



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



2018 CONTRACT CATERER AWARDS WINNER
AWARD WINNER

THE
SCHOOL LUNCH
C MPANY

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

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

Whitchurch
Primary School



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 Gravy
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

Fresh Fruit, Yoghurt, Fresh Salad and Bread available. Our menu is nut free