

Tasty, healthy meals
Chosen by children
Locally sourced

Welcome

Dear Parent

The School Lunch Company menu for Bishop Loveday 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

Managing Director

**Bishop Loveday C of E
Primary School**

**Lunch
Menu**

Autumn/Winter

2018/19



ONLEY OAK

Finest Beef

Since 1946

Reared in the Heart of England

THE
SCHOOL LUNCH
COMPANY



WEEK 1

- 29 Oct
- 19 Nov
- 10 Dec
- 14 Jan
- 4 Feb
- 4 Mar
- 25 Mar

Monday

Minced Beef
Chilli with Rice
OR
Cheese and
Tomato Pizza
Carrots • Peas
Fruit Shortbread

Tuesday

Turkey Meatballs in
Tomato Sauce with Pasta
OR
Jacket Potatoes with a
Selection of Fillings
Broccoli • Baked Beans
Apple and Blackberry
Crumble with Cream

Wednesday

Roast Beef with
Yorkshire Pudding
OR
Roast Quorn Fillet with Yorkshire
Pudding and Gravy
Roast or New Potatoes
Roast Parsnips • Cauliflower
Lemon Mousse Slice

Thursday

Sweet and Sour
Chicken with Rice
OR
Vegetarian Meatballs in
Tomato Sauce with Pasta
Green Beans • Carrots
Chocolate Fudge Cake
with Pears and Chocolate
Sauce

Friday

Oven Baked Breaded
Fish Fillet
OR
Cheese & Tomato Pinwheel
Chips or Pasta
Peas • Sweetcorn
Ice Cream with Fruit

WEEK 2

- 5 Nov
- 26 Nov
- 17 Dec
- 21 Jan
- 11 Feb
- 11 Mar
- 1 Apr

Monday

Salmon Nibbles with
New Potatoes
OR
Cheese and Tomato Pizza
Carrots • Peas
Maryland Cookie
with Fruit Wedge

Tuesday

Homemade
Cottage Pie
OR
Crispy Quorn Dippers with
Mashed Potatoes
Green Beans • Sweetcorn
Fruity Golden
Krispy Cake

Wednesday

Roast Gammon
OR
Vegetarian Toad in the Hole
with Gravy
Roast or Parsley Potatoes
Savoy Cabbage • Cauliflower
Strawberry Jelly with
Fruit Salad

Thursday

Mild Chicken
Curry with Rice
OR
Macaroni Cheese
Broccoli • Carrots
Orange Sponge with
Mandarins and Custard

Friday

Oven Baked Butchers'
Beef Burger in a Roll
OR
Southern Style Quorn
Burger in a Roll
Chips or Pasta
Baked Beans • Peas
Iced Fruit Smoothie

WEEK 3

- 12 Nov
- 3 Dec
- 7 Jan
- 28 Jan
- 25 Feb
- 18 Mar

Monday

Pasta Carbonara
OR
Cheese and
Tomato Pizza
Peas • Sweetcorn
Banana Flapjack

Tuesday

Oven Baked Sausages
with Gravy
OR
Vegetarian Sausages
with Gravy
Creamed Potatoes
Carrots • Green Beans
Pineapple Upside Down
Sponge with Custard

Wednesday

Roast Chicken
with Stuffing
OR
Roast Quorn Fillet
with Stuffing
Roast or New Potatoes
Savoy Cabbage • Roast
Parsnips
Waffle with Fruit Salad and
Chocolate Sauce

Thursday

Homemade
Lasagne
OR
Cheese and Tomato
Quiche
Garlic Bread
Carrots • Broccoli
Ginger Cookie

Friday

Oven Baked Breaded
Fish Fingers
OR
Homemade Spanish
Omelette
Chips or Pasta
Baked Beans • Sweetcorn
Frozen Strawberry and
Vanilla Mousse with Fruit
Salad



**DO YOU
KNOW?**

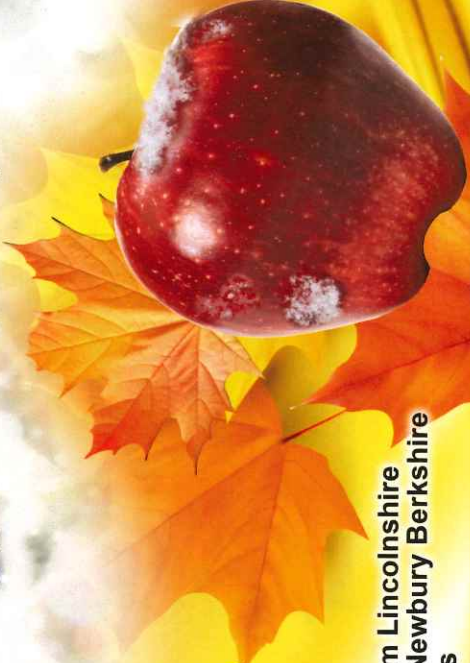


**Benefits
of our
school lunches**

- 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 a local butcher 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 or 50/50.
- 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.

Supplier information:

- Our free range eggs are from Lincolnshire and Beechwood farm near Newbury Berkshire
- Organic Yeo Valley Yoghurts



For further details regarding any matter relating to your child's school meal service contact

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Email: les@theschoollunchcompany.co.uk
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