



# Benefits of our school lunches

- 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.
- The menu meets the guidance in the School Food Plan 2015.
- Our meat comes from a local butcher and our fruit and vegetables are sourced from a local supplier.
- Sausages and burgers contain a minimum of 80% meat.
- Chicken is Farm Assured or Red Tractor authenticated.
- All bread is wholemeal or 50/50.
- Fruit is added to our puddings to help with "5 a day" (e.g. sultanas or apricots are added to the flapjack, dates in the sticky toffee pudding and fruit is served with the jelly).
- Extra vegetables are added to the cottage pie to increase nutrient content (fibre and vitamins).
- Yogurts are low in fat.
- Baked beans are the low salt and sugar variety.
- Pizza bases are wholemeal.
- Salmon dishes contain omega 3.
- Fresh water is available every lunchtime to aid hydration.

### Supplier information:

- Our free range eggs are from Lincolnshire and Beechwood farm near Newbury Berkshire
- Organic Yeo Valley Yoghurts

For further details regarding any matter relating to your child's school meal service contact

**07825 344437**

Email: [les@theschoollunchcompany.co.uk](mailto:les@theschoollunchcompany.co.uk)  
or visit: [www.theschoollunchcompany.co.uk](http://www.theschoollunchcompany.co.uk)

# Tasty, healthy meals Chosen by children Locally sourced Welcome

Dear Parent

The School Lunch Company menu for Queensway 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) in the next school term.

Regards  
*Les Redhead*  
Managing Director

Queensway  
Primary School



WEEK 1

22 April  
13 May  
10 June  
1 July  
22 July  
2 Sept  
23 Sept  
14 Oct

# Monday

Turkey Meatballs  
with Creamed Potatoes  
and Gravy  
OR  
Cheese and Tomato Pizza  
Peas • Sweetcorn  
Fruit Shortbread with  
Orange Segments

# Tuesday

Pasta Bolognese  
OR  
Jacket Potatoes with  
Tuna Mayo or Cheese  
Carrots • Green Beans  
Iced Raspberry  
Sponge

# Wednesday

Roast Turkey with  
Yorkshire Pudding and Gravy  
OR  
Cauliflower and Broccoli Bake  
Roast or New Potatoes  
Savoy Cabbage • Roast  
Parsnips  
Fruit Jelly with  
Fruit Salad

# Thursday

Teriyaki Chicken  
OR  
Quorn and Sweet  
Potato Curry  
Rice  
Carrots • Broccoli  
Chocolate Sponge  
with Pears and  
Chocolate Sauce

# Friday

Oven Baked  
Fish Fillet  
OR  
Crispy Quorn  
Dippers  
Chips or Pasta  
Baked Beans • Peas  
Ice Cream with  
Fruit

WEEK 2

29 Apr  
20 May  
17 June  
8 July  
9 Sept  
30 Sept  
21 Oct

# Monday

Tuna Pasta Bake  
OR  
Cheese and Tomato  
Pizza  
Peas • Carrots  
Raspberry  
Mousse Cake

# Tuesday

Chilli Con Carne  
with Rice  
OR  
Macaroni  
Cheese  
Broccoli • Sweetcorn  
Chocolate  
Brownie

# Wednesday

Roast Beef with  
Yorkshire Pudding and Gravy  
OR  
Vegetarian Toad in the Hole  
with Gravy  
Roast or Parsley Potatoes  
Cauliflowe • Spring Cabbage  
Ginger Cookie  
with Peaches

# Thursday

Crunchy Chicken  
in a Roll  
OR  
Southern Style Quorn  
Burger in a Roll  
Carrots • Sweetcorn  
Toffee Apple Sponge  
with Cream

# Friday

Oven Baked  
Fish Fingers  
OR  
Fishless Fingers  
Chips or Pasta  
Peas • Baked Beans  
Iced Fruit  
Smoothie

WEEK 3

6 May  
3 June  
24 June  
15 July  
16 Sept  
7 Oct

# Monday

Chicken and  
Bacon Pot Pie  
OR  
Cheese and  
Tomato Pizza  
Peas • Sweetcorn  
Fruity Flapjack

# Tuesday

Mild Chicken  
Curry with Rice  
OR  
Vegetarian  
Cottage Pie  
Broccoli • Carrots  
Carrot Cake with  
Lemon Topping

# Wednesday

Roast Gammon  
with Yorkshire Pudding  
and Gravy  
OR  
Roast Quorn Fillet with  
Yorkshire Pudding and Gravy  
Roast or New Potatoes  
Savoy Cabbage • Cauliflower  
Fruity Golden  
Krispie Cake

# Thursday

Butchers' Sausages  
with Gravy  
OR  
Vegetarian Sausages  
with Gravy  
Creamed Potatoes  
Green Beans • Carrots  
Apple Crumble  
with Cream

# Friday

Oven Baked Fish Fillet  
OR  
Cheese & Tomato  
Pinwheel  
Chips or Pasta  
Baked Beans •  
Sweetcorn  
Frozen Strawberry and  
Vanilla Mousse with  
Fresh Fruit

Fresh Fruit, Yoghurt, Fresh Salad and Bread available

