



ST KENELM'S C  
OF E PRIMARY  
SCHOOL

# 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



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

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	<b>Cowboy Hot Pot</b> (Quorn Sausage Casserole with Crispy Potato Topping)	<b>Chicken Meatball Pasta Bake</b>	<b>Roast Chicken with Yorkshire Pudding &amp; Gravy</b>	Savoury Minced Beef with Mashed Potato	<b>MSC Oven Baked Fish Fillet</b>
	Main Option 2	<b>Margherita Pizza</b>	<b>Vegetarian Meatball Pasta Bake</b>	<b>Cheese and Onion Pinwheel</b>	<b>Sweet Potato, Quorn and Lentil Curry with Mixed Brown and White Rice</b>	<b>Crispy Quorn Dippers</b>
	Veg	<b>Oven Baked Homemade Jacket Wedges</b> Carrots Peas	<b>Garlic Bread Slice</b> Broccoli Sweetcorn	<b>Roast Potatoes</b> Seasonal Vegetables Cabbage	<b>Green Beans</b> Carrots	<b>Chips or Pasta</b> Peas Baked Beans
	Main Option 3	<b>Baked Jacket Potato with a choice of Filling</b>	<b>Baked Jacket Potato with a choice of Filling</b>		<b>Baked Jacket Potato with a choice of Filling</b>	
	Dessert	<b>Fresh Fruit/Yoghurt</b> OR <b>Chocolate Shortbread</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Toffee Apple Sponge</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Apricot and Oat Cookie with Fruit Slices</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Seasonal Fruit Crumble with Custard</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Iced Fruit Smoothie</b>
Week 2	Main Option 1	<b>MSC Bubble Coated Salmon</b>	<b>Minced Beef Bolognese</b>	<b>Roast Chicken with Yorkshire Pudding</b>	<b>Sausages</b>	<b>MSC Oven Baked Fish Fingers</b>
	Main Option 2	<b>Margherita Pizza</b>	<b>Veggie Bolognese</b>	<b>Roast Quorn Fillet with Yorkshire Pudding</b>	<b>Vegetable Sausages</b>	<b>Vegetarian Sausage Roll</b>
	Veg	<b>Oven Baked Homemade Herby Diced Potatoes</b> Sweetcorn Carrots	<b>Wholewheat Pasta</b> Broccoli Carrots	<b>Roast Potatoes</b> Seasonal Vegetables Cabbage Gravy	<b>Mashed Potatoes</b> Seasonal Vegetables Green Beans Carrots Gravy	<b>Chips or Pasta</b> Peas Baked Beans
	Main Option 3	<b>Baked Jacket Potato with a choice of Filling</b>	<b>Baked Jacket Potato with a choice of Filling</b>		<b>Baked Jacket Potato with a choice of Filling</b>	
	Dessert	<b>Fresh Fruit/Yoghurt</b> OR <b>Golden Krispie Cake</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Iced Vanilla Sponge with fruit Slices</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Fruit Jelly</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Melting Moment with Orange Wedge</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Ice Cream</b>
Week 3	Main Option 1	<b>Veggie Tortilla Layer</b>	<b>Chinese Chicken and Vegetable Stir Fry with Noodles</b>	<b>Roast Chicken with Yorkshire Pudding &amp; Gravy</b>	<b>All Day Breakfast</b>	<b>MSC Oven Baked Fish Fillet</b>
	Main Option 2	<b>Margherita Pizza</b>	<b>Macaroni Cheese</b>	<b>Vegetable Bake</b>	<b>Veggie All Day Breakfast</b>	<b>Crispy Quorn Dippers</b>
	Veg	<b>New Potatoes</b> Peas Sweetcorn	<b>Green Beans</b> Carrots	<b>Roast Potatoes</b> Seasonal Vegetables Cauliflower	<b>Hash Browns</b> Baked Beans	<b>Chips or Pasta</b> Peas Sweetcorn
	Main Option 3	<b>Baked Jacket Potato with a choice of Filling</b>	<b>Baked Jacket Potato with a choice of Filling</b>		<b>Baked Jacket Potato with a choice of Filling</b>	
	Dessert	<b>Fresh Fruit/Yoghurt</b> OR <b>Peach Flapjack</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Lemon Drizzle Sponge</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Chocolate and Fruit Tiffin</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Fruit Shortbread</b>	<b>Fresh Fruit/Yoghurt</b> OR <b>Ice Cream Roll</b>