Dartmoor Multi Academy Trust

...everyone in our Trust.

Lydford Primary



AUTUMN MENU Week one



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Enchiladas with Vegetable Rice DFA/GFA

Dartmoor Sausages, Creamy Mashed Potato, Seasonal Vegetables and Onion Gravy GF/DF

Roast Turkey, Sea Salted Roast Potatoes, Seasonal Vegetables and Gravy GF/DF Italian Meatballs, Tomato Penne, Focaccia and Green Salad DF/GFA Breaded Fish Fingers GF/DF or Salmon Fingers DF Chips and Peas



Macaroni Cheese, Foccacia Bread and Salad GFA Leek and Mushroom Pie, Creamy Mashed Potato, Seasonal Vegetables and Onion Gravy GFA Broccoli and Cauliflower Bake, Sea Salted Roast Potatoes, Seasonal Vegetables and Gravy GF Courgette and Vegetable, Veggieballs, Tomato Penne, Focaccia and Green Salad DF/GFA

Quorn Sausage, Chips and Peas



Cheese DFA
Beans GF/DF
Tuna Mayo GF/DF

Cheese DFA Beans GF/DF Tuna Mayo GF/DF



Fruit Muffins DF

Butternut Squash Browie DF

Fruit Platter GF/DF

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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AUTUMN MENU













Dartmoor Sausages in a Yorkie Wrap with Mashed Potatoes and **Seasonal Vegetables GFA**

MONDAY

Quorn Toad in the Hole with Mashed Potatoes and Seasonal Vegetables

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

> **Carrot Cake** Muffins 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

Fruit Platter GF/DF

WEDNESDAY

Honey Roast Ham,

Sage Scented Roast

Potatoes, Seasonal Vegetables and

Gravy GF/DF

Butternut Squash and Sweet Potato Bake,

Roast Potatoes, Seasonal Vegetables

and Gravy GF

Cheese DFA

Beans GF/DF

Tuna Mayo GF/DF

Banana and **Blueberry Sponge DF**

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FRIDAY

Beef Lasagne, Focaccia Bread and Beef Burger, Chips and Peas DF/GFA **Veggie Sticks GFA**

Tomato, Basil Pasta Bake With Mozzarella Focaccia and Veggie Sticks GF/DF

THURSDAY

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

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

Breaded Halloumi

Burger, Chips and

Peas GFA

Cookie DF

FRESH FRUIT **E YOGHURT SERVED DAILY**

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AUTUMN MENU Week three

FRIDAY

Chicken Bites,

Chips and Peas

GFA/DF

Veggie Nuggets, Chips and Peas DF





Brunch Grill -Sausage, Bacon, Hash Brown and Baked Beans GF/DF

Veggie Brunch Grill -Quom Sausage, Tomatoes, Hash Brown and Baked **Beans DF**

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

> Coconut Jam Sponge **DF**

TUESDAY

Dartmoor Beef Hot Pot and Sauteed Cabbage GF/DF

Root Vegetable and Thyme Hot Pot and Sauteed Cabbage **GF/DF**

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

ABC Cake DF

Fruit Platter GF/DF

Flapjack DF

GLUTEN FREE DESSERTS AVAILABLE UPON REQUEST

MONDAY

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

WEDNESDAY

Roast Loin of Pork and

Apple Sauce, Rosemary Roasted

New Potatoes, Seasonal Vegetables

and Gravy GF/DF

Leek and Potato Bake,

Rosemary Roasted New Potatoes,

Seasonal Vegetables

and Gravy GF

Cheese DFA

Beans GF/DF Tuna Mayo GF/DF

THURSDAY

Chilli Con Carne,

Coriander Rice.

Sweetcorn and

Nachos and Dips

GFA/DFA

Pizza Bar, Wedges

and Sweetcorn

GFA/DF

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

Cookie DF



DESSERT





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FRESH FRUIT **E YOGHURT SERVED DAILY**