



St Michael's
C of E Primary
School

Summer/Autumn 2021 Lunch Menu

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

Dear Parent

The School Lunch Company menu for St Michael's 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 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.

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.



Fresh bread and salad daily



Our menu is not free



Call: 07825 344437

www.theschoollunchcompany.co.uk Email: les@theschoollunchcompany.co.uk



Summer to Autumn 2021

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

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Chicken and Sweetcorn Pizza	Oven Baked Sausages	Roast Turkey with Yorkshire Pudding	Jacket Potato with Tuna Mayo	Fish Fingers and Chips
	Main Option 2	Cheese and Tomato Pizza Slice	Vegetarian Sausages	Vegan Sausage Roll	Jacket Potato with Baked Beans or Cheese	Quorn Dippers and Chips
	Veg	Homemade Jacket Wedges • Carrots • Broccoli	Mashed Potatoes • Green Beans • Carrots	Diced Herby Potatoes • Spring Cabbage • Cauliflower	Carrots • Broccoli	Green Beans • Baked Beans
	Dessert	Apple Crumble	Oat Cookie	Raspberry Traybake	Fruit Cheesecake	Iced Fruit Smoothie
<i>Week 2</i>	Main Option 1	Salmon Fishcake	Turkey Meatballs in Tomato Sauce	Roast Chicken with Yorkshire Pudding	Jacket Potato with Savoury Minced Beef	BBQ Chicken Fillet Burger in a Roll
	Main Option 2	Cheese and Tomato Pizza Slice	Quorn Swedish Style Balls in Tomato Sauce	Roast Quorn Fillet with Yorkshire Pudding	Jacket Potato with Vegetarian Savoury Mince	Southern Style Quorn Burger in a Roll
	Veg	Homemade Jacket Wedges • Carrots • Broccoli	Pasta • Green Beans • Carrots	Diced Herby Potatoes • Spring Cabbage • Cauliflower	Garlic Bread • Broccoli • Carrots	Chips • Green Beans • Baked Beans
	Dessert	Flapjack	Apple Drop Cookie	Carrot Cake with Lemon Topping	Chocolate and Orange Traybake	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.