



Spring/Autumn 2021

# Lunch Menu

Tasty, healthy meals - Well balanced and nutritious - Enjoyed by children

## 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).

*Les Redhead*

Managing Director

## 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. Please also read information below.

## Food Facts

- Our meat and fresh seasonal fruit and vegetables are sourced from local suppliers.
- Farm Assured Red Tractor Chicken used. Visit [Red Tractor](https://www.redtractor.co.uk) website.
- Fresh Bread is wholemeal or 50/50.
- Fruit based desserts are offered to increase nutritional value.
- Sausages and Burgers contain a minimum of 80% meat.
- Free range eggs are used.
- Yeo Valley organic yoghurts are served.



*Fresh bread and salad daily*



*Our menu is not free*



2018 CONTRACT CATERER AWARDS WINNER

**AWARD WINNER**

Call: 07825 344437

[www.theschoollunchcompany.co.uk](http://www.theschoollunchcompany.co.uk)

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## Spring to Autumn 2021

April					May					June					July					September					October				
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
			1	2	3	4	5	6	7		1	2	3	4				1	2			1	2	3					1
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										
19	20	21	22	23	24	25	26	27	28	29	30	31																	
26	27	28	29	30	31																								

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Pasta Carbonara	Oven Baked Salmon Fishcake with New Potatoes	Roast Turkey with Gravy	Local Butchers' Burger in a Roll with Diced Potatoes	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza with Homemade Jacket Wedges	Macaroni Cheese	Roast Quorn Fillet with Gravy	Vegetarian Bolognese	Vegan Sausage Roll
	Veg	Sweetcorn • Peas	Carrots and Peas • Broccoli	Roast or Parsley Potatoes • Spring Cabbage • Cauliflower	Baton Carrots • Broccoli	Chips or Pasta • Baked Beans • Peas
	Dessert	Krispie Cake	Apple Sponge	Whipped Fruit Mousse	Lemon Shortbread	Ice Cream with Fresh Fruit
Week 2	Main Option 1	Chicken and Sweetcorn Pasta Bake	Chilli Con Carne with Rice	Roast Chicken with Yorkshire Pudding	Turkey Meatballs with Tomato Sauce and Pasta	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza and New Potatoes	Jacket Potato with Various Fillings	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Oven Baked Vegetable Sausages with Homemade Potato Wedges	Quorn Fishless Fingers
	Veg	Broccoli • Sweetcorn	Carrots • Green Beans	Roast or New Potatoes • Seasonal Spring Cabbage • Baton Carrots	Broccoli • Cauliflower	Chips or Pasta • Baked Beans • Peas
	Dessert	Banana Flapjack	Orange Sponge	Strawberry Jelly with Peaches	Iced Raspberry Sponge	Iced Fruit Smoothie
Week 3	Main Option 1	BBQ Chicken Breast	Spaghetti Bolognese	Roast Pork with Yorkshire Pudding	Chicken Curry with Rice	Oven Baked Breaded Fish Fingers
	Main Option 2	Cheese and Tomato Pizza	Cheese and Tomato Pinwheel with Homemade Potato Wedges	Roast Quorn Fillet with Yorkshire Pudding	Vegetarian Burger in a Roll	Crispy Quorn Dippers
	Veg	New Potatoes • Sweetcorn • Broccoli	Carrots • Green Beans	Roast or New Potatoes • Cauliflower • Savoy Cabbage	Carrots • Broccoli	Chips or Pasta • Peas • Baked Beans
	Dessert	Chocolate Brownie	Rhubarb and Custard Sponge	Orange Jelly with Fruit Salad	Apricot and Oat Cookies	Strawberry and Vanilla Mousse

### Food allergy disclaimer

The School Lunch Company endeavours to identify ingredients which may cause an allergic reaction for those with food allergies/intolerances. Food production teams are instructed on food allergies and potential reactions. Food is prepared in our kitchens where we use products such as milk, eggs, gluten etc and therefore meals may contain these allergens. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. People who are highly sensitive or suffer severe reaction to allergens are therefore informed that the food on offer may not be suitable for their consumption.

The School Lunch Company will not intentionally use nuts or any products containing nuts as an ingredient within our food preparation. If you have an allergy or intolerance please inform a member of staff at the earliest and if in doubt, do not eat our food.