

A choice of meals available

Each meal is prepared on the premises using fresh ingredients on a daily basis. We offer a main meal, vegetarian meal (V), Jacket Potato with cheese, tuna mayo or baked beans as a filling. **NEW** for Autumn a **COMPTON PACKED LUNCH** to include a choice of a Sandwich with either cheese, egg, tuna or ham filling. A fruit pack, yoghurt, carton of juice and a homemade cake or biscuit.

A choice of fresh fruit or yoghurts alongside homemade desserts available daily.

Fresh milk and water also available daily to those who have the school meal.

OUR MENU MEETS THE NEW GOVERNMENT FOOD STANDARDS

For allergen advice please speak to the Catering Manager.

PAYMENT OF SCHOOL DINNERS

All dinner money is paid via Parent Pay. We do ask that you could please keep your balance in credit.

KSI children are entitled to UIFSM
KS2 children only £2.10 per meal

DO I QUALIFY FOR FREE SCHOOL MEALS?

If you receive any ONE of the following benefits then you will be entitled to Free School Meals:

- Income Support (IS)
- Employment and Support Allowance (income related)
- Child Tax Credit without Working Tax Credit with an annual taxable income (as assessed by HMR&C) of less than £16,190
- Income base jobseeker's Allowance (IBJSA)
- Guaranteed Element of State Pension Credit
- Support under Part VI of the immigration and Asylum Act 1999

Please call 01752 307410 or email fsm@plymouth.gov.uk for more information.



AUTUMN/WINTER

Menu 2018



Weeks Commencing 29th Oct, 19th Nov, 10th Dec, 14th Jan, 4th Feb, 4th Mar, 25th Mar, 29th Apr, 13th May, 10th Jun, 1st Jul, 22nd Jul

Week 1

Monday
 Chicken Casserole
 Quorn Sausage (V)
 Jacket Potato
 Mashed Potato
 Carrots/Green Beans
 Lemon Drizzle Cake

Tuesday
 Homemade Sausage Roll
 Homemade Spinach/Ricotta Sausage Roll (V)
 Jacket Potato
 Potato Wedges
 Cauliflower/Peas
 Peach Muffins

Wednesday
 Chilli Con Carne
 Quorn Chilli (V)
 Jacket Potato
 Boiled Rice
 Carrots/Peas
 Oat Biscuit

Thursday
 Roast Gammon and Gravy
 Macaroni Cheese (V)
 Jacket Potato
 Roast Potatoes
 Mixed veg/Cauliflower
 Homemade Rice Pudding

Friday
 Fishcake
 Homemade Broccoli Quiche (V)
 Jacket Potato
 Chips/Tomato Sauce
 Peas/Baked Beans
 Custard Biscuit

Weeks Commencing 5th Nov, 26th Nov, 17th Dec, 21st Jan, 11th Feb, 11th Mar, 1st Apr, 6th May, 20th May, 17th Jun, 8th Jul,

Week 2

Monday
 Chicken Enchiladas
 Cheese Wheels (V)
 Jacket Potato
 Herby Diced Potatoes
 Green Beans/Carrots
 Date Crispy Crunch

Tuesday
 Compton's All Day Breakfast
 Vegetarian All Day Breakfast (V)
 Jacket Potato
 Sweetcorn/Baked Beans
 Orange Shortbread

Wednesday
 Homemade Lasagne
 Quorn Lasagne (V)
 Jacket Potato
 Garlic Bread
 Carrots/Peas
 Banana Cake

Thursday
 Roast Chicken and Gravy
 Cauliflower Cheese (V)
 Jacket Potato
 Roast Potatoes
 Mixed Veg/Cabbage
 Semolina

Friday
 Breaded Fish Fillets
 Homemade Red Onion Quiche (V)
 Jacket Potatoes
 Chips/Tomato Sauce
 Peas/Baked Beans
 Flapjack

Weeks Commencing 12th Nov, 3rd Dec, 7th Jan, 28th Jan, 25th Feb, 18th Mar, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul,

Week 3

Monday
 Honey and Lemon Chicken
 Quorn Savoury Mince (V)
 Jacket Potato
 Herby Diced Potatoes
 Carrots/Green Beans
 Fruit Cake

Tuesday
 Steak Pasty
 Vegetable Pasty (V)
 Jacket Potato
 Potato Rounds
 Spaghetti Hoops/Peas
 Caramel Shortbread

Wednesday
 Pork Hotdog in a Finger Roll
 Pizza (V)
 Jacket Potato
 Potato Wedges
 Baked Beans/Sweetcorn
 Chocolate Brownie

Thursday
 Roast Beef, Yorkshire Pud and Gravy
 Homemade Country Garden Veggie Pie (V)
 Jacket Potato
 Roast Potatoes
 Mixed Veg/Cabbage
 Orange Cake

Friday
 Fish Fingers
 Homemade Cheese and Tomato Quiche (V)
 Jacket Potato
 Chips/Tomato Sauce
 Baked Beans/Peas
 Banana Flapjack