



Westberry Autumn Menu 2024



Week 1				
Day	Option 1	Option 2	Option 3	Dessert
Mon	Hot dog, Local Gluten Free Butchers Sausage in a Roll. Potato and Sweet Potato wedges, Sweetcorn, Salad Sticks, Baked Beans (1)	Vegan Sausage Hotdog Potato and Sweet potato wedges, Sweetcorn, Baked Beans or Salad sticks (1)	Jacket Potato with Baked Beans, or Cheese (7) and Salad.	Fresh Fruit Medley
Tues	Chicken Pie Mash and Peas (1,6,9)	Creamy Sweetcorn Pie Mash and Peas (1,6,9)	Jacket Potato with Baked Beans, or Cheese (7) and Salad.	Fruit Crumble (1) and Custard (Milk (7) or Soya (6) available)
Weds	Roast Chicken Roast potatoes. Stuffing, Carrots, Green Beans and Broccoli, Gravy (1,3,7)	Roast Quorn Fillet Roast potatoes. Stuffing, Carrots, Green Beans and Broccoli, Gravy (1, 3, 7)		Cooks Choice, Fruity Mousse or Jelly (Dairy (7) and non dairy (6) options available)
Thurs	Special Mac n Cheese Peas and Crusty Bread (1,7,10)	Homemade Soup of the week Crusty Bread (1,9)	Jacket Potato with Baked Beans, or Cheese (7) and Salad.	Homemade Fruity Flapjack (1)
Fri	Fish Fingers Chips Vegetable Fritter (3), Baked Beans, Peas or Mixed Salad (1, 4)	Vegetable fingers Chips Vegetable Fritter (3), Baked Beans, Peas or Mixed Salad (1)	Jacket Potato with Baked Beans, Tuna Mayo (3,4) or Cheese (7) and Salad.	Ice cream. Dairy (7) & soya (6) ice cream available
Week 2				
Day	Option 1	Option 2	Option 3	Dessert
Mon	Creamy Mediterranean Pasta Homemade Focaccia, Sweetcorn, and Salad Sticks (1,7)	Plant Power Pesto Pasta Homemade Focaccia, Sweetcorn, and Salad Sticks (1) Optional Cheese (7)	Jacket Potato with Baked Beans, or Cheese (7) and Salad.	Fresh Fruit Medley
Tues	Crispy Chicken Fluffy rice, Homemade dipping sauce, Sweetcorn or Salad Sticks (1,3,6,10)	Vegan Nuggets Fluffy rice, Homemade dipping sauce, Sweetcorn or Salad Sticks (1,6)	Jacket Potato with Baked Beans, or Cheese (7) and Salad	Homemade Fruity Flapjack (1)
Weds	Roast Pork Loin Roast potatoes. Apple Sauce, Carrots, Green Beans and Broccoli, and Gravy (1,7)	Homemade Vegetable Roll Roast Roast potatoes. Apple Sauce, Carrots, Green Beans and Broccoli, and Gravy (1, 3, 7)		Fruity Muffin (1,3)
Thurs	Beef and Lentil Bolognese Pasta Bake Crusty Bread and Salad Sticks (1) Optional Cheese sprinkle (7)	Homemade Cheese and Tomato Pizza Small Herby Potatoes, Salad Sticks or Baked Beans (1,7))	Jacket Potato with Baked Beans, or Cheese (7) and Salad.	Yogurt (Milk (7) or Soya(6)) and fruit
Fri	Fish Cake in a Bun Chips Baked Beans, Peas or Mixed Salad (1, 4)	Vegetable Burger in a Bun Chips Baked Beans, Peas or Mixed Salad (1)	Jacket Potato with Baked Beans, Tuna Mayo (3, 4) or Cheese (7) and Salad.	Cake Special (1,3)

Gluten free/ dairy free/soya free options will always be available for every meal but may differ from the menu.

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All homemade cakes and biscuits are dairy free and available gluten free. Custard will also be available in dairy free form. Fruit and Yogurt is always available as an alternative dessert.

Allergen information key

Identified allergens, if they are used as a deliberate ingredient in school food they are declared on the menu.

Key for allergens

1 = Cereals, contains gluten, namely wheat, rye barley and oats,

2 = Crustaceans, like prawns, crab, lobster and crayfish,

3 = Eggs,

4 = Fish,

5 = Peanuts,

6 = Soybeans,

7 = Milk / Dairy Products,

8 = Nuts, namely almonds, hazelnuts etc,

9 = Celery,

10 = Mustard.

Further meal information.

All meals are cooked on site by the kitchen team, our school dinner menu follows strict nutritional guidelines laid down by the government, aimed at encouraging all children to enjoy healthy food

by offering a range of choices, ensuring the food on the plate is healthy, fresh, high quality and locally sourced.

Within the recipes we aim to use lower sugar and often a good helping of vegetables or fruit in, some of our sauces often have hidden vegetables or pulses/beans in to ensure that the children eat a varied diet and do not miss out on nutritional content because they do not like vegetables served as a side dish.

The kitchen does not use nuts, nut oils or nut containing products in the preparation of food, but we cannot guarantee that the source of some of the food manufacture is completely nut free.

Dairy – free desserts – where possible we use recipes and ingredients to keep all the dessert options dairy-free, however when this is not possible there will be an equivalent dairy-free option.

Drink choices are milk or water.

No added salt is used in any of our recipes, we use herbs, spices, garlic and vegetables to add flavour.

Our baked beans are of the low salt and sugar variety.

We use mature cheese in our recipes, so we can use less but keep the flavour.

The gravy used is a great tasting meaty flavoured gravy, which is gluten free, and suitable for vegetarians and vegans and meets 2024 PHE salt targets.

We use ingredients mainly from local suppliers, our fresh meat is supplied by Ivan Clark Butchers, Ilfracombe and Philip Dennis Butchers, our ambient and other foods from mainly Philip Dennis and Savona Ilfracombe.

We really want the children to enjoy their mealtime experience and encourage them to try different foods offering tasters of any dish, involvement in the food on offer and eat a balanced meal.