THE MAYNARD SCHOOL EXETER

Lunch Menu

Week commencing: **30/11/26**

Monday

Main Course

	V	VG	GF	DF
Chicken with Creamy Tarragon Sauce 7H				
Roast Cauliflower Cheese Flatbread 2 7	✓			
Baked Potato with melting Cheese n Beans 7	✓			

Sides

	V	VG	GF	DF
Baby Potatoes 2	✓			
Chunky Carrots	✓	✓	✓	✓
Peas	✓	✓	✓	✓

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Salad 7	✓			
Steamed Syrup Sponge 2 4 7	✓			

Tuesday

Main Course

	V	VG	GF	DF
Chilli Con Carne and Tortillas 2H				
Baked Pepper A H	✓			
Creamy Tomato Soup with Bread Roll 4 7	✓			

Sides

	V	VG	GF	DF
Vegetable Rice				
Buttered Courgettes 7	✓			
Mix Vegetables	✓	✓	✓	✓

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Salad 7	✓			
Black Forest Choux 2 4 7	✓			

Wednesday

Main Course

	V	VG	GF	DF
Roast Topside of Beef & Yorkshire Pudding 2 4 7				
Griddled Polenta topped with Creamy Mushrooms H	✓			
Tomato & Basil Pasta 2 4 7	✓			

Sides

	V	VG	GF	DF
Roast Potatoes	✓			
Cauliflower Cheese 2 7	✓			
Green Beans	✓	✓	✓	✓

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Salad 7	✓		✓	
Treacle Tart 2 4 7				

Thursday

Main Course

	V	VG	GF	DF
Maynard Grill 2 4 7 J				
Vegetarian Grill 7	✓			
Cheese Omelette 2 7				

Sides

	V	VG	GF	DF
Curley Fries	✓		✓	
Sweetcorn	✓	✓	✓	✓
Steamed Broccoli	✓	✓	✓	✓

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Yogurt	✓		✓	
Rhubarb &Custard Tart 2 4 7	✓			

Friday

Main Course

	V	VG	GF	DF
Creamy Fish Pie 2 4 7 5	✓			
Sweet Potato and Lentil Dahl 2 5	✓			
Caponata Style Tart 2 J	✓			

Sides

	V	VG	GF	DF
Oven Chips	✓	✓	✓	✓
Peas	✓	✓	✓	✓
Baked Beans	✓	✓	✓	✓

Dessert

	V	VG	GF	DF
Fresh Fruit Salad	✓	✓	✓	✓
Fruit Yogurt	✓		✓	
Chocolate Muffin 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.