

EXETER SCHOOLS SECONDARY MENUS

WEEK NUMBER; ONE				
HOME ZONE	HOME ZONE	HOME ZONE	HOME ZONE	HOME ZONE
Beef Chilli Enchilladas or Quorn Cottage Pie (V) Boiled Rice Carrot Batons & Peas Ice Cream & Fudge Sauce Fresh Fruit or Yoghurt	Chicken & Vegetable Pie or Sweet Chilli Noodle Stir Fry New Potatoes Green Beans & Sweetcorn Queen Of Puddings Fresh Fruit or Yoghurt	Roast Beef & YP or Roasted Veg & YP (V) Roast Potatoes or Creamed Potatoes Carrots & Mixed Veg Iced Sponge Fresh Fruit Salad or Yoghurt	Lasagne & Salad or Roasted Vegetable Lasagne (V) Garlic Slice or Boiled Potato Cauliflower & Peas Cornflake Cake Fresh Fruit or Yoghurt	Breaded Fish or Pasta Bake (V) Chips Mushy Peas or Baked Beans Macaroon Tart Fruit or Yoghurt
FAST ZONE	FAST ZONE	FAST ZONE	FAST ZONE	FAST ZONE
Panini Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Chicken Joes Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Homemade Tuna Fishcakes Plain Jacket (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Chicken Joes Plain Jacket (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Panini Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad
GO ZONE	GO ZONE	GO ZONE	GO ZONE	GO ZONE
Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks

EXETER Secondary School Menus FEB 2014

In addition to the above, fresh fruit, yoghurt, bread & butter, cold meats, cheese, salads and an assortment of cold desserts will be available on a daily basis. Cold fillings for jacket potatoes will consist of tuna mayonnaise, pink salmon, cheese, pasta salad, coleslaw, egg mayonnaise, etc (HC = Healthy Choice)

WEEK NUMBER; TWO

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HOME ZONE	HOME ZONE	HOME ZONE	HOME ZONE	HOME ZONE
Hunters Chicken or Ratatouille Bake (V) Jacket Wedges or Boiled Potato Garden Peas & Sweetcorn Ginger Sponge & White Sauce Fresh Fruit /Salad or Yoghurt	Roast Pork & YP or Vegetarian Toad in the Hole with Rich Onion Gravy(V) Creamed Potatoes or Roast Swede & Baby Carrots Chocolate Roll & Sauce with a Hint of Orange Fresh Fruit /Salad or Yoghurt	Chicken Tikka Masala or Vegetarian Chilli (V) Pilau Rice Baked Beans & vegetable Medley Jelly & Ice Cream Fresh Fruit /Salad or Yoghurt	Italian Meatloaf or Cheese & Onion Quiche (V) Boiled Potato or pasta with Herbs Garden Peas & Mixed Vegetable Manchester Tart Fresh Fruit/ Salad or Yoghurt	Salmon Fishcakes or Quorn & Veg pasta (V) Chips (HC) Mushy Peas & Baked Beans Feathered Sponge & Custard Fresh Fruit or Yoghurt
FAST ZONE	FAST ZONE	FAST ZONE	FAST ZONE	FAST ZONE
Panini Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Chicken Joes Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Vegetarian Sausage Roll Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Chicken Joes Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Panini Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad
GO ZONE	GO ZONE	GO ZONE	GO ZONE	GO ZONE
Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks	Wide Selection of Sandwiches Packed Lunches Tea, Coffee & Cold drinks

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WEEK NUMBER; THREE

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HOME ZONE	HOME ZONE	HOME ZONE	HOME ZONE	HOME ZONE
Savoury Mince & Dumpling or Quorn Chilli (V)	Chicken Curry or Vegetable Risotto (V)	Roast Gammon & YP or Vegetarian Quiche (V)	Pasta Bolognese or Vegetable Cottage Pie (V)	Breaded Fish or Vegetable Balti (V)
Creamed Potato or Boiled Rice Swede & Carrot Batons Or Peas	New Potatoes or Pilau Rice Broccoli & Cauliflower Sweetcorn	Roast or Creamed Potatoes Vegetable Medley & Garden Peas	Baby new Potato or Garlic Slice Carrots & Cauliflower	Boiled Rice or Chips (HC) Mushy Peas or Baked Beans
Baked Rice Pudding Fresh Fruit/ Salad or Yoghurt	Oaty Apple Crumble & Custard Fresh Fruit /Salad or Yoghurt	Strawberry Cheesecake Ice Cream & Fruit Fresh Fruit/Salad or Yoghurt	Chocolate Sponge & Chocolate Sauce Fresh Fruit/Salad or Yoghurt	Bakewell Tart Fresh Fruit/ Salad or Yoghurt
FAST ZONE	FAST ZONE	FAST ZONE	FAST ZONE	FAST ZONE
Panini Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Chicken Joes Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Pizza Selection Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Chicken Joes Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad	Panini Plain Jackets (V) Filled Jackets Pasta King (M) & (V) Pick n' Mix Salad
GO ZONE	GO ZONE	GO ZONE	GO ZONE	GO ZONE
Wide Selection of Sandwiches Packed Lunches	Wide Selection of Sandwiches Packed Lunches	Wide Selection of Sandwiches Packed Lunches	Wide Selection of Sandwiches Packed Lunches	Wide Selection of Sandwiches Packed Lunches
Tea, Coffee & Cold drinks	Tea, Coffee & Cold drinks	Tea, Coffee & Cold drinks	Tea, Coffee & Cold drinks	Tea, Coffee & Cold drinks

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Nutrition Chart, Plan

Nutrition Plan: FEB2014SEC FEBRUARY 2014 SEC

Nutrition Rule: Sec Lunch Secondary Lunch

