

The Hendreds  
C of E Primary  
School

# Spring 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*

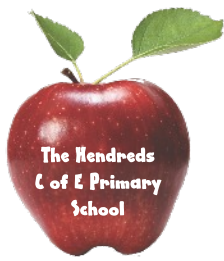


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Call: 07825 344437

[www.theschoollunchcompany.co.uk](http://www.theschoollunchcompany.co.uk) Email: [les@theschoollunchcompany.co.uk](mailto:les@theschoollunchcompany.co.uk)



# Spring 2021

February					March					April					May				
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	1	2	3	4	5				1	2	3	4	5	6	7
8	9	10	11	12	8	9	10	11	12	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	15	16	17	18	19	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	22	23	24	25	26	19	20	21	22	23	24	25	26	27	28
					29	30	31			26	27	28	29	30	31				

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Cheese and Tomato Pizza Slice	Oven Baked Sausages in a Roll	Pasta Bolognese	Chicken Supreme with Rice and Mixed Vegetables	Fish Fingers and Chips
	Main Option 2		Vegetarian Sausages in a Roll	Neapolitan Pasta	Quorn Fillet in White Sauce with Leeks, Rice and Mixed Vegetables	Quorn Dippers and Chips
	Veg	Corn on the Cob	Carrot Batons	Broccoli		Baked Beans
	Dessert	Homemade Apricot and Oat Cookie	Fruit Flapjack	Cheese and Biscuits	Homemade Blueberry Cupcake	Iced Fruit Smoothie
<i>Week 2</i>	Main Option 1	Cheese and Tomato Pizza Slice	Chicken, Bacon and Tomato Pasta Bake	Cornish Sausage Roll	Meat Balls	Fish Fingers and Chips
	Main Option 2		Quorn and Tomato Pasta Bake	(V) Sausage Roll	Butternut Squash Balls in Gravy with Mashed Potatoes	Quorn Dippers
	Veg	Corn on the Cob	Mixed Vegetables	Carrot and Cucumber Batons	Broccoli	Baked Beans
	Dessert	Homemade Sultana Cookie	Homemade Brownie	Strawberry Jelly Pot	Homemade Raspberry Cupcake	Ice Cream Tub

## 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.