



Food Facts

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, 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

07825 344437

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

Tasty, healthy meals Chosen by children Locally sourced

Welcome

Dear Parent

The School Lunch Company menu for The Hendreds 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) in the next school term.

Regards

Les Redhead

Managing Director



Lunch Menu
Autumn/Winter
2019/20

The Hendreds C of E
Primary School



WEEK 1
4 Nov
25 Nov
16 Dec
6 Jan
27 Jan
24 Feb
16 March

WEEK 2
11 Nov
2 Dec
13 Jan
3 Feb
2 March
23 March

WEEK 3
18 Nov
9 Dec
20 Jan
10 Feb
9 March
30 March

The Hendreds
C of E Primary
School



THE
SCHOOL LUNCH
COMPANY

Monday

Oven Baked Salmon
Nibbles with Creamed
Potatoes
OR
Cheese and Tomato Pizza
Baton Carrots • Peas
Maryland Cookie with
Pineapple

Tuesday

Sweet and Sour
Chicken with Rice
OR
Vegetarian Meatballs
with Rice and Gravy
Broccoli • Baton Carrots
Chocolate Brownie with
Pears and Chocolate
Custard

Wednesday

Roast Turkey with
Yorkshire Pudding
OR
Vegetarian Toad
in the Hole
Roast or Creamed Potatoes
Swede & Carrot Mash • Green
Beans
Raspberry Mousse
Slice

Thursday

Minced Beef
and Vegetable Pie with
New Potatoes
OR
Macaroni Cheese
Cauliflower • Peas
Fruity Golden
Krispie Cake

Friday

Crunchy Chicken
in a Roll
OR
Southern Style Quorn Burger
Chips or Pasta
Sweetcorn • Baked Beans
Ice Cream with
Fruit Salad

Monday

Ham and
Pineapple Pizza
OR
Cheese and Tomato Pizza
Sweetcorn • Broccoli
Sultana and Oat Cookie
with Fruit Wedge

Tuesday

Turkey Meatballs
with Creamed Potatoes
and Gravy
OR
Neapolitan Pasta
Broccoli • Sweetcorn
Banana Flapjack

Wednesday

Roast Chicken
with Stuffing and Gravy
OR
Roast Quorn Fillet
with Stuffing
Roast or Parsley Potatoes
Savoy Cabbage • Baton
Carrots
Waffle with Fruit Salad and
Chocolate Sauce

Thursday

Homemade Lasagne
with Garlic Bread
OR
Quorn and Sweet Potato
Curry with Rice
Cauliflower • Broccoli
Orange Jelly
with Fruit

Friday

Oven Baked
Breaded Fish Fillet
OR
Cheese and
Onion Pinwheel
Chips or Pasta
Baked Beans • Peas
Iced Fruit Smoothie with
Fruit Salad

Monday

Pasta Carbonara
OR
Cheese and Tomato Pizza
Peas • Sweetcorn
Raspberry
Shortbread with Fruit

Tuesday

Teriyaki Chicken
with Rice
OR
Autumn Vegetable
Bake
Broccoli • Baton Carrots
Apple Sponge
with Cream

Wednesday

Roast Gammon with
Yorkshire Pudding
OR
Sliced Roast Quorn with
Yorkshire Pudding
Roast or New Potatoes
Button Sprouts • Peas and
Carrots
Fruity Chocolate
Cracknell

Thursday

Butchers' Sausage
with Creamed Potato
and Gravy
OR
Vegetarian Cottage Pie
Green Beans • Cauliflower
Fruit Crumble
with Custard

Friday

Oven Baked Breaded
Fish Fingers
OR
Crispy Quorn Dippers
Chips or Pasta
Baked Beans • Peas
Strawberry and
Vanilla Mousse

Fresh Fruit, Yoghurt, Fresh Salad and Bread available. Our menu is nut free