



## 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](mailto:les@theschoollunchcompany.co.uk) or visit [www.theschoollunchcompany.co.uk](http://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**

2 Nov  
23 Nov  
14 Dec  
4 Jan  
25 Jan  
22 Feb  
15 Mar

**Monday**

Pasta Carbonara  
OR  
Cheese and Tomato Pizza  
with New Potatoes

Sweetcorn • Peas

Orange Sponge  
with Mandarins

**Tuesday**

Oven Baked Salmon  
Fishcake with Homemade  
Jacket Wedges  
OR  
Macaroni Cheese

Carrots and Peas • Broccoli

Fruit Crumble  
with Custard

**Wednesday**

Roast Turkey with  
Stuffing Balls  
OR  
Roast Quorn with  
Stuffing Balls

Roast Potatoes •  
Savoy Cabbage • Carrots

Fruit Salad with Waffle  
and Chocolate Sauce

**Thursday**

Homemade Lasagne  
OR  
Butternut Squash Balls with  
Tomato Sauce and Pasta

Baton Carrots • Broccoli

Fruit Shortbread

**Friday**

Oven Baked Sausages  
OR  
Vegan Sausage Roll

Chips or Pasta •  
Baked Beans • Sweetcorn

Ice Cream with  
Fresh Fruit

**WEEK 2**

9 Nov  
30 Nov  
11 Jan  
1 Feb  
1 Mar  
22 Mar

**Monday**

Teriyaki Chicken  
with Noodles  
OR  
Cheese and Tomato Pizza  
with New Potatoes

Broccoli • Sweetcorn

Banana Flapjack

**Tuesday**

Chilli Con Carne with Rice  
OR  
Jacket Potato with  
Various Fillings

Carrots • Green Beans

Sticky Toffee Pudding  
with Custard

**Wednesday**

Roast Pork  
OR  
Roast Quorn

Roast Potatoes •  
Savoy Cabbage •  
Baton Carrots

Strawberry Jelly  
with Peaches

**Thursday**

Turkey Meatballs with  
Gravy and Mashed Potatoes  
OR  
Vegetarian Lasagne

Broccoli • Cauliflower

Iced Raspberry  
Sponge

**Friday**

Oven Baked Breaded  
Fish Fillet  
OR  
Quorn Fishless Fingers

Chips or Pasta •  
Baked Beans • Peas

Iced Fruit Smoothie  
with Fruit Segments

**WEEK 3**

16 Nov  
7 Dec  
18 Jan  
8 Feb  
8 Mar  
29 Mar

**Monday**

Cottage Pie  
OR  
Cheese and Tomato Pizza  
with New Potatoes

Sweetcorn • Broccoli

Fruity Golden  
Krispie Cake

**Tuesday**

Crunchy Chicken Breast  
with New Potatoes  
OR  
Sweet Potato and  
Quorn Curry with Rice

Carrots • Green Beans

Rhubarb and Custard  
Sponge

**Wednesday**

Roast Chicken  
OR  
Autumn Vegetable Bake

Roast or New Potatoes •  
Roast Parsnips •  
Savoy Cabbage

Orange Jelly  
with Fruit

**Thursday**

Spaghetti Bolognese  
OR  
Oven Baked Vegetarian  
Sausages with  
Mashed Potatoes

Carrots • Broccoli

Chocolate Brownie  
with Fruit Salad

**Friday**

Oven Baked Breaded  
Fish Fingers  
OR  
Crispy Quorn Dippers

Chips or Pasta •  
Peas • Baked Beans

Strawberry and Vanilla  
Mousse