

ST CHRISTOPHER'S  
C OF E PRIMARY  
SCHOOL

# Lunch Menu

Summer/Autumn 2023

## 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.

Our White Fish and Salmon are MSC certified.

Fruit based desserts are offered to increase nutritional value.

All burgers and sausages meet the recommended standard.

Free range eggs are used.

Yeo Valley organic yoghurts are served.

The School Lunch Company menu has been compiled using ideas from the children, Chef Manager and team.

We are passionate about the food and offer a freshly prepared, healthy, nutritious meal every day using fresh produce from local suppliers.

We look forward to welcoming you.

## 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.

Fresh bread available daily



This award is for our sustainable catering.



The Red Tractor shows our UK farms sourced food is produced to high standards from field to fork.

QMS ratings show our commitment to high quality standards.



We use MSC certified fish to encourage well-managed and sustainable fishing.



Rainbow salad bar available daily



[www.theschoollunchcompany.co.uk](http://www.theschoollunchcompany.co.uk)  
office@theschoollunchcompany.co.uk - 0330 133 6075  
angela@theschoollunchcompany.co.uk - 07765 823 663



April					May					June					July					September					October				
3	4	5	6	7	1	2	3	4	5				1	2	3	4	5	6	7					1	2	3	4	5	6
10	11	12	13	14	8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	4	5	6	7	8	9	10	11	12	13
17	18	19	20	21	15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	11	12	13	14	15	16	17	18	19	20
24	25	26	27	28	22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	18	19	20	21	22	23	24	25	26	27
					29	30	31			26	27	28	29	30	31					25	26	27	28	29	30	31			

## ST CHRISTOPHER'S C OF E PRIMARY SCHOOL MENU

		Pizza Monday	Sugar Smart Tuesday	Mid-week Roast Wednesday	Top Choice Thursday	Fish-tastic Friday
Week 1	Main Option 1	Margherita Pizza	Lasagne	Roast Chicken with Yorkshire Pudding and Gravy	Chicken Meatballs with Tomato Sauce and Wholewheat Pasta Penne	MSC Oven Baked Fish Fillet
	Main Option 2	BBQ Vegetarian Sausage Pizza	Neapolitan Pasta Bake	Cheese and Onion Parcel	Vegetarian Lasagne	Crispy Quorn Dippers
	Veg	Herby Potatoes Coleslaw Peas	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Garlic Bread Slice Broccoli Sweetcorn	Chips or Pasta Peas Baked Beans
	Halal Option	Baked Jacket Potato with a Choice of Filling	Lasagne	Halal Roast Chicken with Yorkshire Pudding and Gravy	Halal Chicken Meatballs with Tomato Sauce and Wholewheat Pasta Penne	Baked Jacket Potato with a Choice of Filling
	Dessert	Fresh Fruit / Yoghurt Or Chocolate and Fruit Krispie Cake	Fresh Fruit / Yoghurt Or Fruit Salad	Fresh Fruit / Yoghurt Or Iced Carrot Cake	Fresh Fruit / Yoghurt Or Cherry and Oat Cookie	Fresh Fruit / Yoghurt Or Strawberry and Vanilla Mousse
Week 2	Main Option 1	Ham and Cheese Pizza	Mild Chicken Curry with Rice	Roast Chicken with Yorkshire Pudding and Gravy	Oven Baked Sausages	MSC Oven Baked Fish Fingers or MSC Bubble Coated Salmon Fillet
	Main Option 2	Margherita Pizza	Macaroni Cheese	Roast Quorn Sausages with Yorkshire Pudding	Oven Baked Quorn Sausages	Crispy Quorn Dippers
	Veg	Herby Potatoes Sweetcorn Carrots	Carrots Broccoli	Roast Potatoes Seasonal Vegetables Cauliflower Gravy	Jacket Wedges Coleslaw Carrots	Chips or Pasta Peas Baked Beans
	Main Option 3	Baked Jacket Potato with a Choice of Filling	Halal Mild Chicken Curry with Rice	Halal Roast Chicken with Yorkshire Pudding and Gravy	Halal Chicken Sausages	Baked Jacket Potato with a Choice of Filling
	Dessert	Fresh Fruit / Yoghurt Or Fruit Cheesecake	Fresh Fruit / Yoghurt Or Apple Flapjack	Fresh Fruit / Yoghurt Or Fruit Jelly with Mandarins	Fresh Fruit / Yoghurt Or St Clements Shortbread	Fresh Fruit / Yoghurt Or Iced Fruit Smoothie
Week 3	Main Option 1	Margherita Pizza	BBQ Beef Pasta <i>(BBQ Minced Beef served with Pasta)</i>	Roast Chicken with Yorkshire Pudding and Gravy	All Day Breakfast	MSC Oven Baked Fish Fillet
	Main Option 2	Vegetable Supreme Pizza	Swedish Style Vegetarian Meatballs with Gravy and Rice	Roast Quorn with Yorkshire Pudding	Veggie All Day Breakfast	Baked Bean and Cheese Wrap
	Veg	Homemade Jacket Wedges Peas Sweetcorn	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Hash Browns Baked Beans Sweetcorn	Chips or Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with a Choice of Filling	Halal BBQ Beef Pasta <i>(BBQ Halal Minced Beef served with Pasta)</i>	Halal Roast Chicken with Yorkshire Pudding and Gravy	Halal Chicken Sausage All Day Breakfast	Baked Jacket Potato with a Choice of Filling
	Dessert	Fresh Fruit / Yoghurt Or Marble Sponge with Raspberries	Fresh Fruit / Yoghurt Or Fruit Salad	Fresh Fruit / Yoghurt Or Apple Drop Cookie	Fresh Fruit / Yoghurt Or Jelly with Mandarins	Fresh Fruit / Yoghurt Or Ice Cream