

**WHITCHURCH
PRIMARY
SCHOOL**

LUNCH MENU

**AUTUMN-WINTER
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!

YUM!

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

REGISTERED
Certificate
No 396412021



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

WEEK ONE

WEEK COMMENCING

September 4th November 27th
 September 25th December 18th
 October 16th January 8th
 November 6th January 29th



FRESH FRUIT
DAILY



MONDAY

Margherita Pizza
 with New Potatoes, Sweetcorn and Carrots
 Crispy Coated Bubble Salmon
 with New Potatoes, Sweetcorn and Carrots

.....
Apple Crumble

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TUESDAY

Mild Beef Tacos
 with Mixed Rice, Green Beans and Carrots
 Cheese and Onion Whirl
 with New Potatoes, Green Beans and Carrots

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Fruity Oat Cookie

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

.....
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

.....
Vanilla Sponge with Sprinkles

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

.....
Ice Cream

HA-PEA!



TASTY!

WEEK TWO

WEEK COMMENCING

September 11th December 4th
 October 2nd January 15th
 November 13th February 5th



**FRESH FRUIT
DAILY**



MONDAY

Ham Carbonara with Fusilli Pasta
 with Green Beans and Carrots
 Margherita Pizza
 with Diced Potatoes and Green Beans
 and Carrots

Chocolate and Fruit Krispie
 Cake

**AUTUMN - WINTER
2023 - 2024**

TUESDAY

Chicken Fillet with Katsu Curry Sauce
 with Mixed Rice, Peas and Carrots
 Macaroni Cheese
 with Peas and Carrots

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

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

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

Iced Fruit Smoothie

HA-PEA!



YUM!

TASTY!

WEEK THREE

WEEK COMMENCING

September 18th November 20th
 October 9th December 11th
 October 30th January 22nd



FRESH FRUIT DAILY



MONDAY

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

Chocolate Cookie

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TUESDAY

Pasta Bolognese
 with Herby Bread, Carrots and Broccoli
 Sweet Potato and Vegetable Curry
 with Mixed Rice, Carrots and Broccoli

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

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

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

Ice Cream

HA-PEA!



YUM!

TASTY!