



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

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

25 Feb
18 Mar
22 Apr
13 May
10 Jun
1 Jul
22 Jul

Monday

Salmon Nibbles with Pasta
OR
Cheese and Tomato Pizza

Green Beans • Sweetcorn

Sticky Peach
Oaty Pudding

Tuesday

Mild Chilli Con Carne
with Rice
OR
Macaroni Cheese

Baton Carrots • Broccoli

Lemon Shorthread
with Fruit

Wednesday

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

Roast Potatoes •
Spring Cabbage • Carrots

Raspberry
Mousse Cake

Thursday

Crunchy Chicken Fillet
with Jacket Wedges
OR
Jacket Potatoes
with Baked Beans

Broccoli • Sweetcorn

Apple Sponge
with Custard

Friday

Oven Baked
Fish Fillet
OR
Vegetarian Sausage Twist

Chips or Pasta •
Peas • Carrots

Ice Cream with Fruit

WEEK 2

4 Mar
25 Mar
29 Apr
20 May
17 Jun
8 Jul

Monday

Pasta Carbonara
OR
Cheese and Tomato Pizza

Sweetcorn • Peas

Fruit Shortbread

Tuesday

Sweet and Sour
Chicken with Rice
OR
Vegetable Burger in a Roll

Carrots • Green Beans

Mandarin Orange Cake
with Custard

Wednesday

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

Roast Potatoes •
Savoy Cabbage • Carrots

Fruity Chocolate
Cracknel

Thursday

Oven Baked Butchers'
Burger in a Roll
OR
Vegetarian Lasagne

Peas • Sweetcorn

Iced Raspberry Sponge

Friday

Oven Baked
Breaded Fish Fingers
OR
Crispy Quorn Dippers

Chips or Pasta •
Broccoli • Baked Beans

Iced Fruit Smoothie
with Fruit

WEEK 3

11 Mar
1 Apr
6 May
3 Jun
24 Jun
15 Jul

Monday

Mild Chicken Curry
with Rice
OR
Cheese and Tomato Pizza

Carrots • Peas

Ginger Cookie

Tuesday

Spaghetti Bolognese
OR
Vegetarian Sausages
with Gravy

Potato Wedges •
Green Beans • Cauliflower

Apple and Blackberry
Crumble

Wednesday

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

Roast Potatoes •
Spring Cabbage •
Baton Carrots

Strawberry Jelly
with Peaches

Thursday

Beef Meatballs
in Tomato Sauce
OR
Cheese and Tomato Pinwheels

Pasta •
Sweetcorn • Broccoli

Chocolate and
Pear Sponge

Friday

Oven Baked Fish Fillet
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.

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