



Lunch Menu

Autumn / Winter
22/23



Food Facts

Our meat and fresh seasonal fruit and vegetables are sourced from local suppliers.
Farm Assured Red Tractor Chicken is used.
Fresh Bread is wholemeal or 50/50.
Our White Fish and Salmon are MSC certified.
Fruit based desserts are offered to increase nutritional value.
All burgers and sausages meet the recommended standard.
Free range eggs are used.
Yeo Valley organic yoghurts are served.



The School Lunch Company menu has been compiled using ideas from the children, Chef Manager and team.

We are passionate about the food and offer a freshly prepared, healthy, nutritious meal every day using fresh produce from local suppliers.

We look forward to welcoming you.

Food for physical and mental energy

Our menu meets the requirements of the Government's latest School Food Plan. 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.



Allergy information

If your child has an allergy or intolerance, please ask a member of The School Lunch Company team for more information. Allergy menus are available upon request and at the discretion of TSLC.

Fresh bread available daily



This award is for our sustainable catering.



The Red Tractor shows our UK farms sourced food is produced to high standards from field to fork.

QMS ratings show our commitment to high quality standards.



We use MSC certified fish to encourage well-managed and sustainable fishing.



Rainbow salad bar available daily



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September					October					November					December					January					February				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
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19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27					
26	27	28	29	30	31					28	29	30			26	27	28	29	30	30	31								

THE BLAKE C OF E PRIMARY SCHOOL – AUTUMN/WINTER 22/23

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Neapolitan Pasta	Sausages and Mashed Potatoes	Roast Chicken with Yorkshire Pudding and Gravy	Italian Chicken Pasta Bake with Garlic Bread Slice	MSC Oven Baked Fish Fillet
	Main Option 2	Margherita Pizza with New Potatoes	Sweet Potato, Quorn and Lentil Curry with Mixed Brown and White Rice	Roast Quorn with Yorkshire Pudding and Gravy	Veggie Sausage Twist with New Potatoes	Crispy Quorn Dippers
	Veg	Carrots Peas	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Cabbage	Broccoli Sweetcorn	Chips or Pasta Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt or Chocolate Shortbread	Fresh Fruit / Yoghurt Or Toffee Apple Sponge	Fresh Fruit / Yoghurt Or Fruit Jelly	Fresh Fruit / Yoghurt Or Seasonal Fruit Crumble with Custard	Fresh Fruit / Yoghurt Or Iced Fruit Smoothie
Week 2	Main Option 1	MSC Bubble Coated Salmon Fillet	Lasagne	Roast Chicken	All Day Breakfast	MSC Oven Baked Fish Fingers
	Main Option 2	Margherita Pizza	Cheese and Tomato Pinwheel with Homemade Jacket Wedges	Roast Quorn	Veggie All Day Breakfast	Vegetarian Sausage Roll
	Veg	New Potatoes Sweetcorn Carrots	Carrots Broccoli	Roast Potatoes Seasonal Vegetables Cauliflower Gravy	Hash Browns Baked Beans Sweetcorn	Chips or Pasta Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Or Chocolate and Fruit Krispie Cake	Fresh Fruit / Yoghurt Or Iced Vanilla Sponge with Fruit Slices	Fresh Fruit / Yoghurt Or Waffle with Fruit Cocktail and Mango Coulis	Fresh Fruit / Yoghurt Or Fruit Jelly	Fresh Fruit / Yoghurt Or Ice Cream
Week 3	Main Option 1	Teriyaki Quorn with Noodles	Mild Chicken and Sweet Potato Curry with Rice	Roast Gammon with Yorkshire Pudding and Gravy	Minced Beef Bolognaise with Whole Wheat Pasta	MSC Oven Baked Fish Fillet
	Main Option 2	Margherita Pizza with New Potatoes	Macaroni Cheese	Roast Quorn with Yorkshire Pudding and Gravy	Veggie Bolognaise with Whole Wheat Pasta	Vegetarian Sausage Roll
	Veg	Peas Sweetcorn	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Cauliflower	Broccoli Carrots	Chips or Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Or Peach Flapjack	Fresh Fruit / Yoghurt Or Lemon Drizzle Sponge	Fresh Fruit / Yoghurt Or Chocolate Brownie	Fresh Fruit / Yoghurt Or Melting Moment with Orange Wedge	Fresh Fruit / Yoghurt Or Ice Cream

