



Cholsey Primary School

Spring/Summer 2021

Lunch Menu

Tasty, healthy meals - Well balanced and nutritious - Enjoyed by children

Dear Parent

The School Lunch Company menu for Cholsey Primary School 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 Facts

- Our meat and fresh seasonal fruit and vegetables are sourced from local suppliers.
- Farm Assured Red Tractor Chicken used. Visit [Red Tractor website](#).
- 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.



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.



Fresh bread and salad daily



Our menu is not free



2018 CONTRACT CATERER AWARDS WINNER

AWARD WINNER

Call: 07825 344437

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



Cholsey Primary School

Spring/Summer 2021

May					June					July				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
3	4	5	6	7		1	2	3	4				1	2
10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
31					28	29	30			26	27	28	29	30

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Turkey Meatballs	Pasta Bolognese Bake	Roast Chicken with Yorkshire Pudding	Mild Beef Chilli with Mixed Vegetables	Oven Baked Breaded Fish Fillet
	Main Option 2	Vegetarian Meatballs	Vegetarian Pasta Bolognese Bake	Roast Quorn Fillet with Yorkshire Pudding	Macaroni Cheese	Quorn Fish Fingers
	Veg	Creamed Potatoes and Gravy • Green Beans • Carrots	Sweetcorn • Baton Carrots	Roast Potatoes • Savoy Cabbage • Cauliflower	Vegetable Rice • Broccoli	Chips • Baked Beans
	Dessert	Chocolate Brownie	Oat and Apricot Cookie	Fruity Golden Krispie Cake	Strawberry Jelly Pot	Iced Fruit Smoothie
Week 2	Main Option 1	Chicken and Bacon Pasta Bake	BBQ Chicken Fillet	Roast Turkey with Yorkshire Pudding	Oven Baked Sausages	Oven Baked Breaded Fish Fingers
	Main Option 2	Macaroni Cheese	BBQ Quorn Fillet	Spring Vegetable Bake	Vegetarian Sausages	Crispy Quorn Dippers
	Veg	Garlic Bread • Mixed Vegetables	Homemade Jacket Wedges • Carrots • Green Beans	Roast Potatoes • Swede and Carrot Mash	Mashed Potatoes with Cabbage • Gravy • Broccoli	Chips • Baked Beans
	Dessert	Fruit Flapjack	Raspberry Cupcake	Strawberry Jelly Pot	Yoghurt with Fresh Fruit	Ice Cream
Week 3	Main Option 1	Chicken and Vegetable Pie	Cheese and Tomato Pizza Homemade Jacket Wedges	Roast Gammon with Yorkshire Pudding and Gravy	Homemade Lasagne	Local Butchers' Burger in a Roll
	Main Option 2	Quorn and Vegetable Pie		Vegetarian Toad-in-the-Hole	Vegetable Lasagne	Southern Style Quorn Burger in a Roll
	Veg	New Potatoes • Seasonal Mixed Vegetables	Peas • Carrots	Roast Potatoes • Savoy Cabbage • Carrots	Broccoli • Baton Carrots	Chips • Baked Beans
	Dessert	Carrot Cake Traybake	Lemon Shortbread	Fruity Chocolate Cracknell	Sultana and Oat Cookie	Strawberry and Vanilla Mouse

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.