lasagne or  mushroom risotto garlic bread seasonal veg</p> <p>build your own fruit pot or Organic fruit yoghurt</p>	<p>Local Devonshire roast chicken, gravy, yorkshire Or  creamy seasonal veggie bake roast potatoes seasonal veg</p> <p>tangy lime cake or fresh fruit or Organic fruit yoghurt</p>	<p>Planet plate meatball pasta in a tomato sauce Or  Veggie ball pasta in a tomato sauce italian herb bread and seasonal veg</p> <p>toffee apple pancakes or fresh fruit or organic fruit yoghurt</p>	<p>MSC fish finger or  bolognaise boats</p> <p>chips sweetcorn and baked beans</p> <p>Dessert of the day or organic fruit yoghurt or fresh fruit</p>
<p><b>Deli bar</b> – A variety of meat and vegetarian fillings available daily to choose from along with a selection of freshly prepared seasonal salads &amp; various bread options</p> <p><b>Jacket potato</b> —A choice of meat and vegetarian fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar</p>					
<b>WEEK 2</b>	<p> Freshly prepared Macaroni cheese garlic bread &amp; seasonal veg or  sunshine soup and homemade bread roll</p> <p>lemon muffin or fresh fruit or Organic fruit yoghurt</p>	<p>Butchers quality pork sausages, cream mash and gravy Or  Cheesy courgette sausages seasonal veg</p> <p>build your own fruit pot or Organic fruit yoghurt</p>	<p>Devonshire roast beef, gravy, yorkshire or  country veggie roast roast potatoes seasonal veg</p> <p>Organic PIP lolly or fresh fruit or organic fruit yoghurt</p>	<p>Freshly prepared chicken chow mein or  creamy chickpea &amp; veg curry, rice seasonal veg</p> <p>jam sponge &amp; custard or fresh fruit or organic fruit yoghurt</p>	<p>Freshly breaded Brixham fish finger or  sweet pepper quiche chips, peas and baked beans</p> <p>Dessert of the day or organic fruit yoghurt or fresh fruit</p>
<p><b>Deli bar</b> – A variety of meat and vegetarian fillings available daily to choose from along with a selection of freshly prepared seasonal salads &amp; various bread options</p> <p><b>Jacket potato</b> —A choice of meat and vegetarian fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar</p>					
<b>WEEK 3</b>	<p> Freshly prepared margherita pizza, crunchy diced potatoes &amp; seasonal veg or  sunshine soup and homemade bread roll</p> <p>chocolate cake &amp; choc sauce or fresh fruit or organic fruit yoghurt</p>	<p>Freshly prepared Beef and vegetable spaghetti bolognaise homemade garlic bread or  veggie nuggets, wedges, seasonal veg</p> <p>build your own fruit pot or organic fruit yoghurt</p>	<p>Roasted Devonshire gammon, gravy, yorkshire roast potatoes seasonal veg or  Autumn soup and homemade roll</p> <p>custard biscuit or organic fruit yoghurt or fresh fruit</p>	<p>Freshly prepared mild chicken curry Or  Mexican style vegan pasta bake seasonal veg</p> <p>seasonal fruit crumble and custard or fresh fruit or Organic fruit yoghurt</p>	<p>MSC Fish finger or  cheese &amp; onion pasty chips peas and baked beans</p> <p>Dessert of the day or organic fruit yoghurt or fresh fruit</p>
<p><b>Deli bar</b> – A variety of meat and vegetarian fillings available daily to choose from along with a selection of freshly prepared seasonal salads &amp; various bread options</p> <p><b>Jacket potato</b> —A choice of meat and vegetarian fillings available to choose from on a daily basis along with either the seasonal veg of the day or crunchy salad bar</p>					

PUPILS IN FOOD FOR LIFE SCHOOLS  
EAT AROUND A THIRD MORE FRUIT  
AND VEGETABLES THAN PUPILS IN  
COMPARISON SCHOOLS, AND  
SIGNIFICANTLY MORE FRUIT AND  
VEGETABLES AT HOME.

We have fresh fruit available daily,  
served in various ways to make it fun.  
(Whole fruit, fruit pots, fruit platter  
and fruit kebabs)

We use as much seasonal local produce  
as we possibly can.

The children also grow, harvest and  
eat the vegetables from our school  
garden when it is available



We use higher welfare British  
meat, local beef, local free range  
pork, high meat percentage burgers  
and sausages.

Our fish is Marine Sustainable  
Certified and we only use local free  
range eggs.

We use Fairtrade products where  
we can; e.g. bananas.



We use organic milk,  
yoghurt, pasta, rice, flour, sugar,  
vegetables & other ingredients  
where possible.

**SUGAR  
SMART**

MORE OF THE  
**GOOD  
STUFF**

Free from  
undesirable  
additives,  
colouring and  
sweeteners.



What our children are eating during the day  
has a big impact on their health and learning  
whilst at school.

A third of a child's daily calories are eaten  
outside the home so we ensure our food is  
nutritious, healthy and tasty!



## ALLERGENS

We take every care to cater for  
pupils with allergies &  
Intolerances. Please see the  
school office and enquire with  
the kitchen regarding ingredients  
that are in your meal



**BRONZE SCHOOL**

What does it mean to be a  
Food For Life School?

All schools have to meet School Food  
Standards which include:

- One or more portions of vegetables or salad as an accompaniment every day
- At least three different fruits, and three different vegetables each week
- An emphasis on wholegrain foods in place of refined carbohydrates
- An emphasis on making water the drink of choice
- Limiting fruit juice portions to 150ml
- Restricting the amount of added sugars or honey in other drinks to five percent
- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated.
- No more than two portions of food which include pastry each week.

Food for Life Schools also take a whole school approach that sees them grow their own food; organise trips to farms; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; and provide an attractive dining environment so lunchtimes are a positive feature of the school day.

**food  
for  
life**  
PARTNERSHIP