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



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.





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.







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









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

DAILY

Mild Beef Tacos

with Mixed Rice, Green Beans and Carrots Cheese and Onion Whirl

with New Potatoes, Green Beans and Carrots

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

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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







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

BREAD

DAILY

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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

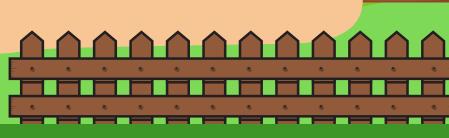
with Chips or Pasta and Peas and Baked Beans

Mexican Bean Quesadilla

with Chips or Pasta and Peas and Baked Beans

Iced Fruit Smoothie





HA-PEA!



MONDAY

Margherita Pizza

with New Potatoes, Sweetcorn and Carrots
Neapolitan Tomato Pasta Bake

with Sweetcorn and Carrots

Chocolate Cookie

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FRESH FRUIT
DAILY

BREAD "> EVERY" DAY!

TUESDAY

Pasta Bolognaise

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

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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



