



North Leigh
C of E Primary
School

Winter 2021 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



2018 CONTRACT CATERER AWARDS WINNER

AWARD WINNER



Call: 07825 344437

www.theschoollunchcompany.co.uk <mailto:les@theschoollunchcompany.co.uk>

North Leigh C of E Primary School Winter 2021

November				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

December				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Ham and Cheese Pizza	Homemade Lasagne with Garlic Bread	Roast Turkey with Yorkshire Pudding and Gravy	Mild Chicken Curry	Oven Baked Butchers' Burger in a Roll
	Main Option 2	Cheese and Tomato Pizza	Broccoli and Cauliflower Bake	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Bean and Cheese Quesadilla	Quorn Hot Dog
	Veg	New Potatoes • Sweetcorn • Broccoli	Carrots • Peas	Roast or Parsley Potatoes • Seasonal Vegetables • Spring Cabbage	Rice • Sweetcorn • Green Beans	Chips or Pasta • Baked Beans • Peas
	Dessert	Chocolate Brownie with Mandarins	Fruity Flapjack	Fruit Jelly with Fruit Salad	Apple and Custard Sponge	Ice Cream
Week 2	Main Option 1	Cheese and Ham Pizza	Jacket Potatoes with Various Fillings: Ham, Tuna Mayo, Cheese	Roast Chicken with Gravy	Minced Beef Chilli	Oven Baked Breaded Fish Fingers
	Main Option 2	Sweet Potato and Quorn Curry with Rice	Vegetarian Lasagne	Vegetable Sausages with Gravy	Vegetarian Chilli	Homemade Quiche
	Veg	Green Beans • Carrots	Peas • Baked Beans	Roast or Parsley Potatoes • Spring Cabbage • Cauliflower Cheese	Rice • Baton Carrots • Green Beans	Chips or Pasta • Sweetcorn • Peas
	Dessert	Orange Shortbread	Carrot Cake with Lemon Icing	Whipped Fruit Mousse	Oaty Peach Crunch	Iced Fruit Smoothie
Week 3	Main Option 1	Cheese and Tomato Pizza	Chicken and Sweetcorn Pasta Bake	Roast Gammon with Yorkshire Pudding and Gravy	Turkey Meatballs with Gravy and Mashed Potatoes	Oven Baked Fish Fillet
	Main Option 2	Veggie Balls with Tomato Sauce	Vegetarian Pasta Bolognaise	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Vegan Sausage Roll with New Potatoes	Crispy Quorn Dippers
	Veg	Mashed Potatoes • Peas • Sweetcorn	Green Beans • Carrots	Roast or New Potatoes • Cauliflower • Broccoli	Baton Carrots • Green Beans	Chips or Pasta • Peas • Baked Beans
	Dessert	Mixed Fruit Crumble with Custard	Apricot and Oat Cookie	Orange Jelly with Fresh Fruit Salad	Sticky Toffee Pudding with Cream	Ice Cream Roll

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.

