

What's New?

Welcome to our exciting new Spring / Summer 2016 Menu - Our new menu has lots of your traditional favourites as well as some new exciting dishes for you to try including **Pork Meatballs** made with our own tasty tomato sauce, **Roast Butternut Squash, Chickpea & Vegetable Rice**, delicious Gluten Free **Battered Salmon Finger** and **Red Velvet Cake**, with our own Devon Norse secret ingredient of beetroot!

Our puddings have become even healthier and on our savoury and sweet dishes where you see an asterisk* this means our recipe has a high proportion of fresh fruit or vegetables.

Any feedback or suggestions would be gratefully received at info@devonnorse.co.uk.

SPECIAL DIETS

Special diets are available on completion of a special diet request letter with supporting statements from a Doctor or registered dietician. Please discuss with the catering manager of your school. A full breakdown of the 14 recognised food allergens are available on our website or from the school kitchen.

FOOD SUPPLIERS

Devon Norse are passionate about our great West Country produce and proud to work with a number of local suppliers. Our meat is British Farm Assured from a West Country butcher and sausages are made to our own recipe. Fresh fruit, vegetables & salads in season are used as far as practicable, locally sourced by our suppliers. All our potatoes and many of our vegetables are grown in Devon too! Dairy products are sourced in Devon & Somerset. Our Eggs are all Free Range and conform to the 'lion mark' code of practice and to prove it, we have been awarded a prestigious Good Egg Award!

FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government's Universal Free School Meals for Infants programme. If you receive a benefit that gives entitlement to Free School Meals, please apply for this with your local County Council as the school can get additional funding.

You may be eligible for free school meals if as a parent or guardian you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190

CONTACT DETAILS

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MENU INFORMATION

Sampford Peverell C of E Primary School

- Jacket Potatoes and a meat free alternative are available to pre order daily. Please liaise with your school to check these options are offered.
- Fresh Fruit, Salad and Yoghurts are available daily.
- Please note that the menu may be subject to change to meet local needs.
- We endeavour to provide the products stated however on rare occasions substitutions may need to be made when circumstances beyond our control are experienced.

Would you like a career with Devon Norse? We often have opportunities for Cleaners, Catering Assistants and Kitchen Managers. For more information on our current vacancies or to download our application form, please visit www.devonnorse.co.uk or call 01392 351160.



Week One

Monday

Tuesday

Wednesday

Thursday

Friday

Option 1

Outdoor Reared
Pork Meatballs
in Tomato Sauce

Macaroni Cheese
made with
Wykes Cheddar

Farm Assured Roast
Gammon and
Pineapple ^{GF}

Handmade Meat
Feast Pizza topped
with Wykes Cheddar

Oven Baked
Fish Fingers

Option 2
(V)

Handmade
Mediterranean
Pasta Bake

Mexican Bean
Burrito*

Handmade
Vegetable Tart*

Quorn Stir Fry*
and Noodles

Spanish
Omelette* ^{GF}

Served
With

Tilda Rice ^{GF} or Pasta
Broccoli ^{GF} and
Sweetcorn ^{GF}

Crusty Bread
Seasonal Vegetables
^{GF} and Mixed Salad
^{GF}

Roast or Creamed
Potatoes ^{GF} Carrots
^{GF} Cauliflower ^{GF}
and Gravy

Baked Potato
Wedges ^{GF} Sweet
Summer Salad ^{GF} and
Baked Beans ^{GF}

Golden Fries ^{GF}
or Pasta
Seasonal Vegetables
^{GF}

And for
Pudding

Handmade
Chocolate Cracknel
^{GF} and Cool Milk

Meringue Nests
with Mandarins* ^{GF}

Fresh Fruit Platter*

Chocolate Cake with
Chocolate Custard

Handmade
Vanilla Biscuit
Devon Norse
Recipe

Available
Each Day

Fresh fruit, salad, bread, yoghurt and water
Jacket potato option (please check with your school for availability)

Week starting: 11 Apr • 2 May • 23 May • 20 Jun • 11 Jul • 12 Sept • 3 Oct



Week Two

Monday

Tuesday

Wednesday

Thursday

Friday

Option 1

Oven Baked West
Country Sausages
Devon Norse Recipe

Lasagne made with
West Country Beef

British Roast Turkey
with Cranberry
Sauce ^{GF}

Shepherd's Pie
topped with Devon
Creamy Potatoes

Battered Salmon
Finger ^{GF}

Option 2
(V)

Handmade
Homity Pie

Home Baked
Lentil Loaf

Quorn Roast ^{GF}

Tomato Tumble*

Cheese Wheel
made with
Wykes Cheddar

Served
With

New Potatoes ^{GF} or
Pasta
Baked Beans ^{GF}
and Peas ^{GF}

Baked Potato
Wedges ^{GF} and
Crusty Bread
Coleslaw ^{GF} and
Mixed Salad ^{GF}

Traditional Roast
Potatoes ^{GF} or
Creamed Potatoes
^{GF} Carrots ^{GF} Broccoli
^{GF} and Gravy

Savoury Diced
Potatoes ^{GF}
Cauliflower ^{GF}
and Green Beans ^{GF}

Golden Fries ^{GF}
or Pasta
Seasonal Vegetables
^{GF}

And for
Pudding

Red Velvet Cake*
and Custard - Devon
Norse Recipe

Iced Sponge

Fresh Fruit Platter*

Fruit Jelly* ^{GF}
and Shortcake
Finger

Handmade
Chocolate Drop
Biscuit – Devon
Norse Recipe

Available
Each Day

Fresh fruit, salad, bread, yoghurt and water
Jacket potato option (please check with your school for availability)

Week starting: 18 Apr • 9 May • 6 Jun • 27 Jun • 18 Jul • 19 Sept • 10 Oct

Did you know?

The tomato is actually a fruit not a vegetable! Tomatoes are an excellent source of vitamins and minerals.



Week Three

Monday

Tuesday

Wednesday

Thursday

Friday

Option 1

Pasta Bolognaise
made with
West Country Beef

Southern Style
Chicken with BBQ
Sauce ^{GF}

Roast Beef ^{GF}

Westcountry Beef
Burger in a Bap
with Sweet Relish

Harry Ramsden's
Fish

Option 2
(V)

Meat Free
Sausage Roll
and New Potatoes

Roast Butternut
Squash, Chickpea
and Vegetable
Rice*^{GF}

Quorn Burger

Vegetable Fajitas*

Handmade Baked
Bean Pasty

Served
With

Garlic Bread Slice
Seasonal Vegetables
and Summer Salad ^{GF}

Tilda Rice ^{GF} Peas ^{GF}
and Sweet Shredded
Carrots ^{GF}

Roast or Creamed
Potatoes ^{GF}
Farmhouse
Vegetables ^{GF} Swede
^{GF} and Gravy

Baked Potato
Wedges ^{GF}
Coleslaw ^{GF}
and Sweetcorn ^{GF}

Golden Fries ^{GF}
or Pasta
Seasonal Vegetables
^{GF}

And for
Pudding

Peaches*
and Ice Cream ^{GF}

Iced Mousse
and Fruit Juice* ^{GF V}

Fresh Fruit
Platter*

Iced Chocolate
Orange Slice

Handmade
Jammy Dodger
– Devon Norse
Recipe

Available
Each Day

Fresh fruit, salad, bread, yoghurt and water
Jacket potato option (please check with your school for availability)

Week starting: 25 Apr • 16 May • 13 Jun • 4 Jul • 5 Sept • 26 Sept • 17 Oct Monday

Did you know?

Beetroot is of exceptional nutritional value being an excellent source of folic acid and a very good source of fibre, manganese and potassium.



GF - Gluten Free

* Denotes High Fruit / Vegetable Content