

DO YOU KNOW?



THE 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 Denshams 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 and baked on the premises.
- Fruit is added to our puddings to help with "5 a day" (e.g. sultanas or apricots are added to the flapjack, fruit juice served with the cookie, 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.

WE LOOK FORWARD TO YOUR CHILD JOINING US SOON!

Our free range eggs are from Lincolnshire and Beechwood farm near Newbury Berkshire



BRONZE CATERING



THE
SCHOOL LUNCH
COMPANY

Welcome

Dear Parent

The School Lunch Company menu for Stanton Harcourt 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 in the next school term.
Regards

Les Redhead
Operations Director

tasty
healthy
meals



LUNCH MENU 2016/17

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

Week 1

29th Aug, 19th Sept, 10th Oct, 7th Nov, 28th Nov,
2nd Jan, 23rd Jan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Mild Beef Chilli with Jacket Potato	Oven Baked Butcher's Sausages	Roast Turkey with Yorkshire Pudding	Oven Baked Breaded Fish	Lemon Chicken with Rice
Option 2	Cheese and Tomato Pizza	Vegetarian Sausage	Roast Quorn Fillet with Yorkshire Pudding	Spicy Bean Burger	Jacket Potato with Various Fillings
	Carrots • Peas	Mashed Potato Sweetcorn • Broccoli	Roast or Parsley Potatoes Carrots • Cauliflower	Chips or Pasta Peas • Baked Beans	Sweetcorn • Broccoli
	Lemon Shortbread with Fruit	Chocolate Orange Brownie with Chocolate Sauce	Iced Bun with Orange	Iced Cream with Fruit	Fruit Crumble with Custard

Week 2

5th Sept, 26th Sept, 17th Oct, 14th Nov,
5th Dec, 9th Jan, 30th Jan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Salmon Nibbles	Pasta Bolognese with Herb Bread	Roast Beef with Yorkshire Pudding	Oven Baked Butcher's Burgers in a Roll	Cajun Chicken Fillet with Noodles or Rice
Option 2	Macaroni Cheese	Savoury Vegetarian Mince with New Potatoes	Vegetarian Toad in the Hole	Vegetarian Burger in a Roll	Vegetarian Balls in Gravy Herb Bread
	Garlic Bread or Homemade Jacket Wedges Peas • Sweetcorn	Cauliflower • Carrots	Roast or New Potatoes Cabbage • Carrots	Chips or Pasta Peas • Baked Beans	Broccoli • Sweetcorn
	Peach Oat Crunch with Cream	Fruit Flapjack	Orange Jelly with Mandarins	Ice Cream Roll	Apple Sponge with Custard

Week 3

12th Sept, 3rd Oct, 31st Oct, 21st Nov,
12th Dec, 16th Jan, 6th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Pizza with Various Toppings	Ham & Cheese slice	Roast Gammon with Yorkshire Pudding	Oven Baked Fish Fingers	Turkey Meatballs in Gravy
Option 2	Cheese & Tomato Pizza	Quiche	Roast Quorn Fillet with Yorkshire Pudding	Cheese & Bean Dippers	Vegetarian Chilli
	Jacket Potato Sweetcorn • Peas	Mashed Potatoes Broccoli • Sweetcorn	Roast or New Potatoes Glazed Parsnips • Broccoli	Chips or Pasta Peas • Baked Beans	Pasta Broccoli • Carrots
	Fruity Chocolate Cracknel	Fruit Salad Waffle with Chocolate Sauce	Carrot Cake with Lemon Topping	Ice Cream with Fruit	Eves Pudding with Custard

Fresh fruit, yoghurt, fresh salad, milk and wholemeal bread available every day.