THE MAYNARD SCHOOL EXETER

Lunch Menu

Week commencing: **16/11/26**

Monday	V	VG	GF	DF
Main Course				
Spaghetti Bolognese with Garlic Bread 2 7				
Chunky Vegetarian Chilli 2 7	✓			
Baked Potato with melting Cheese n Beans 7	✓			
Sides				
Spaghetti 2	✓			
Chunky Carrots	✓	✓	✓	✓
Peas	✓	✓	✓	✓
Dessert				
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Salad 7	✓			
Steamed Sponge with Butterscotch Sauce 2 4 7	✓			

Tuesday	V	VG	GF	DF
Main Course				
Piri Piri Chicken 7 2 J				
Veggie Fritter A H	✓			
Minestrone & Crust 4 7	✓			
Sides				
Boiled Rice				
Buttered Courgettes 7	✓			
Mix Vegetables	✓	✓	✓	✓
Dessert				
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Salad 7	✓			
Carrot Cake 2 4 7	✓			

Wednesday	V	VG	GF	DF
Main Course				
Roast Gammon J				
Vegetarian Cottage Pie H	✓			
Tomato & Basil Pasta 2 4 7	✓			
Sides				
Roast Potatoes	✓			
Cauliflower Cheese 2 7	✓			
Green Beans	✓	✓	✓	✓
Dessert				
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Salad 7	✓		✓	
Brioche Bread and Butter 2 4 7				

Thursday	V	VG	GF	DF
Main Course				
Smoky Sausage & Squash Bake J H				
Paneer Jalfrezi 7	✓			
Sausage Roll 2 7				
Sides				
Dauphinoise Potatoes	✓		✓	
Sweetcorn	✓	✓	✓	✓
Steamed Broccoli	✓	✓	✓	✓
Dessert				
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Yogurt	✓		✓	
Chocolate Cheesecake 2 4 7	✓			

Friday	V	VG	GF	DF
Main Course				
Battered Scampi 2 4 7 5	✓			
Gnocchi Bake 2 5	✓			
Italian Spaghetti with Smoky Bacon Cream 2 J	✓			
Sides				
Oven Chips	✓	✓	✓	✓
Peas	✓	✓	✓	✓
Baked Beans	✓	✓	✓	✓
Dessert				
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Yogurt	✓		✓	
Doughnuts 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.