

ST JOHN'S
PRIMARY
SCHOOL

Lunch Menu

Summer/Autumn 2023

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

ST JOHN'S PRIMARY SCHOOL MENU

		Mindful Meatless Monday	Sugar Smart Tuesday	Mid-Week Roast Wednesday	Top Choice Thursday	Fish-tastic Friday
Week 1	Main Option 1	Macaroni Cheese	Cottage Pie	Roast Chicken with Yorkshire Pudding and Gravy	Chicken Meatballs with Tomato Sauce and Wholewheat Pasta Penne	MSC Oven Baked Fish Fillet
	Main Option 2	Cheese and Tomato Pizza with Herby Potatoes	Shepherdess Pie <i>(Savoury Vegetarian Mince topped with Mashed Potato)</i>	Cheese and Onion Parcel	Vegetarian Lasagne	Crispy Quorn Dippers
	Veg	Carrots Peas	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Garlic Bread Slice Broccoli Sweetcorn	Chips or Pasta Peas Baked Beans
	Main Option 3	Tuna Mayonnaise Baguette	Baked Jacket Potato with a Choice of Filling	Ham Baguette	Baked Jacket Potato with a Choice of Filling	Cheese Baguette
	Dessert	Fresh Fruit / Yoghurt Or Chocolate and Fruit Krispie Cake	Fresh Fruit / Yoghurt Or Raspberry Flapjack	Fresh Fruit / Yoghurt Or Iced Carrot Cake	Fresh Fruit / Yoghurt Or Cherry and Oat Cookie	Fresh Fruit / Yoghurt Or Strawberry and Vanilla Mousse
Week 2	Main Option 1	Mild Bean Chilli Served with Rice	Mild Chicken Curry with Rice	Roast Chicken with Yorkshire Pudding and Gravy	Oven Baked Sausages	MSC Bubble Coated Salmon Fillet
	Main Option 2	Cheese and Tomato Pizza with Herby Potatoes	Roasted Vegetable Pasta Bake	Roast Quorn with Yorkshire Pudding	Oven Baked Quorn Sausages	Crispy Quorn Dippers
	Veg	Sweetcorn Carrots	Carrots Broccoli	Roast Potatoes Seasonal Vegetables Cauliflower Gravy	Jacket Wedges Corn and the Cob Carrots	Chips or Pasta Peas Baked Beans
	Main Option 3	Tuna Baguette	Baked Jacket Potato with a Choice of Filling	Ham Baguette	Baked Jacket Potato with a Choice of Filling	Egg Mayonnaise Baguette
	Dessert	Fresh Fruit / Yoghurt Or Sultana and Oat Cookie	Fresh Fruit / Yoghurt Or Apple Flapjack	Fresh Fruit / Yoghurt Or Fruit Jelly with Mandarins	Fresh Fruit / Yoghurt Or St Clements Shortbread	Fresh Fruit / Yoghurt Or Iced Fruit Smoothie
Week 3	Main Option 1	Vegetarian Sausage Roll with Oven Baked Homemade Jacket Wedges	BBQ Beef Pasta <i>(BBQ Minced Beef served with Pasta)</i>	Roast Chicken with Yorkshire Pudding and Gravy	All Day Breakfast	MSC Oven Baked Fish Fingers
	Main Option 2	Tomato and Mozzarella Pasta Bake with Crusty Bread	Swedish Style Vegetarian Meatballs with Gravy and Rice	Roast Quorn with Yorkshire Pudding	Veggie All Day Breakfast	Baked Bean and Cheese Wrap
	Veg	Peas Sweetcorn	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Hash Browns Baked Beans Sweetcorn	Chips or Pasta Peas Sweetcorn
	Main Option 3	Tuna Baguette	Baked Jacket Potato with a Choice of Filling	Ham Baguette	Baked Jacket Potato with a Choice of Filling	Cheese Baguette
	Dessert	Fresh Fruit / Yoghurt Or Marble Sponge with Raspberries	Fresh Fruit / Yoghurt Or Peach Peasants' Pudding	Fresh Fruit / Yoghurt Or Ginger Cookie	Fresh Fruit / Yoghurt Or Jelly with Peaches	Fresh Fruit / Yoghurt Or Ice Cream