


Chulmleigh Academy Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
 Main Meal	Beef Bolognese & Pasta F = 4.7g, S = 5.2g	All day Breakfast Sausage, Bacon & Hash Brown F = 16.7g, S = 2g	Roast Turkey Roast Potatoes, Sage and Onion Stuffing Balls with Gravy F = 22.5g, S = 3.5g	Jacket Potato with Chicken Curry	Cottage Pie F = 6.4g, S = 2.3g
Vegetarian Meal	Tomato and Cheddar Pasta Bake F = 6.3g, S = 7.3g	All day Breakfast (Quorn Sausage, Quorn Burger & Hash Brown) F = 11.3g, S = 4.2g	Vegetable Crumble F = 14.9g, S = 3.5g	Jacket Potato with Cheese and/or Beans	Quorn Mince Cottage Pie F = 3.8g, S = 3.4g
Sides/Vegetables	Garlic Bread F = 4.6g, S = 0.2g Sweetcorn F = 1.1g, S = 1.3g	Baked Beans F = 0.6g, S = 0 Tomatoes F = 0.1g, S = 1.5g	Broccoli F = 0.6g, S = 1.2g Carrots F = 0.2g, S = 1.9g	Salad & Sweetcorn	Peas F = 0.4g, S = 3.6g Cauliflower F = 0.3g, S = 0.9g
Dessert	Shortbread F = 11.2g, S = 7.6g Orange slice F = 0.1g, S = 3.6g	Vanilla Iced Sponge F = 18g, S = 34.9g	Triple Chocolate Shortbread F = 20.4g, S = 15.4g	Oat Fruit Crumble F = 16.4g, S = 27.3g Custard F = 1.6g, S = 5.5g	Fruit Jelly F = 0, S = 2.4g Ice Cream F = 6.5g, S = 13.7g

A Selection of Bread, Fresh Fruit and Yoghurts available every day.

Each menu contains fat and sugar content. F=Fat, S = Sugar. These are highlighted in Red.






ALLERGEN INFORMATION IS AVAILABLE ON REQUEST



Chulmleigh Academy Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
 Main Meal	Sausage with Mashed Potato & Onion Gravy F = 17.9g, S = 3.7g	Sweet & Sour Chicken with Rice F = 4.1g, S = 12g	Steak in Gravy, Topped with Puff Pastry & Roast Potatoes F = 23.2g, S = 3.3g	Chicken Hot Pot F = 4.7g, S = 2.8g	Beef Lasagne F = 21.5g, S 14.1g Garlic Bread F = 4.6g, S = 0.2g
Vegetarian Meal	Quorn Sausage with Mashed Potato & Onion Gravy F = 5.7g, S = 5.7g	Tomato & Cheddar Pasta Bake F = 6.3g, S = 7.3g	Cheese Wheels F = 23.9g, S = 1.5g	Vegetable Hot Pot F = 0.5g, S = 7.8g	Vegetarian Lasagne F = 17.4g, 10.3g Garlic Bread F = 4.6g, S = 0.2g
Vegetables/Sides	Carrots F = 0.4g, S = 1.9g Broccoli F = 0.4g, S = 1.2g	Peas F = 0.4g, S = 3.6g	Swede F = 0.2g, S = 3.1g Green Beans F = 0.2g, S = 1.8g	Mixed Vegetables F = 0, S = 2.3g	Mixed Leaves F = 0.1g, S = 0.6g Sweetcorn F = 1.1g, S = 1.3g
Dessert	Chocolate Rice Crispy Cake F = 6.1g, S = 15.5g	Fruit Salad F = 0, S = 0 Ice Cream F = 6.5g, S = 13.7g	Flapjack F = 16.6g, S = 24.9g Melon Slice F = 0, S = 1.7g	Sticky Toffee Cake & Toffee Sauce F = 7.81g, S = 33g Custard F = 1.6g, S = 5.5g	Chocolate Cookie F = 10.7g, S = 19.8g

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Chulmleigh Academy Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Meal</p>	<p>Savoury Mince Topped with Sliced Potatoes</p> <p>F = 10.4g, S = 3.5g</p>	<p>Chicken Korma with Rice</p> <p>F = 6.9g, S = 3.6g</p> <p>Naan Bread</p> <p>F = 3.5g, S = 2.1g</p>	<p>Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy</p> <p>F = 17.8g, S = 3.0g</p>	<p>Build a Burger Day Burger, Bap, Cheese Slice, & Curly Fries</p> <p>F = 25.3g, S = 4.1g</p>	<p>Beef Chilli with Tortilla Chips & Cheese</p>
<p>Vegetarian Meal</p>	<p>Broccoli, Potato & Cheese Bake</p> <p>F = 15.4g, S = 4.7g</p>	<p>Macaroni Cheese</p> <p>F = 23.0g, S = 7.1g</p>	<p>Yorkshire Puddings filled with Sliced Quorn Sausage</p> <p>F = 17g, S = 4.5g</p>	<p>Build a Burger Day Quorn Burger, Bap, Cheese Slice & Curly Fries</p> <p>F = 21.9g, S = 4.5g</p>	<p>Vegetable Chilli with Tortillas Chips & Cheese</p>
<p>Vegetables/Salad</p>	<p>Carrots</p> <p>F = 0.2g, S = 1.9g</p> <p>Broccoli</p> <p>F = 0.4g, S = 1.2g</p>	<p>Diced Vegetables</p> <p>F = 0, S = 2.3g</p>	<p>Peas</p> <p>F = 0.4g, S = 3.6g</p> <p>Cauliflower</p> <p>F = 0.3g, S = 0.9g</p>	<p>Lettuce F = 0.1g, S = 0.8g</p> <p>Tomato F = 0.1g, S = 1.5g</p> <p>Coleslaw</p> <p>F = 7.1g, S = 2.7g</p>	<p>Sweetcorn</p>
<p>Dessert</p>	<p>Peach Melba</p> <p>F = 6.5g, S = 28.5g</p>	<p>Rice Pudding and Fruit Compote</p> <p>F = 1.5g, S = 7.8g</p>	<p>Toffee Sponge</p> <p>F = 5.9g, S = 30.1g</p>	<p>Chocolate Sponge & Chocolate Custard</p> <p>F = 12.2g, S = 18.2g</p>	<p>Caramel Shortbread</p> <p>F = 18.7g, S = 23.1g</p>

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Chulmleigh Academy Trust—Primary School Autumn Menu 2019

COST £2.30

Reception, Year 1 and Year 2 children are all entitled to Free School Meals

Week 1	w/b 02.09.19	w/b 23.09.19	w/b 14.10.19	w/b 11.11.19	w/b 02.12.19
Week 2	w/b 09.09.19	w/b 30.09.19	w/b 28.10.19	w/b 18.11.19	w/b 09.12.19
Week 3	w/b 16.09.19	w/b 07.10.19	w/b 04.11.19	w/b 25.11.19	w/b 16.12.19

A SELECTION OF BREAD, FRESH FRUIT AND YOGHURTS AVAILABLE EVERY DAY

1 meal per week = £2.30

2 meals per week = £4.60

3 meals per week = £6.90

4 meals per week = £9.20

5 meals per week = £11.50

