

THE BLAKE C OF E  
PRIMARY SCHOOL

# Lunch Menu

SPRING/SUMMER  
2023

## 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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February					March					April					May					June					July					September				
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27	28				27	28	29	30	31						29	30	31			26	27	28	29	30	31						31			

## THE BLAKE C OF E PRIMARY SCHOOL

		Mindful Meatless Monday	Sugar Smart Tuesday	Mid-week Roast Wednesday	Top Choice Thursday	Fish-tastic Friday
Week 1	Main Option 1	Shepherdess Pie <i>(Savoury Vegetarian Mince topped with Mashed Potato)</i>	Minced Beef Puff Pastry Pie with Mashed Potatoes and Gravy	Roast Turkey with Yorkshire Pudding and Gravy	Chicken Meatballs with Tomato Sauce and Wholewheat Pasta Penne	MSC Oven Baked Fish Fillet
	Main Option 2	Margherita Pizza with Herby Potatoes	Macaroni Cheese	Roast Quorn with Yorkshire Pudding	Vegetarian Lasagne	Vegetarian Sausage Roll
	Veg	Coleslaw Peas	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Garlic Bread Slice Broccoli Sweetcorn	Chips or Pasta Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with a Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with a Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Chocolate and Fruit Krispie Cake	Fresh Fruit / Yoghurt Or Fruit Salad	Fresh Fruit / Yoghurt Or Iced Carrot Cake	Fresh Fruit / Yoghurt Or Cherry and Oat Cookie	Fresh Fruit / Yoghurt Or Strawberry and Vanilla Mousse
Week 2	Main Option 1	MSC Bubble Coated Salmon Fillet	Chicken Katsu Curry with Rice <i>(Breaded Chicken in a Mild Curry Sauce)</i>	Roast Gammon with Yorkshire Pudding and Gravy	Oven Baked Beef Burger in a Soft Roll with Jacket Wedges	MSC Oven Baked Fish Fingers
	Main Option 2	Margherita Pizza	Oven Baked Vegetarian Burger in a Soft Roll with Jacket Wedges	Roast Vegan Quorn Sausages with Yorkshire Pudding	Roasted Vegetable Pasta Bake	Crispy Quorn Dippers
	Veg	Herby Potatoes Sweetcorn Carrots	Carrots Broccoli	Roast Potatoes Seasonal Vegetables Cauliflower Gravy	Sweetcorn Carrots	Chips or Pasta Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with a Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with a Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Or Chocolate Brownie	Fresh Fruit / Yoghurt Or Apple Flapjack	Fresh Fruit / Yoghurt Or Fruit Jelly with Mandarins	Fresh Fruit / Yoghurt Or St Clements Shortbread	Fresh Fruit / Yoghurt Or Iced Fruit Smoothie
Week 3	Main Option 1	Tomato and Mozzarella Pasta Bake with Crusty Bread	BBQ Beef Pasta <i>(BBQ Minced Beef served with Pasta)</i>	Roast Chicken with Yorkshire Pudding and Gravy	All Day Breakfast	MSC Oven Baked Fish Fillet
	Main Option 2	Margherita Pizza with Oven Baked Homemade Jacket Wedges	Swedish Style Vegetarian Meatballs with Gravy and Rice	Cheese and Onion Parcel	Veggie All Day Breakfast	Baked Bean and Cheese Wrap
	Veg	Peas Sweetcorn	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Hash Browns Baked Beans Sweetcorn	Chips or Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with a Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with a Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Or Marble Sponge with Raspberries	Fresh Fruit / Yoghurt Or Fruit Salad	Fresh Fruit / Yoghurt Or Apple Muffin	Fresh Fruit / Yoghurt Or Jelly with Mandarins	Fresh Fruit / Yoghurt Or Ice Cream