



ST
MICHAEL'S
C OF E
PRIMARY
SCHOOL

January - July 2022

Lunch Menu

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

Dear Parent

This School Lunch Company menu 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 is used.
- 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



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AWARD WINNER



Call: 07825 344437

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

January					February					March					April					May					June					July				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
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10	11	12	13	14	7	8	9	10	11	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
17	18	19	20	21	14	15	16	17	18	14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
24	25	26	27	28	21	22	23	24	25	21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
31					28					28	29	30	31	25	26	27	28	29	30	31				27	28	29	30	25	26	27	28	29		

ST MICHAEL'S C OF E PRIMARY SCHOOL

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Climate Day Macaroni Cheese	Oriental Teriyaki Chicken	Roast Chicken with Yorkshire Pudding	All Day Breakfast (Sausage, Bacon, Omelette)	MSC Oven Baked Battered Fish Fillet
	Main Option 2	Thin Base Cheese and Tomato Pizza with Half Jacket Potato	Chickpea and Vegetable Curry	Vegetable Puff Pastry Parcel	All Day Veggie Breakfast (Quorn Sausage, Omelette, Tomato)	Baked Bean and Cheese Wrap
	Veg	Carrots Peas	Rice Sweetcorn Broccoli	Roast or New Potatoes Seasonal Vegetables Savoy Cabbage Gravy	Hash Brown Baked Beans	Thin Cut Chips or Wholemeal Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Beans
	Dessert	Apple Flapjack	Tropical Pineapple Cake	Cheese & Biscuits	Chocolate Tiffin	Iced Fruit Smoothie
Week 2	Main Option 1	Roots to Food Mild Beef Chilli with Rice	A Taste of the Med Italian Chicken Pasta	Roast Gammon with Gravy and Yorkshire Pudding	American Day Oven Baked Burger in a Roll	MSC Oven Baked Fish Fillet
	Main Option 2	Thin Base Cheese and Tomato Pizza with Half Jacket Potato	Neapolitan Pasta	Stuffed Red Pepper with Cous Cous	Quorn Sausage Pattie and Egg Muffin	Vegan Sausage Roll
	Veg	Carrots Peas	Garlic Bread Carrots Green Beans	Roast or New Potatoes Seasonal Vegetables, Savoy Cabbage Gravy	Jacket Wedges Mini Corn on the Cob Kentucky Beans	Thin Cut Chips or Wholemeal Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Beans
	Dessert	Golden Krispie Cake	Yoghurt, Peach and Honey Crunch	Cheese & Biscuits	Chocolate Brownie	Ice Cream
Week 3	Main Option 1	BBQ Chicken Breast with BBQ Sauce	Lasagne	Roast Chicken Breast	Sizzling Sausages	MSC Oven Baked Battered Fish Fillet
	Main Option 2	Thin Base Cheese and Tomato Pizza	Salmon Fishcake with Jacket Potato	Mixed Bean Casserole	Vegetable Sausages	Crispy Quorn Dippers
	Veg	Oven Baked Jacket Wedges Carrots Peas	Broccoli Sweetcorn	Roast or New Potatoes Seasonal Vegetables Savoy Cabbage Gravy	New Potatoes Green Beans Carrots Gravy	Thin Cut Chips or Wholemeal Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Beans	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese
	Dessert	Lemon Shortbread	Apple and Blueberry Sponge with Custard	Waffle with Fruit Cocktail and Mango Coulis	Cherry and Oat Cookie	Ice Cream



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.