

ST JOHN'S  
PRIMARY  
SCHOOL

# LUNCH MENU

WINTER-SPRING  
2023-2024

The School Lunch Company is passionate about food and offers a healthy and nutritious hot meal every day, using fresh produce from local suppliers.

**WE LOOK FORWARD TO  
WELCOMING YOU.**

## 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.

**THIS MAKES US  
SMILE!**

## FOOD FACTS

- Our produce is sourced from local suppliers where possible.
- We use Farm Assured Red Tractor Chicken.
- Our fresh bread is wholemeal or 50/50.
- Our white fish and salmon are MSC certified.
- All of our burgers and sausages meet the recommended standard.
  - Our eggs are free range.
- We serve Yeo Valley organic yoghurts.

DAILY  
YOGHURT

FRESH FRUIT  
DAILY

BREAD  
" > < "  
EVERY  
DAY!

Our menu meets the requirements of the Government's 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.

HA-PEA!

TASTY!

Congratulations to Theo King from Ducklington Primary School for winning our menu design competition with his beautiful rainbow and food characters.



QMS RATINGS SHOW  
OUR COMMITMENT  
TO HIGH QUALITY  
STANDARDS



THE RED TRACTOR SHOWS  
OUR UK FARMS SOURCED  
FOOD IS PRODUCED TO  
HIGH STANDARDS FROM  
FIELD TO FORK

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
MSC  
www.msc.org



WE USE MSC CERTIFIED  
FISH TO ENCOURAGE  
WELL MANAGED AND  
SUSTAINABLE FISHING

# WEEK ONE

## WEEK COMMENCING

October 30th      February 5th  
November 20th    March 4th  
December 11th    March 25th  
January 15th



**FRESH FRUIT  
DAILY**



## MONDAY

**Margherita Pizza**

with New Potatoes, Sweetcorn and Carrots

**Crispy Coated Bubble Salmon**

with New Potatoes, Sweetcorn and Carrots

**Tuna Baguette**

.....

**Apple Crumble**

**WINTER - SPRING  
2023 - 2024**

## TUESDAY

**Mild Beef Tacos**

with Mixed Rice, Green Beans and Carrots

**Cheese and Onion Whirl**

with New Potatoes, Green Beans and Carrots

**Baked Jacket Potato**

with a choice of filling

.....

**Vanilla Sponge with Sprinkles**

## WEDNESDAY

**Roast Pork with Yorkshire Pudding**

with Roast Potatoes, Seasonal Vegetables, Savoy

Cabbage and Gravy

**Autumn Vegetable Bake**

with Roast Potatoes, Seasonal Vegetables and

Savoy Cabbage.

**Ham Baguette**

.....

**Jelly with Fruit**

## THURSDAY

**Chicken and Sweetcorn Meatballs**

with Marinara Sauce in a Sub Roll

with Tiny Tater Tots, Sweetcorn and Broccoli

**Veggie Burger in a Soft Roll**

with Tiny Tater Tots, Sweetcorn and Broccoli

**Baked Jacket Potato**

with a choice of filling.

.....

**Fruity Oat Cookie**

## FRIDAY

**Oven Baked Breaded Fish Fillet**

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

**Vegetable Goujons**

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

**Cheese Baguette**

.....

**Ice Cream**

# WEEK TWO

## WEEK COMMENCING

November 6th     January 22nd  
November 27th     February 19th  
December 18th     March 11th



**FRESH FRUIT  
DAILY**



## MONDAY

Ham Carbonara with Fusilli Pasta  
with Green Beans and Carrots  
Margherita Pizza  
with Diced Potatoes and Green Beans and Carrots  
Tuna Baguette  
.....  
Apple Flapjack

**WINTER - SPRING  
2023 - 2024**

## TUESDAY

Chicken Fillet with Katsu Curry Sauce  
with Mixed Rice, Peas and Carrots  
Macaroni Cheese  
with Peas and Carrots  
Baked Jacket Potato  
with a choice of filling.  
.....  
Feathered Raspberry Sponge

## WEDNESDAY

Roast Chicken with Yorkshire Pudding  
with New Potatoes, Seasonal Vegetables, Savoy  
Cabbage and Gravy  
Quorn Chicken Pieces in a Yorkshire Pudding  
with New Potatoes, Seasonal Vegetables, Savoy  
Cabbage and Gravy  
Ham Baguette  
.....  
Jelly with Fruit

## THURSDAY

Beef Burger in a Soft Roll  
with Jacket Wedges, Coleslaw and Sweetcorn  
Vegetarian Sausage Roll  
with Jacket Wedges, Coleslaw and Sweetcorn  
Baked Jacket Potato  
with a choice of filling.  
.....  
Lemon Shortbread

## FRIDAY

Oven Baked Fish Fingers  
with Tomato Ketchup  
with Chips or Pasta and Peas and Baked Beans  
Mexican Bean Quesadilla  
with Chips or Pasta and Peas and Baked Beans  
Egg Mayonnaise Baguette  
.....  
Iced Fruit Smoothie

**HA-PEA!**



**YUM!**

**TASTY!**

# WEEK THREE

## WEEK COMMENCING

November 13th    January 29th  
December 4th    February 26th  
January 8th    March 18th



FRESH FRUIT  
DAILY



## MONDAY

Margherita Pizza

with New Potatoes, Sweetcorn and Carrots  
Neapolitan Tomato Pasta Bake  
with Sweetcorn and Carrots

Tuna Baguette

.....  
Chocolate Cookie

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## TUESDAY

Pasta Bolognaise

with Herby Bread, Carrots and Broccoli  
Sweet Potato and Vegetable Curry

with Mixed Rice, Carrots and Broccoli  
Baked Jacket Potato

with a choice of filling.

.....  
Banana Flapjack

## WEDNESDAY

Oven Baked Pork Sausages

with Roast Potatoes, Seasonal Vegetables,  
Savoy Cabbage and Gravy

Oven Baked Quorn Sausages

with Roast Potatoes, Seasonal Vegetables,  
Savoy Cabbage and Gravy

Ham Baguette

.....  
Jelly with Fruit

## THURSDAY

Crispy Chicken Bites

with Tiny Tater Tots, Sweetcorn and Carrots

Cheese and Red Onion Quiche

with Tiny Tater Tots, Sweetcorn and Carrots

Baked Jacket Potato

with a choice of filling.

.....  
Marble Sponge

## FRIDAY

Oven Baked Breaded Fish Fillet

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

Vegetable Goujons

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

Cheese Baguette

.....  
Ice Cream

HA-PEA!



TASTY!