

DO YOU KNOW?

- 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 a local butcher 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 or 50/50.
- 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



THE BENEFITS OF OUR SCHOOL LUNCHES



THE SCHOOL LUNCH COMPANY

Welcome

Dear Parent

The School Lunch Company menu for St Marys C of E Infants 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



Soil Association
FOOD FOR LIFE

BRONZE CATERING

Week 1

31st Oct, 21st Nov, 12th Dec, 16th Jan,
6th Feb, 6th Mar, 27th Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza	Minced Beef & Vegetable Pie Mashed Potato	Toad in the Hole	Chicken & Sweetcorn Pasta Bake	Oven Baked Breaded Fish
New Potatoes Baked Beans • Peas	Broccoli • Sweetcorn	Roast or Parsley Potatoes Carrots & Swede Mash • Cabbage	Carrots • Broccoli	Chips or Pasta Peas • Sweetcorn
Orange Shortbread with Orange	Iced Buns with Fruit	Strawberry Jelly with Peaches	Sticky Toffee Sponge with Cream	Iced Cream with Fruit

Week 2

7th Nov, 28th Nov, 2nd Jan, 23rd Jan, 20th Feb,
13th March, 3rd Apr

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Meatballs in Tomato Sauce	Oven Baked Fish Fingers	Roast Beef with Yorkshire Pudding	Lasagne	Oven Baked Butcher's Sausages
Rice Broccoli • Sweetcorn	Mashed Potatoes Peas • Carrots	Roast or New Potatoes Carrots • Cabbage	Garlic Bread Broccoli • Sweetcorn	Chips or Pasta Peas • Baked Beans
Chocolate & Pear Brownie & Chocolate Custard	Fruit Crumble with Cream	Fruit Flapjack	Golden Fruity Krispie	Iced Smoothie & Fresh Orange

Week 3

14th Nov, 5th Dec, 9th Jan, 30th Jan,
27th Feb, 20th Mar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza with Various Toppings	Jacket Potato with Various Fillings	Pork Steak	Cottage Pie	Oven Baked Breaded Fish
New Potatoes Peas • Carrots	Sweetcorn • Carrots	Roast or Parsley Potatoes Glazed Parsnips • Broccoli	Broccoli • Sweetcorn	Chips or Pasta Peas • Baked Beans
Oat & Apricot Biscuit	Apple Turnover with Custard	Fruit Salad Waffle & Chocolate Sauce	Carrot Cake with Orange Topping	Ice Cream Roll with Fruit

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