

Week 1	DATES: 5/9 3/10 7/11 5/12 16/1				
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Breaded Chicken Steak M/G May contain MUS/C/S In a Bun G May contain SS	Ham Cheese & Tomato Wheel (Puff pastry filled with chopped herby tomatoes, ham & cheese) M/G	Roast Beef	Macaroni Cheese (Pasta in a creamy cheese sauce) M/G/MUS	Jumbo Breaded Cod Fishfinger F/G
Vegetarian	Veggie Burger in a Bun G May contain SS	Cheese & Tomato Wheel (Puff pastry filled with chopped herby tomatoes & cheese) M/G	Quorn Roast E/M	Roasted Vegetables, bean & Tomato Pasta G	Quorn & Bean Fajita Wrap MUS/E/G
Served with	Corn on the Cob & Coleslaw MUS/E	Creamy Mashed Potato, Baked Beans or Seasonal Vegetables	Roast Potatoes, Seasonal Vegetables & Gravy	Garlic Bread G May contain S/M	Golden Fries, Seasonal Vegetables & Tomato Sauce
Jacket Potato Served with	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad
Sandwich Served with	Ham Sandwich G/S Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Tuna Roll G/E/F/MUS May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Cheese Wrap G/M Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Ham & Tomato Panini G May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Egg Roll G/E/MUS May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge
Pudding	Iced sponge G/E & Custard M	Rice Pudding M & Fruit	Chocolate Cracknell M/G & Fruit	Frozen Yoghurt M	Custard Biscuit M/G
Available Daily	Bread G/S, Salad Fresh Fruit, Yoghurt M Water/ Milk M				
ALL MENU SUBJECT TO AVAILABILITY					

Week 2	DATES: 12/9 10/10 14/11 12/12 23/1				
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Bacon & Egg E	Beef Tacos (Minced beef, onions, peppers, garlic, paprika & gravy in a taco shell) G Cous Cous G	Pork sausages & Yorkshire pudding E/M/G	Chicken with BBQ Sauce (Optional)	Picnic style Haddock Goujons in a crispy breadcrumb F/G May contain CRUS/MOL
Vegetarian	Quorn sausage G & Egg E	Pesto Pasta G/M & Crusty Bread G May contain SS	Vegetable Crumble (Mix of beans, vegetables, herbs, tomatoes. With a crumble & cheese topping) M/G	Quorn Fillet G BBQ Sauce (Optional)	Breadcrumb coated Vegetable Fingers G
Served with	Diced potatoes G , Baked beans, or Seasonal Vegetables	Seasonal Vegetables	Roast Potatoes, Seasonal Vegetables & Gravy	Rice & Seasonal Vegetables	Golden Fries, Seasonal Vegetables & Tomato Sauce
Jacket Potato Served with	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad
Sandwich Served with	Tuna Sandwich G/S/E/F/MUS Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Ham Roll G May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Cheese Sandwich S/G/M Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Bacon, Lettuce & Tomato Roll G May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Egg Sandwich MUS/E/G/S Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge
Pudding	Fruit Meringue E	Chocolate Orange Sponge E/G	Shortbread G & Custard M	Ice cream Sponge Roll E/S/M/G & Fruit	Honey Cookie G/E
Available Daily	Bread G/S , Salad Fresh Fruit, Yoghurt M Water/ Milk M				
	ALL MENU SUBJECT TO AVAILABILITY				

Week 3	DATES: 19/9 17/10 21/11 2/1 30/1				
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta Beef Bolognaises (Minced beef, garlic, tomatoes, lentils, onions, garlic, herbs, Worchester sauce & gravy) G/F	Sausage Roll M/G	Pork Steak	Chicken Fajita Slice (Chicken, peppers, onions, garlic & fajita seasoning layered in a tortilla wrap) MUS/G	Salmon Fishcakes coated in Breadcrumbs F/G
Vegetarian	Vegetable Bolognese (Quorn mince, garlic, tomatoes, lentils, onions, garlic, herbs, vegetable bouillon & gravy) S/E	Cheese & Onion flaky pastry Slice M/G/MUS/S May contain NUTS	Potato & Butternut Gratton (A mix of vegetables, potato & butternut squash in a creamy cheese sauce topped with breadcrumbs) M/G	Cheese & Tomato Pizza M/G	Mozzarella Bites (Mix of mozzarella & cream cheese in gluten free breadcrumbs) M
Served with	Crusty Bread G May contain SS , Pasta G & Seasonal Vegetables	Mashed Potato, Baked Beans or Seasonal Vegetables	Roast Potatoes, Seasonal Vegetables & Gravy	Rice & Seasonal Vegetables	Golden Fries, Seasonal Vegetables & Tomato Sauce
Jacket Potato Served with	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad
Sandwich Served with	Cheese & Tomato Panini G/M May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Tuna Wrap F/E/G/MUS Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Cheese Sandwich G/S/M Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Ham Roll G May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge	Egg Roll G/E/MUS May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD , or Fruit wedge
Pudding	Jam Filled Biscuit Bar G & Fruit	Organic Fruit Lolly	Fruit Crumble G & Custard M	Doughnut S/M/G May contain E/ NUTS	Crunchy Biscuit G
Available Daily	Bread G/S , Salad Fresh Fruit, Yoghurt M Water/ Milk M				
	ALL MENU SUBJECT TO AVAILABILITY				

Week 4	DATES: 26/9 31/10 28/11 9/1 6/2				
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Lasagne (Minced beef, lentils, beef gravy, onions & herb layered with a white sauce & lasagne sheet. Topped with cheese) G/M/F	Gammon & pineapple	Roast Chicken & Stuffing G May contain S	Pepperoni Pizza M/G	Breaded Cod Bites G/F
Vegetarian	Vegetable Lasagne G/M (Quorn mince, lentils, gravy, onions, vegetable mix & herb layered with a white sauce & lasagne sheet. Topped with cheese)	Oven Baked Omelette E/M/MUS	Vegetarian Roast (Stuffing mix with onions, carrots, cheese & herbs in Puff Pastry) S/E/G/M	Quorn Dippers G	Noodle & Bean Wrap (Mix of noodles, carrots, mushroom, peppers, mixed beans, onions & cheese in a wrap) M/G/E
Served with	Seasonal Vegetables & Crusty Bread G May contain SS	½ Jacket Potato & Baked Beans or Seasonal Vegetables	Roast Potatoes, Seasonal Vegetables & Gravy	Pasta G & Seasonal Vegetables	Golden Fries, Seasonal Vegetables & Tomato Sauce
Jacket Potato Served with	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad	Baked beans, Cheese M or Tuna E/MUS/F Seasonal Vegetables or Salad
Sandwich Served with	Ham Sandwich G/S Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Cheese Roll G/M May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Tuna Sandwich G/S/E/F/MUS Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Tuna Panini G/E/F/MUS May contain SS Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge	Egg Sandwich G/E/MUS/S Salad or Seasonal Vegetables. Sultanas, apricots SD, or Fruit wedge
Pudding	Jam & Coconut Sponge G/E/SD	Raspberry Flapjack G & Custards M	Cheese M & Crackers G Served with Apple	Mousse Cup M & Fruit Platter	Chocolate Cookie G/E
Available Daily	Bread G/S, Salad Fresh Fruit, Yoghurt M Water/ Milk M				
ALL MENU SUBJECT TO AVAILABILITY					

Allergen Groups: **C**- Celery, **G**- Cereals Contain Gluten, **CRUS**- Crustaceans, **E**- Eggs, **F**- Fish, **L**- Lupin, **M**- Milk, **MOL**- Molluscs, **MUS** – Mustard, **N**- Nuts, **P**- Peanuts, **SS**- Sesame Seeds, **S**- Soya, **SD**- Sulphites

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 manufacture is completely nut free.

If your child has an allergy, please contact the school office via admin@newportprimary.devon.sch.uk

Payment - £2.40 per meal: For year 3-6 and in the Nursery for dinners are made in advance, through My child at school. You will get automatic reminders when your dinner balance goes below £0.00. All dinner payments to be made electronically.

- Our school dinners are made fresh on-site using ingredients from John Patt's greengrocers, our fresh meat is supplied by Phillip Dennis butchers and ambient and other food by Savona.
- We use a mixture of wholegrain and white pasta and rice. Our biscuits, cakes and pizza bases contain a mix of wholemeal and white flour. No added salt is used in any of our recipes we use herbs, spices, garlic & Vegetables to add flavour. Our bread where possible is 50/50.
- Baked beans are low salt and sugar
- We use Mature cheddar in our recipes so use less but keep the flavour
- The menu is on the school website, please also keep an eye on your weekly newsletters for any updates or menu changes for the week ahead.

During morning register, children are able to choose the option they would like for lunch so if you have a preference on what meal you would like your child to receive we would encourage you to talk this through with your child before school.

Free School Meals

All children in Reception, Year 1 and 2 are entitled to free school meals – this is known as **Universal Free School Meals**. If your child is in Reception, Year 1 or 2 and you receive one of the qualifying benefits below, you should still make an application as this gives the school additional pupil premium funding to support learning.

If you receive any of the following you are entitled to free school meals: (please make an application even if you do not take up the offer of the free school meal.)

Please note, that during the February half term holiday, those that qualify for Free School Meals will also benefit from a Free School Meal Voucher.

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods).
- Income Support (IS).
- Income-based Jobseekers Allowance (IBJSA).
- Income-related Employment and Support Allowance (IRESA).

- The guaranteed element of State Pension Credit.
- Support under Part VI of the Immigration and Asylum Act 1999.
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income as assessed by Her Majesty's Revenue and Customs, that does not exceed £16,190).
- Working Tax Credit run-on (the payment you get for a further 4 weeks after you stop qualifying for Working Tax Credit).

How to apply:

Apply through the [Devon Citizens Portal](#). This is the quickest and easiest way to apply and will result in you getting an instant decision.

Alternatively, call the Education Helpline on: 0345 155 1019