Dartmoor Multi Academy Trust

...everyone in our Trust.

Exbourne Primary



SPRING MENU Week one



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Brunch: Sausage and Bacon with Hash Brown and Baked Beans DF/GF

Chicken Katsu Curry, Vegetable Rice and Naan Bread DF Roast Pork, Roast Potatoes, Seasonal Vegetables and Gravy DF/GF

Beef Lasagne, Focaccia Bread and Salad Sticks Breaded Fish with Chips and Peas or Beans GF/DF



Vegetarian Brunch: Quorn Sausage, Hash Brown, Tomato and Baked Beans

Tomato and Cheese Pasta Bake, Focaccia Bread and Salad Sweet Potato, Butternut Squash Bake with Roast Potatoes, Vegetables and Gravy DF/GF Cauliflower, Chick Pea and Sweet Potato Korma With Sunshine Rice and Naan DF

Halloumi Burger, Chips and Baked Beans



Cheese DFA
Beans GF/DF
Tuna Mayo GF/DF



Pick a
DESSERT

Cheese GFA/DFA Ham GFA/DFA Tuna Mayo GFA with Potato and Salad Cheese GFA/DFA
Ham GFA/DFA
Tuna Mayo GFA
with Potato and Salad

A A ad Cheese GFA/DFA
Ham GFA/DFA
Tuna Mayo GFA
with Potato and Salad

Cheese GFA/DFA
Ham GFA/DFA
Tuna Mayo GFA
with Potato and Salad

Cheese GFA/DFA Ham GFA/DFA Tuna Mayo GFA with Potato and Salad

Fruit Platter GF/DF

Warm Chocolate Brownie with Chocolate Custard Banana Marble Cake

Lemon Drizzle DF

Cookie DF

GLUTEN FREE DESSERTS AVAILABLE UPON REQUEST





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

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SPRING MENU Week two



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Butchers Sausage, Mash, Seasonal Vegetables and Gravy DF/GF

Hand Stretched Margharita Pizza, Wedges and Sweetcorn Roast Turkey, Roast Potatoes, Seasonal Vegetables and Gravy DF/GF Italian Meatballs in Tomato Sauce, Pasta, Focaccia Bread and Mixed Salad DF

Chicken Bites, Chips and Peas or Beans

DF



Pulled BBQ Jackfruit, Wedges and Rootslaw DF Vegetable Chilli Nachos, and Salad Sticks DF Cauliflower and Broccoli Cheese, Roast Potatoes, Carrots, Cabbage and Gravy GF Tomato and Vegetable Pasta Bake with Focaccia Bread and Salad Sticks GF

Quorn Sausage, Chips and Peas GF/DF



Cheese DFA
Beans GF/DF
Tuna Mayo GF/DF



Pick a Fruit Plat

DESSERT

Cheese GFA/DFA Ham GFA/DFA Tuna Mayo GFA with Potato and Salad

Cheese GFA/DFA
Ham GFA/DFA
Tuna Mayo GFA
with Potato and Salad

Cheese GFA/DFA
Ham GFA/DFA
Tuna Mayo GFA
with Potato and Salad

Cheese GFA/DFA
Ham GFA/DFA
Tuna Mayo GFA
with Potato and Salad

Cheese GFA/DFA
Ham GFA/DFA
Tuna Mayo GFA
with Potato and Salad

Fruit Platter GF/DF

Sticky Toffee
Pudding with Toffee
Sauce DF

Carrot Cake DF

Banana and Blueberry Sponge

Cookie DF

GLUTEN FREE DESSERTS AVAILABLE UPON REQUEST





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FRESH FRUIT & YOGHURT SERVED DAILY

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SPRING MENU Week three



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Toad in the Hole. Mashed Potato, Sweetcorn, Carrots, and Gravy DF

Chicken Pie, Mashed Potato and Sweetcorn DF

Honey Roast Ham, Roast Potatoes, **Seasonal Vegetables** and Gravy DF/GF

Beef Chilli, Rice, Sweetcorn and Nachos DF

Fish Fingers, Chips and Peas or Beans DF



Quorn Toad in the Hole with Mashed Potato and Seasonal Vegetables DF

Macaroni Cheese, Focaccia Bread and Salad

Cauliflower and **Broccoli Cheese.** Roast Potatoes, Carrots, Cabbage and Gravy GF

Vegetable Cottage Pie, Fresh Carrots and Sweetcorn DF/GF

Vegetable Nuggets, Chips and Peas or **Beans DF**



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



DESSERT

Cheese GFA/DFA Ham GFA/DFA Tuna Mayo GFA with Potato and Salad

Cheese GFA/DFA Ham GFA/DFA Tuna Mayo GFA with Potato and Salad

Cheese GFA/DFA Ham GFA/DFA Tuna Mayo GFA with Potato and Salad

Cheese GFA/DFA Ham GFA/DFA Tuna Mayo GFA with Potato and Salad

Cheese GFA/DFA Ham GFA/DFA **Tuna Mayo GFA** with Potato and Salad

Fruit Platter GF/DF

Apple Crumble and Custard

Coconut Jam Sponge DF

Apple Flapjack DF

Cookie DF

GLUTEN FREE DESSERTS AVAILABLE UPON REQUEST





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FRESH FRUIT t Yoghurt **SERVED DAILY**