

The Conference Centre at Buckfast Abbey are proud to supply  
St Mary's Primary School with their school lunches.  
We use only the finest ingredients sourced from local suppliers, such as:

Gribbles Butchers

Riverford Dairy

S&J Fisheries

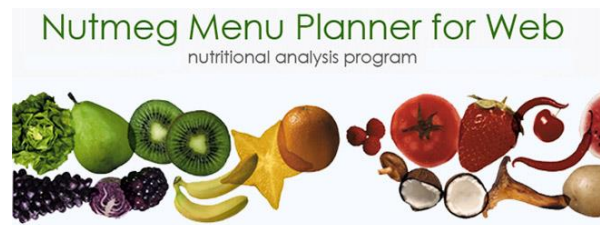
The Fresh Produce Company

Buckfast's Bee Department

Proper Pork

and, of course, our own Gardens Department's produce when available.  
All of our dishes are made fresh by our own Chefs, with great pride and care.

***This menu takes effect from Monday 25<sup>th</sup> November 2019.***



Autumn 2019 WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Butter Chicken	Roast Turkey with Cranberry Sauce and Gravy	Homemade Beefburger	Roast Pork with Apple Sauce and Gravy	Seafood Pasta Bake
	Gluten Free	Gluten Free Gravy available	Dairy Free	Gluten Free Gravy available	Dairy and Gluten Free
Vegetarian	Vegetable Biryani	Spinach and Cream Cheese Filo Parcels with Herby New Potatoes	Vegetable Burger	Chickpea Casserole with Herb Couscous	Macaroni Cheese
	Dairy and Gluten Free		Dairy and Gluten Free	Dairy Free	
Starch	Nice Rice	Fondant Potatoes	Potato Wedges and Bap	Fondant Potatoes	Pasta
	Dairy and Gluten Free	Dairy and Gluten Free	Gluten Free bap available	Dairy and Gluten Free	Dairy and Gluten Free available
Veg	Butternut Squash, Peas, Sweetcorn, Peppers and Broccoli	Cabbage and Carrot and Swede Mash	Salad and Slaw	Roasted Beetroot and Greens	Peas and Butternut Squash
	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free
Jacket potato Salad & filling	Cheese and Beans	Egg and Cress	Chicken and Sweetcorn	Mild Mexican Bean and Cheese	Tuna and Mayonnaise
	Gluten Free Dairy Free Cheese available	Dairy and Gluten Free	Dairy and Gluten Free	Gluten Free Dairy Free Cheese available	Dairy and Gluten Free
Pudding	Oat, Cranberry, Cookie Crumble with Berry Compôte & Crème Fraîche	Banana Bread and Honey Cream	Fruit Salad and Meringues	Apple and Raspberry Flapjack with Yoghurt Topping	Fruit Jelly
	Gluten Free without Biscuit Dairy Free without Crème Fraîche	Dairy Free without Cream	Dairy and Gluten Free		Dairy and Gluten Free



Please note: Fresh Fruit and a selection of Yoghurts are available for pudding  
Lunches are served with Water or Organic Milk



Autumn 2019 WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken Wraps	Roast Beef with Yorkshire Pudding and Gravy	Homemade Sausages with Tomato Sauce	Roast Leg of Lamb, Mint Sauce and Gravy	Fish and Chips with Ketchup
	Gluten Free wrap available	Dairy and Gluten Free without Yorkshire pudding Gluten Free Gravy available	Dairy Free	Gluten Free Gravy available	Gluten Free available
Vegetarian	Tofu, Mixed Bean and Vegetable Wrap	Butternut Squash and Mixed Bean Risotto	Vegetable Sausages with Tomato Sauce	Calzone with Mozzarella, Tomato and Salad	Roasted Vegetable Lasagne
	Dairy and Gluten Free	Gluten Free	Dairy and Gluten Free		
Starch	Rice and Wrap	Fondant Potatoes	Spaghetti	Fondant Potatoes	Chips
	Gluten Free wrap available	Dairy and Gluten Free	Gluten Free available	Dairy and Gluten Free	Dairy and Gluten Free
Veg	Butternut Squash, Peppers & Courgettes	Parsnips and Kale	Carrots and Courgettes	Cabbage and Swede	Mixed Squashes and Peas
	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free
Jacket potato Salad & filling	Baked Beans and Cheese	Egg Mayonnaise and Cress	Chicken and Sweetcorn	Mild Mexican Bean and Cheese	Tuna and Mayonnaise
	Gluten Free Dairy Free Cheese available	Dairy and Gluten Free	Dairy and Gluten Free	Gluten Free Dairy Free Cheese available	Dairy and Gluten Free
Pudding	Pineapple Upside-down Cake with Crème Fraîche	Poached Pears and Ice Cream	Strawberry Shortcakes	Apricot and Cranberry Granola Cake	Chocolate and Beetroot Brownie
	Dairy Free without Crème Fraîche	Dairy Free without Ice Cream		Dairy Free	



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Lunches are served with Water or Organic Milk



Autumn 2019 WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<b>Meatballs with Tomato Sauce</b>	<b>Roasted Chicken with Stuffing &amp; Gravy</b>	<b>Spaghetti Bolognese with Quorn</b>	<b>Roasted Pork Loin, Apple Sauce &amp; Gravy</b>	<b>Salmon Fish Fingers</b>
	Dairy Free	Dairy Free Gluten Free without the stuffing Gluten Free Gravy available	Dairy and Gluten Free	Dairy Free Gluten Free Gravy available	Dairy Free Gluten Free available
Vegetarian	<b>Veggie Balls with Tomato Sauce</b>	<b>Falafel with Tzatziki, Salad and Roasted Herb Potatoes</b>	<b>Vegan Bolognese</b>	<b>Leek and Brie Risotto Balls with Tomato Sauce</b>	<b>Cheesy Wheels</b>
	Dairy and Gluten Free	Gluten free	Dairy and Gluten Free		
Starch	<b>Nice Rice</b>	<b>Fondant Potatoes</b>	<b>Wholemeal Spaghetti</b>	<b>Fondant Potato</b>	<b>Mashed Potato</b>
	Dairy and Gluten Free	Dairy and Gluten Free	Dairy Free Gluten Free Spaghetti available	Dairy and Gluten Free	Dairy and Gluten Free
Veg	<b>Butternut Squash, Peas, Sweetcorn, Peppers and Spinach</b>	<b>Parsnips and Greens</b>	<b>Courgettes and Carrots</b>	<b>Cabbage and Cauliflower</b>	<b>Salad</b>
	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free	Dairy and Gluten Free
Jacket potato Salad & filling	<b>Cheese and Beans</b>	<b>Egg Mayonnaise</b>	<b>Chicken and Sweetcorn</b>	<b>Mild Mexican Bean and Cheese</b>	<b>Tuna Mayonnaise</b>
	Gluten Free Dairy Free Cheese available	Dairy and Gluten Free	Dairy and Gluten Free	Gluten Free Dairy Free Cheese available	Dairy and Gluten Free
Pudding	<b>Raspberry Ripple Ice Cream Tubs</b>	<b>Apple and Cinnamon Muffin</b>	<b>Plum and Pear Crumble with Custard</b>	<b>Strawberry Trifle</b>	<b>Natural Yoghurt with Choice of Toppings</b>
	Gluten Free	Dairy Free	Dairy Free without Custard	Gluten Free	Gluten Free Toppings available



Please note: Fresh Fruit and a selection of Yoghurts are available for pudding  
Lunches are served with Water or Organic Milk

