

DO YOU KNOW?



THE 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 guidance in the School Food Plan 2015.
- Our meat comes from Denshams butchers and our fruit and vegetables are sourced from a local supplier.
- Sausages and burgers contain a minimum of 80% meat.
- Chicken is Farm Assured or Red Tractor authenticated.
- All bread is wholemeal and baked on the premises.
- 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)
- Yogurts 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.

WE LOOK FORWARD TO YOUR CHILD JOINING US SOON!

Our free range eggs are from Lincolnshire and Beechwood farm near Newbury Berkshire



BRONZE CATERING



THE SCHOOL LUNCH COMPANY

Welcome

Dear Parent

The School Lunch Company menu for Standlake 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 in the next school term.

Regards

Les Redhead
Operations Director



tasty
healthy
meals

LUNCH
MENU
2016/17

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

Week 1

29th Aug, 19th Sept, 10th Oct, 7th Nov, 28th Nov,
2nd Jan, 23rd Jan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Chicken & Sweetcorn Pizza	Local Butcher's Beef Burger in a Roll	Roast Turkey Breast with Yorkshire Pudding	Pasta Carbonara	Oven Baked Breaded Fish
Option 2	Cheese and Tomato Pizza	Quorn Burger in a Roll	Vegetarian Mince & Vegetable Pie	Jacket Potatoes with Selection of Fillings	Spanish Omelette
	Jacket Potatoes Peas • Carrots	New Potatoes Broccoli • Corn on the Cob	Roast or Mashed Potatoes Carrots • Glazed Parsnips	Broccoli • Carrots	Chips or Pasta Peas • Baked Beans
	Flapjack with Fruit Juice	Carrot Cake with Lemon Topping	Fruit Salad with Cream	Sticky Toffee Pudding with Custard	Strawberry Ice Cream with Piece of Apple

Week 2

5th Sept, 26th Sept, 17th Oct, 14th Nov,
5th Dec, 9th Jan, 30th Jan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Turkey Meatballs in Tomato Sauce	Lasagne	Roast Chicken with Yorkshire Pudding	Salmon & Sweet Potato Fish Cake & Mashed Potatoes	Gammon
Option 2	Vegetarian Bolognese	Teriyaki Quorn with Rice or Noodles	Roast Quorn Fillet in Gravy with Yorkshire Pudding	Macaroni Cheese with Garlic Bread	Tomato & Mozzarella Sausages
	Rice or Pasta Peas • Sweetcorn	Herb Bread Broccoli • Carrots	Roast or New Potatoes Carrots • Cabbage	Broccoli • Sweetcorn	Chips or Pasta Peas • Baked Beans
	Peaches and Cream with Ginger Bread Cookie	Chocolate & Pear Sponge with Chocolate Sauce	Orange Jelly with Mandarin's	Lemon Shortbread with Fresh Fruit	Iced Raspberry Smoothie

Week 3

12th Sept, 3rd Oct, 31st Oct, 21st Nov,
12th Dec, 16th Jan, 6th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Ham & Pineapple Pizza	Spaghetti Bolognese	Roast Gammon with Yorkshire Pudding	Teriyaki Chicken with Rice or Noodles	Oven Baked Breaded Fish
Option 2	Cheese & Tomato Pizza	Quorn & Sweet Potato Curry with Rice	Vegetarian Toad in the Hole	Jacket Potatoes with Various Fillings	Cheese & Onion Pinwheels
	Jacket Potato Peas • Sweetcorn	Broccoli • Carrots	Roast or Mashed Potatoes Cabbage • Carrots	Sweetcorn • Broccoli	Chips or Pasta Baked Beans • Sweetcorn
	Oat Cookie with Fruit Juice	Pineapple Upside Down with Custard	Fruity Chocolate Cracknel	Fruit Crumble with Cream	Ice Cream Roll with Fruit

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