



Charlton-on-Otmoor
C of E Primary
School

Spring to Autumn 2021 Lunch Menu

Tasty, healthy meals - Well balanced and nutritious - Enjoyed by children

Dear Parent

The School Lunch Company menu for Charlton-on-Otmoor C of E 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).

Les Redhead

Managing Director

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. Please also read information below.

Food Facts

- Our meat and fresh seasonal fruit and vegetables are sourced from local suppliers.
- Farm Assured Red Tractor Chicken used. Visit [Red Tractor website](#).
- Fresh Bread is wholemeal or 50/50.
- Fruit based desserts are offered to increase nutritional value.
- Sausages and Burgers contain a minimum of 80% meat.
- Free range eggs are used.
- Yeo Valley organic yoghurts are served.



Fresh bread and salad daily



Our menu is not free



2018 CONTRACT CATERER AWARDS WINNER

AWARD WINNER

Call: 07825 344437

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Spring to Autumn 2021

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

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Mild Beef Chilli with Rice	Salmon Fishcake with Herby Diced Potatoes	Chicken and Vegetable Pie with Mashed Potatoes	Roast Pork Steak with Yorkshire Pudding and Gravy	Oven Baked Butchers' Sausages
	Main Option 2	Cheese and Tomato Pizza with New Potatoes	Macaroni Cheese	Vegetarian Pasta Bolognese	Vegetarian Sausages	Crispy Quorn Dippers
	Veg	Peas • Carrots	Broccoli • Sweetcorn	Sweetcorn • Green Beans	Roast or Parsley Potatoes • Cauliflower Cheese • Carrots	Chips or Pasta • Baked Beans • Peas
	Dessert	Homemade Blueberry Muffin	Oaty Peach Crunch with Custard	Pineapple Upside Down Sponge with Cream	Fruit Cheesecake with Mandarins	Ice Cream with Fruit Salad
Week 2	Main Option 1	BBQ Chicken Breast	Pasta Bolognese	Homemade Cottage Pie	Toad-in-the-Hole	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza	Oven Baked Vegetarian Balls with Tomato Sauce and Pasta	Sweet Potato, Vegetable and Quorn Curry with Rice	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Mexican Bean Quesadilla
	Veg	Jacket Wedges • Carrots • Peas	Sweetcorn • Green Beans	Broccoli • Sweetcorn	Roast or New Potatoes • Seasonal Vegetables Carrots	Chips or Pasta • Peas • Sweetcorn
	Dessert	Apple and Custard Sponge	Lemon Shortbread	Sticky Toffee Pudding with Cream	Strawberry Jelly with Peaches	Iced Fruit Smoothie with Fruit
Week 3	Main Option 1	Jacket Potato with Mild Chicken Curry	Turkey Meatballs in Tomato Sauce with Pasta	Minced Beef Cobbler with New Potatoes	Roast Chicken with Yorkshire Pudding and Gravy	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza with New Potatoes	Broccoli and Cauliflower Bake with New Potatoes	Neapolitan Tomato Pasta Bake	Roast Quorn Fillet with Yorkshire Pudding and Gravy	Vegan Sausage Roll
	Veg	Carrots • Green Beans	Peas • Sweetcorn	Broccoli • Sweetcorn	Roast Potatoes • Savoy Cabbage • Carrots	Chips or Pasta • Peas • Baked Beans
	Dessert	Iced Raspberry Sponge	Apricot and Oat Cookie	Apple and Blackberry Crumble with Custard	Chocolate Brownie with Pears	Ice Cream Roll with Fruit

Food allergy disclaimer

The School Lunch Company endeavours to identify ingredients which may cause an allergic reaction for those with food allergies/intolerances. Food production teams are instructed on food allergies and potential reactions. Food is prepared in our kitchens where we use products such as milk, eggs, gluten etc and therefore meals may contain these allergens. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. People who are highly sensitive or suffer severe reaction to allergens are therefore informed that the food on offer may not be suitable for their consumption.

The School Lunch Company will not intentionally use nuts or any products containing nuts as an ingredient within our food preparation. If you have an allergy or intolerance please inform a member of staff at the earliest and if in doubt, do not eat our food.