



School Meals Menus – Autumn Term 2022/2023

Children in Reception, Year 1 and Year 2 are entitled to a free school meal through the Universal Infant Free School Meals Scheme. Eligible children in Key Stage 2 (Years 3 to 6) are also entitled to Free School Meals. To find out if your child is eligible for Free School Meals apply through Devon County Council's [Citizens Portal](#). If your application is successful, please send proof of eligibility to the school office (admin@landkey-primary.devon.sch.uk).

School Meals cost £2.35 per meal. Our preferred method of payment is via MCAS (the My Child At School Parent Portal). Please speak to Sam or Michelle in the school office if you need your MCAS login details.

Weeks commencing: 05 September, 26 September, 17 October, 14 November, 05 December

Week 1 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Toad in the hole	Organic Pork Meatballs in Tomato Sauce	Roast Chicken & Stuffing	Macaroni Cheese & Crusty Bread	Salmon Nuggets & Tomato Sauce
Option 2	Cauliflower Cheese	Katsu Quorn Curry	Cheese & Tomato Slice	Butternut Risotto & Crusty Bread	Pizza Muffin
Sides	Mashed Potatoes Baked Beans Peas	Spaghetti Sweetcorn	Roast Potatoes Mashed Potatoes Broccoli & Carrots	Mixed Vegetables	Chips Vegetable Sticks
Option 3	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese
Option 4 (Years 3 to 6 Only)	Picnic Lunch	Picnic Lunch	Picnic Lunch	Picnic Lunch	Picnic Lunch
Dessert	Devon Honey Cake & Custard Yogurt Fresh Fruit Salad	Chocolate Cracknel Yogurt Fresh Fruit Salad	Fresh Fruit Platter Yogurt Fresh Fruit Salad	Strawberry Jelly & Ice Cream Yogurt Fresh Fruit Salad	Lemony Dodger Yogurt Fresh Fruit Salad

Weeks commencing: 12 September, 03 October, 31 October, 21 November, 12 December

Week 2 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Beef Burger in a Bun & Tomato Sauce	Chicken & Vegetable Pie	Roast Gammon & Stuffing	Homemade Sausage Pie	Battered Fish Fillet & Tomato Sauce
Option 2	Red Pepper & Sweetcorn Frittata	Cheese & Tomato Pizza	Roast Quorn Fillet	Roasted Vegetable Lasagne & Garlic Bread	Veggie Fingers
Sides	Potato Wedges Baked Beans Peas	Penne Pasta New Potatoes Peas & Green Beans	Roast Potatoes Mashed Potatoes Broccoli & Carrots	Mashed Potatoes Baked Beans Mixed Vegetables	Chips Vegetable Sticks
Option 3	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese
Option 4 (Years 3 to 6 Only)	Picnic Lunch	Picnic Lunch	Picnic Lunch	Picnic Lunch	Picnic Lunch
Dessert	Ginger Cake & Custard Yogurt Fresh Fruit Salad	Fruity Meringue Nests Yogurt Fresh Fruit Salad	Fresh Fruit Platter Yogurt Fresh Fruit Salad	Chocolate Cake & Chocolate Sauce Yogurt Fresh Fruit Salad	Oat Cookie Yogurt Fresh Fruit Salad



Weeks commencing: 19 September, 10 October, 07 November, 28 November

Week 3 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Hunters Chicken	Salmon & Chilli Noodles	Roast Beef & Yorkshire Pudding	Breakfast Brunch (Sausage, Bacon, Scramble Egg & Beans)	Fish Fingers & Tomato Sauce
Option 2	Vegetable Meatballs & Tomato Sauce	Pizza Baguette	Roast Quorn Fillet	Vegetarian Brunch	Cheese Wheels
Sides	Baked Rice & Mixed Veg	Penne Pasta Baked Beans Sweetcorn	Roast Potatoes Mashed Potatoes Broccoli & Carrots	Hash Browns Baked Beans Mixed Vegetables	Chips Vegetable Sticks
Option 3	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese	Jacket Potato Baked Beans & Cheese
Option 4 (Years 3 to 6 Only)	Picnic Lunch	Picnic Lunch	Picnic Lunch	Picnic Lunch	Picnic Lunch
Dessert	Sticky Toffee Pudding & Custard Yogurt Fresh Fruit Salad	Flapjack Yogurt Fresh Fruit Salad	Fresh Fruit Platter Yogurt Fresh Fruit Salad	Banana Muffins Yogurt Fresh Fruit Salad	Chocolate Drop Biscuit Yogurt Fresh Fruit Salad