Food

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 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, 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.

Supplier information:

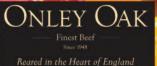
- Our free range eggs are from Lincolnshire and Beechwood farm near Newbury Berkshire
- Organic Yeo Valley Yoghurts

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 South Stoke 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 school term.

Regards Les Redhead

Managing Director

South Stoke Primary School Lunch Menu

Spring/Summer

2020



WEEK 1 24 Feb 16 Mar 20 Apr 11 May 8 Jun 29 Jun 20 July

WEEK 2 2 Mar 23 Mar 27 Apr 18 May 15 Jun 6 July

WFFK 3 9 Mar 30 Mar 4 May 1 Jun 22 Jun 13 July

SCHOOL LUNCH

Monday

Spaghetti Bolognaise OR Vegetable Puff with **New Potatoes** Carrots • Peas Fruit Crumble with Cream

Tuesday

Chicken Rogan Josh Curry with Naan Bread OR Quorn and Vegetable Stir Fry Rice Sweetcorn • Green Beans Apricot and Oat Cookie

Wednesday

Roast Turkey with Yorkshire Pudding and Gravy OR Roast Quorn Fillet with Yorkshire Pudding & Gravy Roast Potatoes Cauliflower • Broccoli Orange Jelly with

Fresh Fruit Salad

Thursday

Homemade Chicken and Vegetable Pie with New Potatoes OR Cheese and Tomato Wrap Baton Carrots • Green Beans Apple and Custard Sponge with Custard

Friday

Oven Baked Breaded

Fish Fingers OR Crispy Quorn Dippers with Katsu Sauce Chips or Pasta Peas • Baked Beans Strawberry and Vanilla Mousse with Fruit

Monday

Chicken and Bacon Pasta Bake OR Mixed Bean and Cheese Quesadilla Green Beans • Sweetcorn Carrot Cake with Lemon Icing

Tuesday

Jacket Potato with Various Fillings: Savoury Minced Beef, Ham, Tuna Mayo, Cheese OR Macaroni Cheese Peas • Baked Beans Fruity Chocolate Cracknell

Wednesday

Roast Chicken with Yorkshire Pudding and Gravy OR Quorn Sausages with Yorkshire Pudding and Gravy Roast or Parsley Potatoes Spring Cabbage • Carrots Mango Cheesecake

Thursday

Beef Meatballs with Tomato Sauce and Pasta OR Vegetarian Bolognaise Broccoli • Baton Carrots Peach Peasant's Pudding with Cream

Friday

Oven Baked Crunchy Chicken OR Red Pepper and Lentil Patties Chips or Pasta Sweetcorn • Peas Iced Fruit Smoothie

Monday

Salmon Pasta Bake OR Cheese and Tomato Pizza **New Potatoes** Sweetcorn • Broccoli Chocolate and Pear Fudge Pudding with Chocolate Custard

Tuesday

Cottage Pie OR Quorn Sausage Paella Carrots • Peas Orange Shortbread with Mandarins

Wednesday

Roast Gammon with Yorkshire Pudding and Gravv OR Spring Vegetable Bake **Roast Potatoes** Cauliflower Cheese • Broccoli Fruit Jelly

Thursday

Sweet and Sour Chicken with Rice OR Vegetarian Cottage Pie Green Beans • Baton Carrots Lemon Drizzle Cake

Friday

Oven Baked Butchers' Sausages in a Roll OR Quorn Hot Dog Chips or Pasta Baked Beans • Peas Ice Cream Roll with Fruit Salad