

DO YOU KNOW?

- 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, fruit juice served with the cookie, 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.

**WE LOOK FORWARD
TO YOUR CHILD
JOINING US SOON!**

**Our free range eggs are from
Lincolnshire and Beechwood farm
near Newbury Berkshire**

**THE
BENEFITS
OF OUR
SCHOOL
LUNCHES**

Welcome

Dear Parent

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

Regards

Les Redhead

Managing Director

**LUNCH
MENU
2017**

*tasty
healthy
meals*

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



Week 1

24th April, 15th May, 12th June, 3rd July, 4th Sept,
25th Sept, 16th Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Minced Beef & Vegetable Pie with New Potatoes	Salmon Fish Cakes	Roast Chicken with Yorkshire Pudding	Turkey Meatballs in Tomato Sauce with Rice	Oven Baked Breaded Fish Fillet
Option 2	Cheese and Tomato Pizza	Vegetarian Mince and Vegetable Pie	Vegetarian Toad in the Hole	Vegetarian Bolognese	Cheese and Onion Pinwheels
	Sweetcorn • Peas	Mashed Potatoes Green Beans • Carrots	Roast or New Potatoes Carrots • Peas	Sweetcorn • Broccoli	Chips or Pasta Baked Beans • Peas
	Raspberry Flapjack	Chocolate & Orange Brownie	Apple Drop Cookie	Fruit Salad with Ice Cream	Banana Loaf with Cream

Week 2

1st May, 22nd May, 19th June, 10th July,
11th Sept, 2nd Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Pasta Carbonara	Mild Beef Chilli with Rice	Roast Pork	Sweet & Sour Chicken with Noodles	Oven Baked Breaded Fish Fillet
Option 2	Cheese and Tomato Pizza	Jacket Potatoes with Various Fillings	Roast Quorn Fillet	Vegetable Lasagne	Vegetarian Sausages in a Roll
	Green Beans • Sweetcorn	Peas • Baked Beans	Roast or New Potatoes Swede and Carrot Mash Savoy Cabbage	Mashed Potatoes Carrots • Broccoli	Chips or Pasta Peas • Sweetcorn
	Iced Fruit Smoothie	Lemon Shortbread with Mandarins	Waffles with Fruit and Chocolate Sauce	Pineapple Upside - Down Cake	Apricot & Oat Cookie

Week 3

8th May, 5th June, 26th June, 17th July,
18th Sept, 9th Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Cheese and Tomato Pizza	Chicken Burger in a Bun	Roast Beef with Yorkshire Pudding	Spanish Pork with Rice	Oven Baked Breaded Fish Fillet
Option 2	Tomato and Mozzarella Sausages with Pasta	Spicy Bean Burger in a Bun	Roast Quorn Fillet with Yorkshire Pudding	Macaroni Cheese	Vegetarian Meatballs in Gravy
	Carrots • Peas	Peas • Corn on the Cob	Roast or New Potatoes Carrots • Broccoli	Carrots • Green Beans	Chips or Pasta Sweetcorn • Baked Beans
	Strawberry Ice Cream	Carrot Cake with Lemon Topping	Chocolate Cookie with Fruit	Ginger Bread with Pears	Fruity Golden Crispy Cake

Fresh fruit, yoghurt, fresh salad, milk and wholemeal bread available every day.