



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, fruit juice served with the cookie, dates in the sticky toffee pudding and fruit is served with the jelly.
- 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.

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



Tasty, healthy meals Chosen by children Locally sourced

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



**The Blake C of E
Primary School**

WEEK 1

3 Sep
24 Sep
15 Oct
12 Nov
3 Dec
7 Jan
28 Jan

Monday

Salmon Nibbles with
New Potatoes
OR
Cheese and Tomato Pizza

Sweetcorn • Green Beans

Sticky Oaty Cake

Tuesday

Mild Chilli Con Carne
with Rice
OR
Macaroni Cheese

Baton Carrots • Broccoli

Apple Sponge
with Custard

Wednesday

Roast Chicken
with Yorkshire Pudding
OR
Roast Quorn Fillet with
Yorkshire Pudding

Roast Potatoes •
Savoy Cabbage • Carrots

Raspberry Mousse Cake

Thursday

Oven Baked Butchers'
Sausages with Creamed
Potatoes and Gravy
OR
Vegetable Burger in a Roll

Broccoli • Sweetcorn

Lemon Shortbread
with Fruit

Friday

Oven Baked
Breaded Fish
OR
Vegetarian Sausage Twist

Chips or Pasta •
Peas • Baked Beans

Ice Cream
with Fruit

WEEK 2

10 Sep
1 Oct
29 Oct
19 Nov
10 Dec
14 Jan
4 Feb

Monday

Pasta Carbonara
OR
Cheese and Tomato Pizza

Sweetcorn • Peas

Fruity Chocolate Cracknel

Tuesday

Crunchy Chicken Fillet
with New Potatoes
OR
Jacket Potatoes with
Cheese and Baked Beans

Carrots • Green Beans

Orange Cake
with Custard

Wednesday

Roast Pork with
Yorkshire Pudding
OR
Roast Quorn Fillet
with Yorkshire Pudding

Roast Potatoes •
Savoy Cabbage • Carrots

Fruit Shortbread

Thursday

BBQ Chicken with Noodles
OR
Vegetarian Lasagne

Peas • Sweetcorn

Ginger Cookie with
Pineapple Chunks

Friday

Oven Baked
Breaded Fish Fingers
OR
Crispy Quorn Dippers

Chips or Pasta •
Broccoli • Baked Beans

Iced Fruit Smoothie
with Fruit

WEEK 3

17 Sep
8 Oct
5 Nov
26 Nov
17 Dec
21 Jan
11 Feb

Monday

Mild Chicken Curry
with Rice
OR
Cheese and Tomato Pizza

Carrots • Peas

Apple Drop Cookie

Tuesday

Spaghetti Bolognese
OR
Vegetarian Sausages with
Gravy and Mashed Potatoes

Green Beans • Carrots

Strawberry Jelly
with Peaches

Wednesday

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

Roast Potatoes •
Savoy Cabbage •
Baton Carrots

Fruity Flapjack

Thursday

Beef Meatballs in Tomato
Sauce with Pasta
OR
Cheese and Tomato Pinwheels
with New Potatoes

Chocolate Brownie

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, milk and bread available every day

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SCHOOL LUNCH