



Spring / Autumn 2021 Lunch Menu

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

Dear Parent

The School Lunch Company menu for Sunningwell 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

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

My name

My class

Please select Main Options choices below

			<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>
<i>Week 1</i>	Main Option1	<input type="checkbox"/>	Pasta Carbonara	<input type="checkbox"/>	Oven Baked Salmon Fishcake with New Potatoes	<input type="checkbox"/>	Roast Turkey with Gravy	<input type="checkbox"/>	Homemade Lasagne	<input type="checkbox"/>	Oven Baked Breaded Fish Fillet
	Main Option2	<input type="checkbox"/>	Cheese and Tomato Pizza with Homemade Jacket Wedges	<input type="checkbox"/>	Macaroni Cheese	<input type="checkbox"/>	Roast Quorn Fillet with Gravy	<input type="checkbox"/>	Spanish Omelette with Diced Potatoes	<input type="checkbox"/>	Vegan Sausage Roll
	Veg		Sweetcorn • Peas		Carrots and Peas • Broccoli		Roast or Parsley Potatoes • Sweetcorn • Carrots		Baton Carrots • Broccoli		Chips or Pasta • Baked Beans • Mini Corn on the Cob
	Dessert		Apple Sponge		Mixed Fruit Crumble with Custard		Whipped Fruit Mousse		Lemon Shortbread		Ice Cream with Fresh Fruit
<i>Week 2</i>	Main Option1	<input type="checkbox"/>	Ham and Cheese Pizza	<input type="checkbox"/>	Chilli Con Carne with Rice	<input type="checkbox"/>	Roast Chicken with Yorkshire Pudding	<input type="checkbox"/>	Turkey Meatballs with Gravy	<input type="checkbox"/>	Oven Baked Breaded Fish Fillet
	Main Option2	<input type="checkbox"/>	Cheese and Tomato Pizza	<input type="checkbox"/>	Jacket Potato with Various Fillings	<input type="checkbox"/>	Vegetarian Toad-in-the-Hole	<input type="checkbox"/>	Oven Baked Vegetarian Balls with Gravy	<input type="checkbox"/>	Quorn Fishless Fingers
	Veg		New Potatoes • Sweetcorn • Broccoli		Carrots • Green Beans		Roast or New Potatoes • Seasonal Vegetables • Baton Carrots		Mashed Potatoes Broccoli • Sweetcorn		Chips or Pasta • Baked Beans • Peas
	Dessert		Banana Flapjack		Sticky Toffee Pudding with Custard		Strawberry Jelly with Peaches		Iced Raspberry Sponge		Iced Fruit Smoothie
<i>Week 3</i>	Main Option1	<input type="checkbox"/>	BBQ Chicken Breast	<input type="checkbox"/>	Spaghetti Bolognaise	<input type="checkbox"/>	Roast Beef with Yorkshire Pudding	<input type="checkbox"/>	Chicken Pie with Gravy	<input type="checkbox"/>	Oven Baked Breaded Fish Fingers
	Main Option2	<input type="checkbox"/>	Cheese and Tomato Pizza	<input type="checkbox"/>	Sweet Potato and Quorn Curry with Rice	<input type="checkbox"/>	Roast Vegetable Tart	<input type="checkbox"/>	Oven Baked Vegetarian Sausages Mashed Potatoes	<input type="checkbox"/>	Crispy Quorn Dippers
	Veg		New Potatoes • Sweetcorn • Broccoli		Carrots • Peas		Roast or New Potatoes • Seasonal Vegetables • Sweetcorn		Carrots • Broccoli		Chips or Pasta • Peas • Baked Beans
	Dessert		Apricot and Oat Cookie		Rhubarb and Custard Sponge		Orange Jelly with Fruit Salad		Chocolate Brownie		Ice Cream Roll

Fresh Fruit can be offered in a bowl as an alternative to dried fruit

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

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.