



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

**The Hendreds
C of E Primary School**



WEEK 1

22 April
13 May
10 June
1 July
22 July
2 Sept
23 Sept
14 Oct

Monday

Chicken and Bacon Pasta
OR
Cheese and Tomato Pizza

Peas • Sweetcorn
Fruit Shortbread

Tuesday

Minced Beef and Vegetable Pie with New Potatoes
OR
Macaroni Cheese
Cauliflower • Peas

Chocolate Brownie with Mandarins

Wednesday

Roast Gammon with Yorkshire Pudding
OR
Roast Quorn Fillet with Yorkshire Pudding
Roast or New Potatoes

Spring Cabbage • Peas and Carrots
Raspberry Mousse
Cake

Thursday

Sweet and Sour Chicken with Rice
OR
Spring Vegetable Bake

Broccoli • Baton Carrots
Peach Peasants Pudding with Cream

Friday

Oven Baked Sausages in a Roll
OR
Quorn Hot Dog

Chips or Pasta
Baked Beans • Peas
Frozen Strawberry and Vanilla Mousse

WEEK 2

29 Apr
20 May
17 June
8 July
9 Sept
30 Sept
21 Oct

Monday

Oven Baked Salmon Nibbles with Creamed Potatoes
OR
Cheese and Tomato Pizza

Peas • Baton Carrots
Ginger Cookie

Tuesday

Mild Beef Chilli with Rice
OR
Vegetarian Cottage Pie

Broccoli • Cauliflower
Iced Pear Sponge

Wednesday

Roast Chicken with Yorkshire Pudding
OR
Vegetarian Toad in the Hole
Roast or Creamed Potatoes

Swede & Carrot Mash • Green Beans
Fruity Chocolate Cracknell

Thursday

Turkey Meatballs with Pasta and Tomato Sauce
OR
Neapolitan Pasta

Broccoli • Sweetcorn
Banana Flapjack

Friday

Oven Baked Fish Fillet
OR
Cheese and Onion Pin Wheel

Chips or Pasta
Peas • Baked Beans
Iced Fruit Smoothie with Fruit Salad

WEEK 3

6 May
3 June
24 June
15 July
16 Sept
7 Oct

Monday

Ham and Pineapple Pizza
OR
Cheese and Tomato Pizza

Sweetcorn • Broccoli
Oat Cookie with Fruit

Tuesday

Teriyaki Chicken with Rice
OR
Vegetarian Meatballs with Rice and Gravy

Peas • Baton Carrots
Carrot Cake with Lemon Topping

Wednesday

Roast Turkey with Stuffing and Gravy
OR
Broccoli and Cauliflower Cheese Bake

Roast or Parsley Potatoes
Savoy Cabbage • Baton Carrots
Waffle with Fruit Salad and Chocolate Sauce

Thursday

Homemade Lasagne with Garlic Bread
OR
Quorn Keema Sweet Potato Curry with Rice

Cauliflower • Broccoli
Apple Crumble with Cream

Friday

Oven Baked Butchers' Burger in a Roll
OR
Crispy Quorn Dippers

Chips or Pasta
Baked Beans • Sweetcorn
Ice Cream with Fruit Salad



Fresh Fruit, Yoghurt, Fresh Salad and Bread available