



School Meals Menus – Spring Term 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: 02 January, 23 January, 20 February, 13 March

Week 1 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Pork Meatballs	Chicken Curry	Roast Beef & Yorkshire Pudding	Pizza	Fish Fingers & Tomato Sauce
Option 2	Quorn and Vegetable Fajita	Vegetarian Chilli	Quorn Fillet	Homity Pie	Southern Style Quorn Burger
Sides	Spaghetti Sweetcorn	Boiled Rice Mixed Vegetables	Roast Potatoes Mashed Potatoes Fresh Broccoli & Carrots	Penne Pasta Peas Baked Beans	Chips Carrot & Cucumber 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	Iced Chocolate Cake Yoghurt Fresh Fruit Salad	Muesli Crunch Yoghurt Fresh Fruit Salad	Fresh Fruit Platter Yoghurt Fresh Fruit Salad	Crunchy Apple Cake & Custard Yoghurt Fresh Fruit Salad	Chocolate Chip Cookie Yoghurt Fresh Fruit Salad

Weeks commencing: 09 January, 30 January, 27 February, 20 March

Week 2 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Beef Burger In a Bun	Spaghetti Bolognese & Garlic Bread	Roast Chicken & Stuffing	Oven Baked Pork Sausages	Salmon Nuggets & Tomato Sauce
Option 2	Cheese & Tomato Slice	Quorn & Vegetable Bolognese	Tomato Tumble	Quorn Sausages	Pizza Wheels
Sides	Diced Potatoes Baked Beans Peas	Spaghetti Sweetcorn	Roast Potatoes Mashed Potatoes Fresh Broccoli & Carrots	Hash Browns Mixed Vegetables Baked Beans	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	Iced Carrot Cake Yoghurt Fresh Fruit Salad	Shortbread Finger & Ice Cream Yoghurt Fresh Fruit Salad	Fresh Fruit Platter Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake & Custard Yoghurt Fresh Fruit Salad	Ginger Cookie Yoghurt Fresh Fruit Salad



Weeks commencing: 16 January, 06 February, 06 March, 27 March

Week 3 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Oven Baked Pork Sausages	Chicken Pasta Bake	Roast Pork & Apple Sauce	Braised Steak in Gravy	Oven Baked Fish Filet & Tomato Sauce
Option 2	Indian Spicy Rice	Cheese Wheels	Vegetable Roast	Pizza Baguette	Quorn Nuggets
Sides	Mashed Potatoes Peas Baked Beans	Penne Pasta Carrots Sweetcorn	Roast Potatoes Mashed Potatoes Fresh Broccoli & Carrots	Potato Wedges Mixed Vegetables Baked Beans	Chips Carrot & Cucumber 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	Iced Orange Muffins Yogurt Fresh Fruit Salad	Toffee Banana Cake & Custard Yogurt Fresh Fruit Salad	Fresh Fruit Platter Yogurt Fresh Fruit Salad	Fruit Jelly & Ice Cream Yogurt Fresh Fruit Salad	Chocolate Cookie Yogurt Fresh Fruit Salad