



St
Christopher's
C of E
Primary
School

Spring 2022

Lunch Menu

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

Dear Parent

This School Lunch Company menu 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 is used.
- 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 nut free



2018 CONTRACT CATERER AWARDS WINNER

AWARD WINNER

Call: 07825 344437

www.theschoollunchcompany.co.uk Email: les@theschoollunchcompany.co.uk



February					March					April				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
	1	2	3	4		1	2	3	4					1
7	8	9	10	11	7	8	9	10	11	4	5	6	7	8
14	15	16	17	18	14	15	16	17	18	11	12	13	14	15
21	22	23	24	25	21	22	23	24	25	18	19	20	21	22
28					28	29	30	31		25	26	27	28	29

St Christopher's C of E Primary School

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Chicken, Bacon and Sweetcorn Pasta Bake	Chilli Con Carne with Rice	Roast Turkey with Gravy	Chicken Curry with Rice	Oven Baked Sausages
	Main Option 2	Cheese and Tomato Pizza with Homemade Jacket Wedges	Macaroni Cheese	Roast Quorn Fillet with Gravy	Jacket Potato with Various Fillings	Oven Baked Vegetarian Sausages
	Veg	Sweetcorn • Peas	Carrots • Green Beans	Roast or Parsley Potatoes. Spring Cabbage • Cauliflower	Baton Carrots • Broccoli	Chips or Pasta Baked Beans • Sweetcorn
	Main Option 3	Jacket Potato with Various Filling	Chilli Con Carne (H)	Roast Chicken (H)	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
	Dessert	Iced Apple Sponge	Peach Crumble with Custard	Peach Crumble with Custard	Fruit Shortbread	Ice Cream with Fresh Fruit
<i>Week 2</i>	Main Option 1	Ham and Cheese Pizza	Homemade Cottage Pie	Roast Chicken with Yorkshire Pudding	Turkey Meatballs with Gravy	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza	Bean and Cheese Quesadilla	Roast Quorn Fillet with Gravy	Oven Baked Vegetable Sausages with Gravy	Quorn Fishless Fingers
	Veg	New Potatoes Broccoli • Sweetcorn	Carrots • Green Beans	Roast or New Potatoes Seasonal Spring Cabbage • Baton Carrots	Mashed Potatoes Broccoli • Cauliflower	Chips or Pasta Baked Beans • Peas
	Main Option 3	Jacket Potato with Various Fillings	Homemade Cottage Pie (H)	Roast Chicken with Yorkshire Pudding (H)	Chicken Meatballs with Gravy (H)	Oven Baked Salmon Fish Fingers
	Dessert	Banana Flapjack	Chocolate and Pear Sponge	Strawberry Jelly with Peaches	Apricot and Oat Cookie	Iced Fruit Smoothie
<i>Week 3</i>	Main Option 1	BBQ Chicken Breast	Spaghetti Bolognese	Roast Gammon with Yorkshire Pudding	Chicken and Vegetable Pie	Oven Baked Breaded Fish Fingers
	Main Option 2	Cheese and Tomato Pizza	Sweet Potato and Quorn Curry with Rice	Roast Quorn Fillet with Gravy	Sausage Roll (V)	Crispy Quorn Dippers
	Veg	Diced Potatoes Sweetcorn • Broccoli	Carrots • Green Beans	Roast or New Potatoes Cauliflower • Savoy Cabbage	Mashed Potatoes Carrots • Broccoli	Chips or Pasta Peas • Baked Beans
	Main Option 3	Chicken Breast (H)	Spaghetti Bolognese (H)	Roast Chicken with Yorkshire Pudding (H)	Jacket Potato with Various Fillings	Oven Baked Salmon Fish Fingers
	Dessert	Raspberry Sponge	Sultana and Oat Cookie	Orange Jelly with Fruit Salad	Golden Fruit Krispie Cake	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.