



Spring/Autumn 2021

# Lunch Menu

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



*Dear Parent*

The School Lunch Company menu for Chesterton 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 Facts

- Our meat and fresh seasonal fruit and vegetables are sourced from local suppliers.
- Farm Assured Red Tractor Chicken used. Visit [Red Tractor 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.



## 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.



*Fresh bread and salad daily*



*Our menu is not free*





**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	7	8	9	10	11	5	6	7	8	9	6	7	8	9	10	4	5	6	7	8
12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16	13	14	15	16	17	11	12	13	14	15
19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23	20	21	22	23	24	18	19	20	21	22
26	27	28	29	30	31					28	29	30			26	27	28	29	30	27	28	29	30		25	26	27	28	29

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
--	---------------	----------------	------------------	-----------------	---------------

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Oven Baked Salmon Fishcake with New Potatoes	Homemade Lasagne with Garlic Bread	Roast Turkey with Yorkshire Pudding and Gravy	Mild Chicken Curry	Oven Baked Butchers' Burger in a Roll
	Main Option 2	Macaroni Cheese	Broccoli and Cauliflower Bake	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Bean and Cheese Quesadilla	Quorn Hot Dog
	Veg	Sweetcorn • Broccoli	Carrots • Peas	Roast or Parsley Potatoes • Seasonal Vegetables • Spring Cabbage	Rice • Sweetcorn • Green Beans	Chips or Pasta • Baked Beans • Peas
	Dessert	Chocolate Brownie with Mandarins	Fruity Flapjack	Fruit Jelly with Fruit Salad	Apple and Custard Sponge	Ice Cream
<i>Week 2</i>	Main Option 1	Pasta Carbonara	Jacket Potato with Various Fillings: Ham, Tuna Mayo, Cheese	Roast Chicken with Gravy	Minced Beef Chilli with Rice	Oven Baked BBQ Chicken Breast
	Main Option 2	Sweet Potato and Quorn Curry with Rice	Vegetarian Lasagne	Quorn Sausages with Gravy	Cheese and Tomato Pizza with New Potatoes	Homemade Quiche
	Veg	Green Beans • Carrots	Peas • Baked Beans	Roast or Parsley Potatoes • Spring Cabbage • Cauliflower Cheese	Baton Carrots • Green Beans	Chips or Pasta • Sweetcorn • Peas
	Dessert	Orange Shortbread	Carrot Cake with Lemon Icing	Whipped Fruit Mousse	Peach Sponge	Iced Fruit Smoothie
<i>Week 3</i>	Main Option 1	Turkey Meatballs with Gravy	Teriyaki Chicken with Rice	Roast Gammon with Yorkshire Pudding and Gravy	Spaghetti Bolognese	Oven Baked Breaded Fish Fillet
	Main Option 2	Oven Baked Vegetarian Balls with Tomato Sauce	Vegetarian Pasta Bolognese	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Vegan Sausage Roll with New Potatoes	Crispy Quorn Dippers
	Veg	Mashed Potatoes • Peas • Carrots	Green Beans • Sweetcorn	Roast or New Potatoes • Cauliflower • Broccoli	Baton Carrots • Green Beans	Chips or Pasta • Peas • Baked Beans
	Dessert	Golden Fruit Krispie	Apricot and Oat Cookie	Orange Jelly with Fresh Fruit Salad	Sticky Toffee Pudding with Cream	Ice Cream Roll

### 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.