

Children in Y5 (Readymoney) were asked to write a persuasive menu in their recent literacy work. Here's a taster of what they wrote.

Tender, juicy, free range chicken chunks surrounded by home-grown, fresh vegetables, all covered in a crispy (yet crumbly) layer of perfect pastry - a delicious, nutritious pie. Oven baked, creamed potatoes alongside a further helping of healthy, scrumptious mixed vegetables on the side - guaranteed to make your taste buds party! Once you try our pie of the day, you're sure to be a fan for life. Millie

Rich spoonfuls of vanilla ice cream infused with a sweet texture of delectable strawberry flavoured jelly. This finishes off a perfect meal. This isn't just food, it is Dan's food. William

Homemade Bread and Pastry

Made fresh using at least 50% wholemeal flour.

Bread available daily

Did you know?

We make our own 'baked beans' and 'ketchup' using Dan's secret homemade tomato sauce.

Homemade Desserts

Made using at least 50% fruit for that naturally sweet taste.

Friday treat day!

Dan makes his own skin-on chips for a Friday treat. Fried in healthier rapeseed oil, it's a good source of Vitamin E too!

Grab a Grown-Up Lunch 'n' Learn dates

Lantic (Reception) - 17/05/17

Polridmouth (Year 4) - 23/05/17

Cannis (Year 1) - 03/05/17

Readymoney (Year 5) - 27/06/17

Gribben (Year 2) - 17/07/17

Carne (Year 6) - 20/06/17

Coombe (Year 3) - 15/06/17

Relatives are welcome to join their child for a lunch and then learning activity.

Meals cost £3.50 for adults. We look forward to welcoming you.

Fowey Primary School

Summer Menu 2017



Providing nutritious and tasty home-made meals for £2.30
Free for **all Infants** and those eligible to FSM

Lunch Menu Week 1



Meat Free Monday!

- Jacket potato with cheese, baked beans, tuna **or** Vegetables risotto
- Salad bar and healthy coleslaw
- Fruit jelly and ice cream **or** Fresh fruit



Tuesday

- Roast pork with apple sauce **or** Quorn roast
- Roast potatoes, steamed carrots, swede and gravy
- Raspberry muffin **or** Fresh fruit



Wednesday

- Chicken and vegetable pie **or** Vegetable lasagne
- Potato wedges and green beans
- Fruit topped cheesecake **or** Fresh fruit



Thursday

- Tuna pasta bake **or** Cauliflower cheese
- Salad bar and garlic bread
- Ginger sponge and custard **or** Fresh fruit



Friday

- Battered fish **or** Vegetable burger
- Skin on chips, baked beans, peas and salad bar
- Sticky toffee pudding **or** Fruit & yoghurt granola **or** Fresh fruit

Week 1 dates: 17/04, 01/05, 15/05, 05/06, 19/06, 03/07, 17/07

Lunch Menu Week 2



Meat Free Monday!

- Jacket potato with cheese, baked beans, tuna **or** Macaroni cheese
- Salad bar and fruity coleslaw
- Apple and peach crumble with custard **or** Fresh fruit



Tuesday

- Roast thigh or breast of chicken with stuffing **or** Nut roast
- Roast potatoes, steamed carrots, broccoli and gravy
- Carrot and orange muffin **or** Fresh fruit



Wednesday

- Sausages **or** Vegetarian sausages
- Creamed potato and peas
- Jam sponge **or** Fresh fruit



Thursday

- Chicken and bacon lasagne **or** Quorn mince cottage pie
- Salad bar and garlic bread
- Meringue with fruit compote **or** Fresh fruit



Friday

- Salmon breaded bites **or** Crispy vegetable fingers
- Skin on chips, baked beans, sweetcorn and salad bar
- Chocolate crispy **or** Fruit and yoghurt granola **or** Fresh fruit

Week 2 dates: 24/04, 08/05, 22/05, 12/06, 26/06, 10/07, 24/07