



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 St Christopher's 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) in the next school term.

Regards
Les Redhead
Managing Director

St Christopher's C of E
Primary School



WEEK 1

25 Feb
18 Mar
22 Apr
13 May
10 Jun
01 Jul
22 Jul

Monday

Ham and Pineapple Pizza
OR
Cheese and Tomato Pizza with various toppings
OR
Jacket Potatoes with various fillings
Mixed Leaf Salad • Sweetcorn
Fruit Shortbread with Mandarins

Tuesday

Chilli Con Carne with Rice
OR
Neapolitan Tomato Pasta
OR
Chilli Con Carne with Rice (H)
Carrots and Peas • Green Beans
Carrot Cake with Lemon Topping

Wednesday

Roast Turkey with Stuffing
OR
Roast Quorn with Stuffing
OR
Roast Chicken with Stuffing (H)
Roast or New Potatoes
Spring Cabbage • Baton Carrots
Fruit Salad with Waffles and Chocolate Sauce

Thursday

Chicken and Vegetable Pie
OR
Macaroni Cheese
OR
Chicken and Vegetable Pie (H)
Mashed Potatoes
Cauliflower • Broccoli
Sticky Toffee Pudding with Custard

Friday

Oven Baked Fish Fillet
OR
Crunchy Quorn Dippers
OR
Oven Baked Salmon Fish Fingers
Chips or Pasta
Peas • Baked Beans
Iced Fruit Smoothie

WEEK 2

04 Mar
25 Mar
29 Apr
20 May
17 Jun
08 Jul

Monday

Chicken and Roast Pepper Pizza
OR
Margherita Pizza
OR
Jacket Potatoes with Various Fillings
Sweetcorn • Broccoli
Chocolate and Pear Sponge with Chocolate Sauce

Tuesday

Homemade Sausage Pasta Bake
OR
Macaroni Cheese
Herby Bread
Cauliflower • Green Beans
Oat Cookie with Peaches

Wednesday

Roast Chicken with Yorkshire Pudding
OR
Roast Quorn with Yorkshire Pudding
OR
Roast Chicken with Yorkshire Pudding (H)
Roast or New Potatoes
Spring Cabbage • Baton Carrots
Fruit Cheesecake

Thursday

Homemade Lasagne
OR
Vegetarian Lasagne
OR
Homemade Lasagne (H)
Peas and Carrots • Broccoli
Apple Crumble with Cream

Friday

Oven Baked Fish Fillet
OR
Quorn Sausages
OR
Oven Baked Salmon Nibbles
Chips or Pasta
Baked Beans • Corn on the Cob
Ice Cream with Fruit

WEEK 3

11 Mar
01 Apr
06 May
03 Jun
24 Jun
15 Jul

Monday

Ham and Cheese and Pizza
OR
Cheese and Tomato Pizza with various toppings
OR
Jacket Potatoes with various fillings
Sweetcorn • Peas
Iced Raspberry Sponge with Cream

Tuesday

Crunchy Chicken
OR
Vegetarian Sausage Twist
OR
Chicken Curry with Rice (H)
Mashed Potatoes
Broccoli • Baton Carrots
Orange Jelly with Fruit

Wednesday

Roast Gammon with Yorkshire Pudding
OR
Roast Quorn with Yorkshire Pudding
OR
Roast Chicken with Yorkshire Pudding (H)
Roast or New Potatoes
Swede and Carrot Mash • Spring Cabbage
Fruity Chocolate Cracknell

Thursday

Butcher's Beef Burger in a Roll
OR
Southern Style Quorn Burger in a Roll
OR
Lamb Burger in a Roll (H)
Homemade Jacket Wedges
Sweetcorn • Peas and Carrots
Sticky Toffee Pudding with Custard

Friday

Oven Baked Fish Fillet
OR
Vegetarian Quiche
OR
Oven Baked Salmon Fish Fingers
Chips or Pasta
Peas • Baked Beans
Frozen Strawberry and Vanilla Mousse with Fruit

Fresh Fruit, Yoghurt, Fresh Salad and Bread available

