



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

19 Feb
12 Mar
16 Apr
7 May
4 Jun
25 Jun
16 Jul

Monday

Chicken and Sweetcorn
Pasta Bake
OR
Cheese and Tomato Pizza

Peas • Sweetcorn

Apple Crumble
with Custard

Tuesday

Oven Baked Local
Butchers' Sausages with
Creamed Potatoes
OR
Quorn and Sweet Potato
Curry with Rice

Green Beans • Carrots

Raspberry
Mousse Cake

Wednesday

Roast Chicken
OR
Roast Quorn Fillet

Roast Potatoes •
Baton Carrots •
Spring Cabbage

Orange Shortbread
with Mandarins

Thursday

Homemade Lasagne
OR
Vegetarian Meatballs
in Gravy with Pasta

Sweetcorn • Cauliflower

Fruit Salad with Waffles
and Chocolate Sauce

Friday

Oven Baked
Breaded Fish Fillet
OR
Cheese and Onion Pinwheels

Chips or Pasta •
Peas • Baked Beans

Ice Cream

WEEK 2

26 Feb
19 Mar
23 Apr
14 May
11 Jun
2 Jul
23 Jul

Monday

Salmon Nibbles
with New Potatoes
OR
Cheese and Tomato Pizza

Carrots • Peas

Sticky Oaty
Ginger Cake

Tuesday

Mild Beef Chilli
with Rice
OR
Macaroni Cheese

Sweetcorn • Peas

Iced Fruit
Smoothie

Wednesday

Roast Pork with
Yorkshire Pudding
OR
Spring Vegetable Bake

Roast Potatoes •
Cauliflower • Baton Carrots

Fruity Flapjack

Thursday

Turkey Meatballs in
Tomato Sauce with Pasta
OR
Jacket Potato with Tuna
and Sweetcorn Mayo

Green Beans • Sweetcorn

Chocolate and Orange
Sponge with Chocolate
Custard

Friday

Oven Baked
Breaded Fish Fillet
OR
Vegetarian Burger in a Roll

Chips or Pasta
Baked Beans • Peas

Strawberry Jelly
with Fruit

WEEK 3

5 Mar
26 Mar
30 Apr
21 May
18 Jun
9 Jul

Monday

Chicken Curry with Rice
OR
Cheese and Tomato Pizza

Peas • Baton Carrots

Fruity Chocolate
Cracknell

Tuesday

Pasta Bolognese
OR
Jacket Potato with
Cheese and Beans

Sweetcorn • Green Beans

Sticky Toffee Pudding
with Custard

Wednesday

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

Roast Potatoes •
Savoy Cabbage •
Baton Carrots

Maryland Cookie

Thursday

Butcher's Beef
Burger in a Roll
OR
Vegetarian Lasagne

Sweetcorn • Broccoli

Carrot Cake with
Lemon Topping

Friday

Oven Baked
Breaded Fish Fillet
OR
Quorn Sausage

Chips or Pasta •
Baked Beans • Peas

Ice Cream



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