

A choice of meals available

A hot meal is prepared on the premises using fresh ingredients daily.

Back by popular demand are Jacket Potatoes with various fillings.

The cold choice of a freshly baked baguette filled with either cheese, egg, tuna or ham, is also available.

A choice of fresh fruit, yoghurts and homemade desserts are available, alongside an extensive salad bar.

We provide fresh milk and water daily to those who have the school meal.

We cater for various dietary needs including vegetarian, vegan diets, allergies and intolerances.

PLEASE SPEAK TO THE KITCHEN MANAGER IF YOU HAVE ANY OF THE ABOVE DIETARY NEEDS

PAYMENT OF SCHOOL DINNERS

All dinner money is paid via Parent Pay. We do ask that you 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)
- Income-related Employment and Support Allowance (IRESA)
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income as assessed by Her Majesty's Revenue and Customs, that does not exceed £16,190)
- Income-based jobseekers Allowance (IBJSA)
- The guaranteed element of Pension Credit
- Support under Part VI of the immigration and Asylum Act 1999
- Universal Credit – from 1 April 2018 provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods
- Working Tax Credit run-on (the payment someone receives for a further four weeks after they stop qualifying for Working Tax Credit)

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



AUTUMN/WINTER MENU 2023



Week Com: 30th Oct, 20th Nov, 11th Dec, 8th Jan, 29th Jan,
26th Feb, 18th Mar

Week 1

Monday

Macaroni Cheese with Garlic Bread
Sweetcorn
Jacket Potato
Fruit Salad or yoghurts

Tuesday

Cheese and Tomato Pizza
Herby Diced Potatoes
Seasonal Veg
Jacket Potato
Peach Muffin

Wednesday

COMPTON FAVOURITE
CHICKEN BURGER
Meat Free Burger
Chips
Jacket Potato
Fruit salad/yoghurts

Thursday

Sausages in onion gravy
Meat Free Sausages in onion gravy
Mashed Potato
Seasonal Veg
Jacket Potato
Homemade Biscuit

Friday

FISH FRIDAY
Fish Fillet
Potato Wedges
Peas
Jacket Potato
Fruit Salad/Yoghurts or rice pudding

Week Com: 6th Nov, 27th Nov, 18th Dec, 15th Jan, 5th Feb,
4th Mar, 25th Mar

Week 2

Monday

Lasagne with Garlic Bread
Sweetcorn
Jacket Potato
Fruit salad or yoghurts

Tuesday

Sausage Roll
Meat Free Sausage Roll
Herby Diced Potatoes
Seasonal Veg
Jacket Potato
Banana Muffin

Wednesday

COMPTON FAVOURITE
BEEF BURGER
Meat Free Burger
Chips
Jacket Potato
Fruit salad /yoghurts

Thursday

Chicken Nuggets
Meat Free Chicken
Pasta
Seasonal Veg
Jacket Potato
Homemade Biscuit

Friday

FISH FRIDAY
Fish Finger
Fish Free Fingers
Potato Wedges
Peas
Jacket Potato
Fruit salad/yoghurts or rice pudding

Week Com: 13th Nov, 4th Dec, 1st Jan, 22nd Jan, 19th Feb,
11th Mar

Week 3

Monday

Spaghetti Bolognese with Garlic Bread
Sweetcorn
Jacket Potato
Fruit salad or yoghurts

Tuesday

Cheese Wheels
Herby Diced Potatoes
Seasonal Veg
Jacket Potato
Apricot Muffin

Wednesday

COMPTON FAVOURITE
HOT DOG
Meat Free Hot Dog
Chips
Jacket Potato
Fruit salad/yoghurts

Thursday

All Day Breakfast
Meat Free All Day Breakfast
Baked Beans or Seasonal Veg
Jacket Potato
Homemade Biscuit

Friday

FISH FRIDAY
Fishcake
Potato Wedges
Peas
Jacket Potato
Fruit salad/yoghurts or rice pudding