

Do you know?

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; fruit juice served with the cookie, dates in the sticky toffee pudding and fruit is served with the jelly.
 - 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 St Edburg's 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



St Edburg's C of E
Primary School



THE SCHOOL LUNCH COMPANY

Monday

Mild Chilli con carne with rice
OR
Cheese and tomato Pizza
Peas • Carrots
Iced raspberry sponge

Tuesday

Chicken and vegetable pie with creamed potato
OR
Macaroni Cheese
Sweetcorn • Broccoli
Fruit salad with cream

Wednesday

Roast beef with Yorkshire pudding
OR
Vegetarian sausages with Yorkshire pudding
Roast or new potatoes • Cauliflower • Savoy Cabbage
Strawberry jelly with fruit

Thursday

Pasta carbonara
OR
Vegetarian meatballs in gravy with rice
Garlic bread • Carrots • Broccoli
Peasants pudding

Friday

Oven baked breaded fish fillet
OR
Cheese and onion pinwheel
Chips or pasta • Peas • Baked beans
Ice cream with fruit

Monday

Meatballs in tomato sauce with pasta
OR
Cheese and tomato pizza
Carrots • Green beans
Fruit golden crispy cake

Tuesday

Jacket potato with a choice of fillings: ham, cheese or tuna mayo
OR
Quorn wrap with rice
Peas • Sweetcorn
Carrot cake and cream

Wednesday

Roast turkey with stuffing
OR
Roast Quorn fillet with stuffing
Roast or parsley potatoes • Carrots • Cabbage
Fruit salad with waffles and chocolate sauce

Thursday

Lasagne
OR
Spring vegetable bake
Cauliflower • Broccoli
Fruit flapjack with apple wedge

Friday

Oven baked sausages
OR
Vegetarian sausages
Chips or pasta • Peas • Baked beans
Iced fruit smoothie

Monday

Salmon fish cakes with new potatoes
OR
Cheese and tomato pizza
Carrots • Green beans
Oat cookies with pears

Tuesday

Local butcher's beefburgers in a roll
Or
Vegetarian burger in a roll
Corn on the cob • Broccoli
Toffee apple sponge with custard

Wednesday

Roast gammon with Yorkshire pudding
OR
Vegetarian sausages with Yorkshire pudding
Roast or new potatoes • Cauliflower cheese • Carrots
Orange jelly with mandarins

Thursday

Chicken and sweetcorn pasta bake
OR
Quorn and sweet potato curry with rice
Broccoli • Sweetcorn
Fruity chocolate cracknel

Friday

Oven baked breaded fish fillet
OR
Homemade omelette
Chips or pasta • Peas • Baked beans
Ice cream with fruit

Fresh fruit, yoghurt, fresh salad, milk and wholemeal bread available every day

WEEK 1

4 Sep
25 Sep
16 Oct
13 Nov
4 Dec
1 Jan
22 Jan

WEEK 2

11 Sep
2 Oct
30 Oct
20 Nov
11 Dec
8 Jan
29 Jan

WEEK 3

18 Sep
9 Oct
6 Nov
27 Nov
18 Dec
15 Jan
5 Feb