



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

Summer

2020

The Hendreds C of E Primary School



WEEK 1
20 Apr
11 May
8 Jun
29 Jun
20 July
2 Sept
21 Sept
12 Oct

Monday

Oven Baked Salmon
Nibbles with Mashed Potatoes
OR
Cheese and Tomato Pizza
Peas • Baton Carrots
Apple Drop Cookie

Tuesday

Chicken Curry
OR
Butternut Squash Balls with Tomato Sauce
Rice
Broccoli • Baton Carrots
Chocolate and Orange
Sponge with Chocolate Custard

Wednesday

Roast Gammon with Yorkshire Pudding
OR
Roast Quorn Fillet with Yorkshire Pudding
Roast or New Potatoes
Spring Cabbage • Cauliflower
Strawberry Jelly with Fruit

Thursday

Pasta Bolognese
OR
Oriental Quorn Wraps
Green Beans
• Peas and Carrots
Oaty Peach Crunch

Friday

Local Butchers' Burger in a Roll
OR
Bean and Cheese Quesadilla
Chips or Pasta
Baked Beans • Sweetcorn
Ice Cream with Fruit Salad

WEEK 2
27 Apr
18 May
15 Jun
6 July
7 Sept
28 Sept
19 Oct

Monday

Cajun Chicken with New Potatoes
OR
Cheese and Tomato Pizza
Peas • Sweetcorn
Orange Shortbread

Tuesday

Beef Meatballs with Rice and Gravy
OR
Neapolitan Pasta
Sweetcorn • Broccoli
Banana Loaf

Wednesday

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

Thursday

Homemade Lasagne with Garlic Bread
OR
Sweet Potato and Chickpea Curry with Rice
Cauliflower • Broccoli
Raspberry Flapjack with Fruit

Friday

Oven Baked Breaded Fish Fillet
OR
Crispy Quorn Dippers
Chips or Pasta
Baked Beans • Peas
Iced Fruit Smoothie with Fruit Salad

WEEK 3
4 May
1 Jun
22 Jun
13 July
14 Sept
5 Oct

Monday

Tuna Pasta Bake
OR
Cheese and Tomato Pizza
Sweetcorn • Broccoli
Apricot and Oat Cookie with Fruit Wedge

Tuesday

Teriyaki Chicken with Rice
OR
Spring Vegetable Bake
Broccoli • Baton Carrots
Apple and Custard
Sponge with Cream

Wednesday

Toad-in-the-Hole with Gravy
OR
Roast Quorn Fillet with Yorkshire Pudding and Gravy
Roast or New Potatoes
Baton Carrots • Green Beans
Fruity Golden Krispie Cake

Thursday

Minced Beef and Potato Bake
OR
Macaroni Cheese
Green Beans • Cauliflower
Lemon Drizzle Cake

Friday

Salmon Fishcake
OR
Southern Style Quorn Burger in a Roll
Chips or Pasta
Peas • Baked Beans
Strawberry and Vanilla Mousse

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

The Hendreds
C of E Primary
School



THE
SCHOOL LUNCH
COMPANY