THE MAYNARD SCHOOL EXETER

Lunch Menu

Week commencing: **09/11/26**

Monday	Tuesday	Wednesday	Thursday	Friday
Main Course				
Italian Style Lasagne & Garlic Bread — DF ✓ — 2 D	Harrissa Chicken and Chickpeas — 7 2 J	Roast Topside of Beef & Yorkshire Pudding — J	Braised Sweet N Sour Pork Belly — A G H J	Battered Haddock — V ✓ — 2 4 7 5
Veggie Sausage Ragu — V ✓ — 2 H	Mexican Broth with Tortilla & Sour Cream — V ✓ — A H	Butter Bean Mushroom and Veggie Bacon Pot — V ✓ — H	Butternut Squash & Goats Cheese Coca — V ✓ — 7	Spicy Veggeree — V ✓ — 2 5
Baked Potato with melting Cheese n Beans — V ✓ — 7	Tex Mex Cheese Omelette — V ✓ — 4 7	Pea and Mint Ravioli — V ✓ — 2 4 7	Sausage Roll — 2 7	Italian Spaghetti with Smoky Bacon Cream — V ✓ — 2 J
Sides				
Boiled Potatoes — V ✓ — 2	Boiled Rice	Roast Potatoes — V ✓	Dauphinoise Potatoes — V ✓ — GF ✓	Oven Chips — V ✓ — VG ✓ — GF ✓ — DF ✓
Chunky Carrots — V ✓ — VG ✓ — GF ✓ — DF ✓	Buttered Courgettes — V ✓ — 7	Cauliflower Cheese — V ✓ — 2 7	Sweetcorn — V ✓ — VG ✓ — GF ✓ — DF ✓	Peas — V ✓ — VG ✓ — GF ✓ — DF ✓
Peas — V ✓ — VG ✓ — GF ✓ — DF ✓	Mix Vegetables — V ✓ — VG ✓ — GF ✓ — DF ✓	Green Beans — V ✓ — VG ✓ — GF ✓ — DF ✓	Steamed Broccoli — V ✓ — VG ✓ — GF ✓ — DF ✓	Baked Beans — V ✓ — VG ✓ — GF ✓ — DF ✓
Dessert				
Fresh Fruit Salad — V ✓ — VG ✓ — GF ✓ — DF ✓	Fresh Fruit Salad — V ✓ — VG ✓ — GF ✓ — DF ✓	Fresh Fruit Salad — V ✓ — VG ✓ — GF ✓ — DF ✓	Fresh Fruit Salad — V ✓ — VG ✓ — GF ✓ — DF ✓	Fresh Fruit Salad — V ✓ — VG ✓ — GF ✓ — DF ✓
Fruit Salad — V ✓ — 7	Fruit Salad — V ✓ — 7	Fruit Salad — V ✓ — GF ✓ — 7	Fruit Yogurt — V ✓ — GF ✓	Fruit Yogurt — V ✓ — GF ✓
Parkin with Creme Fraiche — V ✓ — 2 4 7	Sticky Toffee Pudding — V ✓ — 2 4 7	Apple Crumble and Custard — 2 4 7	Fluffy American Pancake and Syrup — V ✓ — 2 4 7	Salted Caramel Slice — V ✓ — 2 7

KEY: V = Vegetarian **VG** = Vegan **GF** = Gluten Free **DF** = Dairy Free

Available every day: Jacket Potato, Salad Bar, Packed Lunch (must be pre-ordered), Fresh Fruit & Yoghurt

ALLERGENS (using FSA codes): Celery [1], Cereals (Gluten) [2], Eggs [4], Fish [5], Milk [7], Mustard [9], Nuts [10], Peanuts [11], Sesame Seeds [12], Soya [13], Sulphites [14]

INTOLLERANCES: Tomato Products [A], Capiscum Products [B], Soft Fruit Products [C], Beef [D], Aubergine [E], Apple [F], Oranges [G], Onion [H], Pork [J]

Please be aware we use all types of feeds in our kitchens. We have eliminated Palm Oil ingredients where currently possible. Substitute menus are available but may be an additional charge.