



Food Facts

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
or visit: 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.

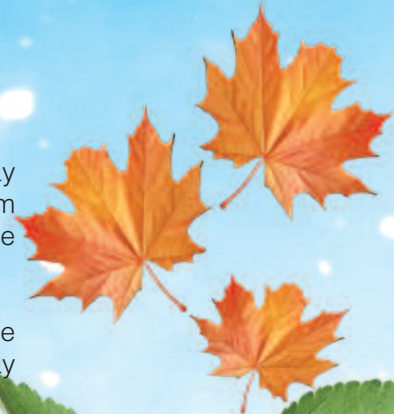
We are passionate about the food we offer and provide a freshly prepared, healthy, nutritious meal every day using fresh produce from local suppliers.

We look forward to welcoming your child(ren) in the next school term.

Regards

Les Redhead

Managing Director



Queensway Primary School



WEEK 1
 4 Nov
 25 Nov
 16 Dec
 6 Jan
 27 Jan
 24 Feb
 16 March

WEEK 2
 11 Nov
 2 Dec
 13 Jan
 3 Feb
 2 March
 23 March

WEEK 3
 18 Nov
 9 Dec
 20 Jan
 10 Feb
 9 March
 30 March

Queensway
 Primary School



Monday

Oven Baked Salmon
 Nibbles with Creamed
 Potatoes
 OR
 Cheese and Tomato Pizza
 Carrots • Peas
 Oat Cookie with Fruit
 Wedge

Tuesday

Homemade Cottage Pie
 OR
 Crispy Quorn Dippers with
 Creamed Potatoes
 Green Beans • Sweetcorn
 Fruity Chocolate
 Cracknell

Wednesday

Roast Gammon with
 Yorkshire Pudding
 OR
 Vegetarian Toad-in-the-Hole
 with Gravy
 Roast or Parsley Potatoes
 Cauliflower • Savoy Cabbage
 Strawberry Jelly
 with Fruit Salad

Thursday

Mild Chicken Curry
 with Rice
 OR
 Macaroni Cheese
 Green Beans • Carrots
 Apple Sponge with
 Custard

Friday

Oven Baked Butchers'
 Beef Burger in a Roll
 OR
 Southern Style Quorn
 Burger in a Roll
 Chips or Pasta
 Peas • Baked Beans
 Iced Fruit Smoothie

Monday

Minced Beef Chilli
 with Rice
 OR
 Cheese and Tomato Pizza
 Carrots • Peas
 Lemon Shortbread with
 Fruit Wedge

Tuesday

Chicken and Bacon
 Pasta Bake
 OR
 Vegetarian Meatballs in
 Tomato Sauce with Pasta
 Broccoli • Carrots
 Apple and Blackberry
 Crumble with Custard

Wednesday

Roast Beef with
 Yorkshire Pudding
 OR
 Roast Quorn Fillet with
 Yorkshire Pudding and Gravy
 Roast or New Potatoes
 Savoy Cabbage • Cauliflower
 Raspberry Mousse Slice

Thursday

Sweet and Sour
 Chicken with Rice
 OR
 Jacket Potato with a
 Selection of Fillings
 Green Beans • Baked
 Beans
 Chocolate Brownie
 with Pears and
 Chocolate Sauce

Friday

Oven Baked
 Breaded Fish Fillet
 OR
 Cheese & Onion Pinwheel
 Chips or Pasta
 Sweetcorn • Peas
 Ice Cream with Fruit

Monday

Pasta Carbonara
 OR
 Cheese and Tomato Pizza
 Sweetcorn • Peas
 Banana Flapjack

Tuesday

Oven Baked Sausages
 with Gravy
 OR
 Vegetarian Sausages
 with Gravy
 Creamed Potatoes
 Carrots • Green Beans
 Carrot Cake with Lemon
 Topping

Wednesday

Roast Chicken with
 Yorkshire Pudding
 OR
 Roast Quorn Fillet with
 Stuffing
 Roast or New Potatoes
 Button Sprouts • Roast
 Parsnips
 Yoghurt with Fruit and
 Crunchy Topping

Thursday

Homemade Lasagne
 OR
 Broccoli and
 Cauliflower Bake
 Garlic Bread
 Carrots • Green Beans
 Apple Drop Cookie

Friday

Oven Baked Breaded
 Fish Fingers
 OR
 Homemade Spanish
 Omelette
 Chips or Pasta
 Baked Beans •
 Sweetcorn
 Strawberry and Vanilla
 Mousse with Fresh Fruit

Fresh Fruit, Yoghurt, Fresh Salad and Bread available. Our menu is nut free