



Leaffield
C of E
Primary
School

Spring to Autumn 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*



Call: 07825 344437

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

April					May					June					July					August					September					October				
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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25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29	29	30	31			26	27	28	29	30	31				

Leaffield C of E Primary School

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	Climate Day Macaroni Cheese	Chinese Chicken Stir Fry with Noodles	Roast Chicken with Yorkshire Pudding	MSC Oven Baked Battered Fish Fillet	All Day Breakfast (Sausage, Bacon, Omelette)
	Main Option 2	Baked Jacket Potato with Choice of Fillings: Cheese / Beans / Tuna	Cheese and Tomato Pizza with Homemade Jacket Wedges	Vegetable Puff Pastry Parcel	Crispy Quorn Dippers	All Day Veggie Breakfast (Quorn Sausage, Omelette, Tomato)
	Veg	Carrots • Peas	Sweetcorn • Broccoli	Roast or New Potatoes Seasonal Vegetables • Savoy Cabbage • Gravy	Chips or Pasta Peas • Sweetcorn	Hash Brown Baked Beans
	Dessert	Apple Flapjack	Tropical Pineapple Cake	Fruit Jelly	Iced Fruit Smoothie	Chocolate Tiffin
<i>Week 2</i>	Main Option 1	Ham and Cheese Pizza	A Taste of the Med Italian Chicken Pasta	Roast Gammon with Gravy and Yorkshire Pudding	Salmon Fishcake	American Day Oven Baked Burger in a Roll
	Main Option 2	Cheese and Tomato Pizza	Neapolitan Pasta	Roast Quorn Fillet with Gravy and Yorkshire Pudding	Vegan Sausage Roll	Quorn Sausage Pattie and Egg Muffin
	Veg	New Potatoes Carrots • Peas	Garlic Bread Carrots • Green Beans	Roast or New Potatoes Seasonal Vegetables • Savoy Cabbage • Gravy	Chips or Pasta Peas • Sweetcorn	Jacket Wedges Mini Corn on the Cob • Baked Beans
	Dessert	Golden Krispie Cake	Sicilian Orange Drizzle Cake	Yoghurt, Peach and Honey Crunch	Ice Cream	Chocolate Brownie
<i>Week 3</i>	Main Option 1	BBQ Chicken Breast with BBQ Sauce	Pasta Bolognese	Roast Chicken Breast	MSC Oven Baked Battered Fish Fillet	Bangers and Mash Day Sizzling Sausages
	Main Option 2	Quorn with BBQ Sauce	Cauliflower, Sweet Potato & Chickpea Curry with Rice	Roast Quorn Fillet	Quorn Fishless Fingers	Vegetable Sausages
	Veg	Oven Baked Jacket Wedges Carrots • Peas	Broccoli • Sweetcorn	Roast or New Potatoes Seasonal Vegetables • Savoy Cabbage • Gravy	Chips or Pasta Peas • Sweetcorn	Mashed Potatoes Green Beans • Carrots • Gravy
	Dessert	Lemon Shortbread	Apple and Blueberry Sponge with Custard	Waffle with Fruit Cocktail and Mango Coulis	Fruit Jelly	Cherry and Oat Cookie



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.