



Lunch Menu

Autumn / Winter
22/23



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.
- Our White Fish and Salmon are MSC certified.
- Fruit based desserts are offered to increase nutritional value.
- All burgers and sausages meet the recommended standard.
- Free range eggs are used.
- Yeo Valley organic yoghurts are served.



The School Lunch Company menu has been compiled using ideas from the children, Chef Manager and team.

We are passionate about the food and offer a freshly prepared, healthy, nutritious meal every day using fresh produce from local suppliers.

We look forward to welcoming you.

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.

Fresh bread available daily 



This award is for our sustainable catering.



The Red Tractor shows our UK farms sourced food is produced to high standards from field to fork.

QMS ratings show our commitment to high quality standards.



We use MSC certified fish to encourage well-managed and sustainable fishing.



Rainbow salad bar available daily 



www.theschoollunchcompany.co.uk
les@theschoollunchcompany.co.uk - 07825 344 437
angela@theschoollunchcompany.co.uk - 07765 823 663

September					October					November					December					January					February				
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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19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27					
26	27	28	29	30	31					28	29	30			26	27	28	29	30	30	31								

ST MICHAEL'S C OF E PRIMARY SCHOOL – AUTUMN/WINTER 22/23

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Cowboy Hot Pot (Quorn Sausage Casserole with Crispy Potato Topping)	Teriyaki Chicken	Roast Chicken with Yorkshire Pudding and Gravy	Chicken Meatball Pasta Bake	MSC Oven Baked Fish Fillet
	Main Option 2	Vegetable Supreme Pizza with Oven Baked Homemade Jacket Wedges	Vegetarian Swedish Meatballs with Gravy	Roast Mixed Pepper and Cheese Pinwheel	Veggie Bolognese with Whole Wheat Penne Pasta	Crispy Quorn Dippers
	Veg	Carrots Peas	Rice Green Beans Carrots	Roast Potatoes Seasonal Vegetables Cabbage	Garlic Bread Slice Broccoli Sweetcorn	Chips or Pasta Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Or Chocolate Shortbread	Fresh Fruit / Yoghurt Or Apricot and Oat Cookie with Fruit Slices	Fresh Fruit / Yoghurt Or Toffee Apple Sponge	Fresh Fruit / Yoghurt Or Seasonal Fruit Crumble with Custard	Fresh Fruit / Yoghurt Or Iced Fruit Smoothie
Week 2	Main Option 1	MSC Bubble Coated Salmon Fillet	Cajun Chicken Breast	Roast Sausages with Yorkshire Pudding	Minced Beef Bolognese with Whole Wheat Pasta	MSC Oven Baked Fish Fingers
	Main Option 2	Margherita Pizza	Baked Bean and Cheese Wrap	Roast Quorn Sausages with Yorkshire Pudding	Sweet Potato, Quorn and Lentil Curry with Mixed Brown and White Rice	Vegetarian Sausage Roll
	Veg	Oven Baked Homemade Herby Diced Potatoes Sweetcorn Carrots	Savoury Vegetable Rice Carrots Broccoli	New Potatoes Seasonal Vegetables Cauliflower Gravy	Broccoli Carrots	Chips or Pasta Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Or Chocolate and Fruit Krispie Cake	Fresh Fruit / Yoghurt Or Iced Vanilla Sponge with Fruit Slices	Fresh Fruit / Yoghurt Or Fruit Jelly	Fresh Fruit / Yoghurt Or Melting Moment Biscuit with Orange Wedge	Fresh Fruit / Yoghurt Or Ice Cream
Week 3	Main Option 1	Veggie Tortilla Layer	Mild Chicken and Sweet Potato Curry with Rice	Roast Chicken with Yorkshire Pudding and Gravy	All Day Breakfast	MSC Oven Baked Fish Fillet
	Main Option 2	Margherita Pizza	Macaroni Cheese	Vegetable Bake	Veggie All Day Breakfast	Crispy Quorn Dippers
	Veg	New Potatoes Peas Sweetcorn	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Cauliflower	Hash Browns Baked Beans Sweetcorn	Chips or Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese
	Dessert	Fresh Fruit / Yoghurt Or Peach Flapjack	Fresh Fruit / Yoghurt Or Lemon Drizzle Sponge	Fresh Fruit / Yoghurt Or Fruit Salad with Cream	Fresh Fruit / Yoghurt Or Fruit Shortbread	Fresh Fruit / Yoghurt Or Chocolate and Fruit Tiffin