Dartmoor **Multi Academy** Trust

...everyone in our Trust.

Bridestowe Primary



AUTUMN MENU Week one

FRIDAY

Fish Fingers DF/GFA or Salmon Fingers

DF, Chips and Peas

Quorn Sausage.

Chips and Peas

Cheese DFA

Beans GF/DF

Tuna Mayo GF/DF















Chicken Enchiladas and Vegetable Rice

Macaroni Cheese. **Foccacia Bread** and Salad GFA

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Fruit Platter GF/DF

TUESDAY

Sausage and Mash, Seasonal Vegetables and Onion Gravy **GF/DF**

Cheesy Bean Ball, Mash Potato and Gravy GFA/DFA

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Chocolate Brownie

WEDNESDAY

Roast Turkey, Roast Potatoes, Seasonal Vegetables and **Gravy GF/DF**

Broccoli and Cauliflower Bake. Roast Potatoes, Seasonal Vegetables and Gravy GF

> Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Fruit Muffin DF

Lemon Drizzle DF

GLUTEN FREE DESSERTS AVAILABLE UPON REQUEST

THURSDAY

Meatballs with Pasta, Focaccia Bread and Salad DF/GFA

Cauliflower and Butternut Squash Korma, Sunshine Rice and Naan Bread **DF/GFA**

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Cookie DF





Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

FRESH FRUIT **E YOGHURT SERVED DAILY**



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AUTUMN MENU















Sausage in a Yorkie Wrap, Mash Potato and Seasonal Vegetables GFA

Quorn Toad In the Hole, Mash Potato and Seasonal Vegetables GFA

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Fruit Platter GF/DF

TUESDAY

Hunters Chicken, **Potato Wedges** and Salad GF/DFA

Vegetable Omelette, Potato Wedges and Salad GF/DFA

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Raspberry Slice DF

Carrot Cake DF

THURSDAY

Beef Lasagne, Focaccia Bread and Veggie Sticks **GFA**

Tomato and Cheese Pasta Bake, Focaccia **Bread and Veggie** Sticks GF/DFA

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Banana and **Blueberry Sponge DF**

GLUTEN FREE DESSERTS AVAILABLE UPON REQUEST

WEDNESDAY

Roast Pork Roast

Potatoes, Seasonal Vegetables and

Gravy GF/DF

Butternut Squash

and Sweet Potato

Bake, Seasonal Vegetables and

Gravy GF

Cheese DFA

Beans GF/DF

Tuna Mayo GF/DF





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Beef Burger, Chip and Peas DF/GFA

Breaded Halloumi Burger, Chips and Peas GFA

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Cookie DF

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AUTUMN MENU Week three











MONDAY

Brunch Grill Sausage, Bacon, Hash Browns and Beans GF/DF

Veggie Brunch Quorn Sausage, Tomatoes, Hash Brown and Beans DF

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

Fruit Platter GF/DF

TUESDAY

Beef Hot Pot and Cabbage GF/DF

Vegetable Hot Pot and Cabbage GF/DF

Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

ABC Cake DF

Coconut Jam Sponge DF

WEDNESDAY

Roast Chicken, Roast Potatoes, Seasonal Vegetables and

Gravy GF/DF

Leek and Potato

Bake, Seasonal

Vegetables and Gravy GF

Cheese DFA

Beans GF/DF

Tuna Mayo GF/DF

Flapjack DF

Cheese DFA

Beans GF/DF

Tuna Mayo GF/DF

THURSDAY

GLUTEN FREE DESSERTS AVAILABLE UPON REQUEST





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FRIDAY

Bolognaise Pasta with Nachos, Dips Chicken Bites, Chip and Peas DF and Salad GFA/DFA

Margherita Pizza, Veggie Nuggets, Chips and Peas DF Wedges and Sweetcorn GFA/DF

> Cheese DFA **Beans GF/DF** Tuna Mayo GF/DF

> > Cookie DF

FRESH FRUIT **E YOGHURT SERVED DAILY**

