



St Christopher's
C of E Primary
School

Spring/Summer 2021 Lunch Menu

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

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).

Les Redhead

Managing Director

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.

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.



Fresh bread and salad daily



Our menu is not free



2018 CONTRACT CATERER AWARDS WINNER

AWARD WINNER

Call: 07825 344437

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St Christopher's
C of E Primary
School

Spring/Summer 2021

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

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Pasta Carbonara	Oven Baked Salmon Fishcake with Homemade Jacket Wedges	Roast Turkey with Gravy	Homemade Lasagne with Garlic Bread	Oven Baked Sausages
	Main Option 2	Cheese and Tomato Pizza with New Potatoes	Macaroni Cheese	Roast Quorn Fillet with Gravy	Spanish Omelette with New Potatoes	Vegan Sausage Roll
	Main Option 3	Pasta Neapolitan (H)	Jacket Potato with Various Fillings	Roast Chicken (H)	Homemade Lasagne with Garlic Bread (H)	Chicken Sausage (H)
	Veg	Sweetcorn • Peas	Carrots and Peas • Broccoli	Roast or New Potatoes • Savoy Cabbage • Cauliflower	Baton Carrots • Broccoli	Chips or Pasta • Baked Beans • Sweetcorn
	Dessert	Orange Sponge with Mandarins	Fruit Crumble with Custard	Fruit Salad with Waffle and Chocolate Sauce	Fruit Shortbread	Ice Cream with Fresh Fruit
<i>Week 2</i>	Main Option 1	Chicken and Sweetcorn Pizza with New Potatoes	Chilli Con Carne with Rice	Roast Gammon with Yorkshire Pudding	Turkey Meatballs with Gravy	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza with New Potatoes	Jacket Potato with Various Fillings	Roast Quorn Fillet with Yorkshire Pudding	Quorn Veggie Balls with Gravy	Quorn Fishless Fingers
	Main Option 3	Jacket Potato with Various Fillings	Chilli Con Carne with Rice (H)	Roast Chicken with Yorkshire Pudding (H)	Chicken Meatballs with Gravy (H)	Oven Baked Breaded Salmon Fish Fingers
	Veg	Broccoli • Sweetcorn	Carrots • Green Beans	Roast or New Potatoes • Savoy Cabbage • Baton Carrots	Mashed Potatoes Broccoli • Cauliflower	Chips or Pasta • Baked Beans • Peas
	Dessert	Banana Flapjack	Sticky Toffee Pudding with Custard	Strawberry Jelly with Peaches	Carrot Cake with Lemon Icing	Iced Fruit Smoothie with Fruit Segments
<i>Week 3</i>	Main Option 1	Crunchy Chicken Breast	Spaghetti Bolognese	Roast Beef with Yorkshire Pudding	Chicken Casserole	Oven Baked Breaded Fish Fingers
	Main Option 2	Cheese and Tomato Pizza	Sweet Potato and Quorn Curry with Rice	Autumn Vegetable Bake	Oven Baked Vegetarian Sausages	Crispy Quorn Dippers
	Main Option 3	Chicken Breast (H)	Spaghetti Bolognese (H)	Roast Chicken with Yorkshire Pudding (H)	Chicken Casserole (H)	Oven Baked Salmon Fish Fingers
	Veg	New Potatoes • Sweetcorn • Broccoli	Carrots • Green Beans	Roast or New Potatoes • Roast Parsnips • Savoy Cabbage	Mashed Potatoes • Carrots • Broccoli	Chips or Pasta • Peas • Baked Beans
	Dessert	Rhubarb and Custard Sponge	Apricot and Oat Cookie	Orange Jelly with Fruit	Chocolate Brownie with Fruit Salad	Strawberry and Vanilla Mousse

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.