

The Hendreds  
C of E Primary  
School

June - July 2021

# Lunch Menu

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

## 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).

*Les Redhead*

Managing Director

## 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.



## 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.



*Fresh bread and salad daily*

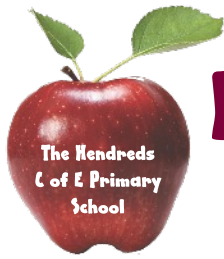


*Our menu is not free*



Call: 07825 344437

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# Lunch Menu

## June-July 2021

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

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Ham and Pineapple Pizza	Mild Chicken Curry	Turkey Meatballs with Gravy	Homemade Lasagne	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza	Sweet Potato and Quorn Curry	Vegetarian Meatballs with Gravy	Neapolitan Pasta Bake	Crispy Quorn Dippers
	Veg	New Potatoes • Peas • Sweetcorn	Rice • Sweetcorn • Green Beans	Mashed Potatoes • Broccoli • Seasonal Vegetables	Carrots • Peas	Chips or Pasta • Baked Beans • Peas
	Dessert	Apricot and Oat Cookie	Apple Cake	Cheese and Biscuits	Fruit Yoghurt	Ice Cream
<i>Week 2</i>	Main Option 1	Salmon Fishcake with Diced Potatoes	Baked Potato with Beef Chilli	Cornish Sausage Roll	BBQ Chicken Burger	Oven Baked Breaded Fish fillet
	Main Option 2	Macaroni Cheese	Baked Potato with Cheese and Beans	Vegan Sausage Roll	Spicy Bean Burger in Bun	Fishless Fingers
	Veg	Peas • Carrots	Green Beans • Sweetcorn	New Potatoes • Baked Beans	Crudities	Chips or Pasta • Coleslaw • Peas
	Dessert	Orange Shortbread	Chocolate and Mandarin Brownie	Fruity Krispie Cake	Fruity Flapjack	Iced Fruit Smoothie

### 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.