



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



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



2018 CONTRACT CATERER AWARDS WINNER
AWARD WINNER



WEEK 131 Aug
21 Sep
12 Oct**Monday**

Salmon Fishcake
with Homemade Tomato
Sauce and Pasta
OR
Cheese and Tomato Pizza

Green Beans • Sweetcorn

Fruity Golden
Krispie Cake

Tuesday

Chilli Con Carne
with Rice
OR
Jacket Potato
with Various Fillings

Baton Carrots • Broccoli

Apple Sponge
with Custard

Wednesday

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

Roast Potatoes •
Spring Cabbage • Carrots

Strawberry Jelly
with Fruit

Thursday

Crunchy Chicken Fillet
with Jacket Wedges
OR
Macaroni Cheese

Broccoli • Sweetcorn

Lemon Drizzle Cake

Friday

Oven Baked Fish Fillet
OR
Crispy Quorn Dippers

Chips or Pasta •
Peas • Carrots

Ice Cream
with Fruit

WEEK 27 Sep
28 Sep
19 Oct**Monday**

BBQ Chicken with Noodles
OR
Cheese and Tomato Pizza

Sweetcorn • Peas

Oat and Apricot Cookie
with Fruit

Tuesday

Mild Chicken Curry
with Rice
OR
Vegetarian Lasagne

Carrots • Green Beans

Orange Sponge

Wednesday

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

Roast Potatoes •
Savoy Cabbage • Carrots

Fruity Flapjack

Thursday

Oven Baked Butchers'
Burger in a Roll
OR
Veggie Sausages in a Roll

Sweetcorn • Broccoli

Pear and Ginger
Sponge with Custard

Friday

Oven Baked
Breaded Fish Fingers
OR
Vegetarian Sausage Twist

Chips or Pasta •
Broccoli • Baked Beans

Iced Fruit Smoothie
with Fruit

WEEK 314 Sep
5 Oct**Monday**

Pasta Carbonara
OR
Cheese and Tomato Pizza

Carrots • Peas

Apple Crumble
with Custard

Tuesday

Sweet and Sour
Chicken with Rice
OR
Cheese and Tomato Pinwheel
with New Potatoes

Green Beans • Cauliflower

Orange Shortbread

Wednesday

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

Roast Potatoes •
Spring Cabbage • Baton Carrots

Chocolate Brownie
with Peaches

Thursday

Pasta Bolognese
OR
Vegetarian Meatballs with
Tomato Sauce and Pasta

Peas • Sweetcorn

Ginger Cookie

Friday

Oven Baked Fish Fillet
OR
Southern Style Quorn

Chips or Pasta •
Baked Beans • Peas

Ice Cream with Fruit