

**ST KENELM'S
PRIMARY
SCHOOL**

LUNCH MENU

**AUTUMN-WINTER
2023-2024**

The School Lunch Company is passionate about food and offers a healthy and nutritious hot meal every day, using fresh produce from local suppliers.

**WE LOOK FORWARD TO
WELCOMING YOU.**

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.

**THIS MAKES US
SMILE!**

FOOD FACTS

- Our produce is sourced from local suppliers where possible.
- We use Farm Assured Red Tractor Chicken.
- Our fresh bread is wholemeal or 50/50.
- Our white fish and salmon are MSC certified.
- All of our burgers and sausages meet the recommended standard.
 - Our eggs are free range.
- We serve Yeo Valley organic yoghurts.



Our menu meets the requirements of the Government's 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.

HA-PEA!



TASTY!



Congratulations to Theo King from Ducklington Primary School for winning our menu design competition with his beautiful rainbow and food characters.

WEEK ONE

WEEK COMMENCING

September 4th November 27th
September 25th December 18th
October 16th January 8th
November 6th January 29th



**FRESH FRUIT
DAILY**



MONDAY

Margherita Pizza

with New Potatoes, Sweetcorn and Carrots

Crispy Coated Bubble Salmon

with New Potatoes, Sweetcorn and Carrots

Baked Jacket Potato

with a choice of filling

.....
Apple Sponge

**AUTUMN - WINTER
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TUESDAY

BBQ Beef Pasta

with Green Beans and Carrots

Cheese and Onion Whirl

with New Potatoes, Green Beans and Carrots

Baked Jacket Potato

with a choice of filling

.....
Jelly with Fruit

WEDNESDAY

Roast Pork with Yorkshire Pudding

with Roast Potatoes, Seasonal Vegetables, Savoy

Cabbage and Gravy

Autumn Vegetable Bake

with Roast Potatoes, Seasonal Vegetables and

Savoy Cabbage

.....
Fruity Oat Cookie

THURSDAY

Oven Baked Pork Sausages

and Mashed Potatoes or Pasta

with Sweetcorn, Broccoli and Gravy

Oven Baked Quorn Sausages

and Mashed Potatoes or Pasta

with Sweetcorn and Broccoli

Baked Jacket Potato

with a choice of filling

.....
Vanilla Sponge with Sprinkles

HA-PEA!

FRIDAY

Oven Baked Breaded Fish Fillet

with Tomato Ketchup

with Chips or Pasta and Peas or Baked Beans

Vegetable Goujons

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

.....
Ice Cream

WEEK TWO

WEEK COMMENCING

September 11th December 4th
October 2nd January 15th
November 13th February 5th



**FRESH FRUIT
DAILY**



MONDAY

Ham Carbonara with Fusilli Pasta
with Green Beans and Carrots
Margherita Pizza
with Diced Potatoes and Green Beans and Carrots
Baked Jacket Potato
with a choice of filling.
.....
Chocolate Brownie

**AUTUMN - WINTER
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TUESDAY

Chicken Fillet with Katsu Curry Sauce
with Mixed Rice, Peas and Carrots
Macaroni Cheese
with Peas and Carrots
Baked Jacket Potato
with a choice of filling.
.....
Jelly with Fruit

WEDNESDAY

Roast Chicken with Yorkshire Pudding
with New Potatoes, Seasonal Vegetables, Savoy
Cabbage and Gravy
Quorn Chicken Pieces in a Yorkshire Pudding
with New Potatoes, Seasonal Vegetables, Savoy
Cabbage and Gravy
.....
Feathered Raspberry Sponge

THURSDAY

Beef Burger in a Soft Roll
with Jacket Wedges, Coleslaw and Sweetcorn
Vegetarian Sausage Roll
with Jacket Wedges, Coleslaw and Sweetcorn
Baked Jacket Potato
with a choice of filling.
.....
Lemon Shortbread

FRIDAY

Oven Baked Fish Fingers
with Tomato Ketchup
with Chips or Pasta and Peas or Baked Beans
Mexican Bean Quesadilla
with Chips or Pasta and Peas and Baked Beans
.....
Iced Fruit Smoothie

HA-PEA!



YUM!

TASTY!

WEEK THREE

WEEK COMMENCING

September 18th November 20th
October 9th December 11th
October 30th January 22nd



**FRESH FRUIT
DAILY**



MONDAY

Margherita Pizza

with New Potatoes, Sweetcorn and Carrots

Neapolitan Tomato Pasta Bake

with Sweetcorn and Carrots

Baked Jacket Potato

with a choice of filling.

Chocolate Cookie

**AUTUMN - WINTER
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TUESDAY

Pasta Bolognaise

with Herby Bread, Carrots and Broccoli

Sweet Potato and Vegetable Curry

with Mixed Rice, Carrots and Broccoli

Baked Jacket Potato

with a choice of filling.

Jelly with Fruit

WEDNESDAY

Roast Turkey

with Roast Potatoes, Seasonal Vegetables,

Savoy Cabbage and Gravy

Oven Baked Quorn Sausages

with Roast Potatoes, Seasonal Vegetables,

Savoy Cabbage and Gravy

Banana Flapjack

THURSDAY

Crispy Chicken Bites

with Tiny Tater Tots, Sweetcorn and Carrots

Cheese and Red Onion Quiche

with Tiny Tater Tots, Sweetcorn and Carrots

Baked Jacket Potato

with a choice of filling.

Marble Sponge

FRIDAY

Oven Baked Breaded Fish Fillet

with Tomato Ketchup

with Chips or Pasta and Peas or Baked Beans

Vegetable Goujons

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

Iced Fruit Smoothie