

Benefits of our school lunches

- Research has shown that a hot, two course lunch provides the essential physical and mental energy to get through the demands of a school day.
- The menu meets the requirements of the latest School Food Plan.
- Our meat, fruit and vegetables are sourced from local suppliers.
- Sausages and burgers contain a minimum of 80% meat.
- Chicken is Farm Assured or Red Tractor authenticated.
- All bread is wholemeal or 50% wholemeal / 50% white.
- Fruit is added to our puddings to help with "5 a day" e.g. sultanas or apricots are added to the flapjack and dates in the sticky toffee pudding.
- Extra vegetables are added to the cottage pie to increase nutrient content (fibre and vitamins).
- Yoghurts are low in fat.
- Baked beans are the low salt and sugar variety.
- Pizza bases are wholemeal.
- Salmon dishes contain omega 3.
- Fresh water is available every lunchtime to aid hydration.

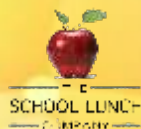
Supplier information:

- Our free range eggs are from Lincolnshire and Beechwood farm near Newbury, Berkshire
- Organic Yeo Valley Yoghurts.

For further details regarding any matter relating to your child's school meal service contact

07825 344437

Email: les@theschoollunchcompany.co.uk
or visit www.theschoollunchcompany.co.uk



2018 CONTRACT CATERER AWARDS WINNER
AWARD WINNER

Welcome

Dear Parent

The School Lunch Company menu for The Blake C of E Primary School has been compiled using ideas from the children, Chef Manager and her team.

We hope your child(ren) will enjoy the new menu. We are passionate about the food we offer and provide a freshly prepared, healthy, nutritious meal every day using fresh produce from local suppliers.

We look forward to welcoming your child(ren) in the next term.

Regards

Les Redhead

Managing Director



**Tasty, healthy meals
Chosen by children
Locally sourced**



**The Blake C of E
Primary School**

WEEK 1

2 Sept
23 Sept
14 Oct
11 Nov
2 Dec
6 Jan
27 Jan

Monday

Salmon Fish Cake with New Potatoes
OR
Cheese and Tomato Pizza

Salad or Sweetcorn

Oat and Apricot Cookie with Fruit

Tuesday

Homemade Cottage Pie
OR
Jacket Potato with a Variety of Fillings

Baton Carrots • Broccoli

Apple Sponge with Custard

Wednesday

Roast Chicken with Stuffing
OR
Sliced Roast Quorn with Stuffing

Roast Potatoes
Savoy Cabbage • Carrots

Waffles with Fruit Salad and Chocolate Sauce

Thursday

Sweet and Sour Chicken with Rice
OR
Macaroni Cheese

Green Beans • Sweetcorn

Sticky Toffee Pudding

Friday

Oven Baked Breaded Fish
OR
Vegetarian Sausage Twist

Chips or Pasta • Peas • Baked Beans

Ice Cream with Fruit

WEEK 2

9 Sept
30 Sept
21 Oct
18 Nov
9 Dec
13 Jan
3 Feb

Monday

BBQ Chicken with Noodles
OR
Cheese and Tomato Pizza

Salad or Sweetcorn

Golden Krispie Cake

Tuesday

Crunchy Chicken Fillet with New Potatoes
OR
Vegetarian Lasagne

Carrots • Green Beans

Orange Sponge with Mandarins

Wednesday

Roast Pork with Yorkshire Pudding
OR
Sliced Roast Quorn with Yorkshire Pudding

Roast Potatoes • Savoy Cabbage • Carrots

Lemon Shortbread

Thursday

Pasta Bolognaise
OR
Swedish Style Quorn Balls in Tomato Sauce with Pasta

Broccoli • Sweetcorn

Fruity Flapjack

Friday

Oven Baked Fish Fingers
OR
Crispy Quorn Dippers

Chips or Pasta • Baked Beans • Peas

Iced Fruit Smoothie with Fruit

WEEK 3

16 Sept
7 Oct
4 Nov
25 Nov
16 Dec
20 Jan
10 Feb

Monday

Chicken and Bacon Pasta Bake
OR
Cheese and Tomato Pizza

Salad or Sweetcorn

Apple Crumble with Custard

Tuesday

Oven Baked Butchers' Sausage with Creamed Potatoes and Gravy
OR
Cheese and Tomato Pinwheels with New Potatoes

Broccoli • Carrots

Chocolate Brownie

Wednesday

Roast Chicken with Yorkshire Pudding
OR
Sliced Roast Quorn with Yorkshire Pudding

Roast Potatoes • Savoy Cabbage • Baton Carrots

Strawberry Jelly with Peaches

Thursday

Homemade Lasagne
OR
Vegetarian Sausages with Gravy and Homemade Potato Wedges

Potato Wedges • Green Beans • Cauliflower

Peach Peasants' Pudding

Friday

Oven Baked Breaded Fish
OR
Southern Style Quorn in a Roll

Chips or Pasta • Baked Beans • Peas

Ice Cream with Fruit

Fresh fruit, yoghurt, fresh salad and bread available. Our menu is nut free.