



Benefits of our school lunches

- 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 menu meets the guidance in the School Food Plan 2015.
- Our meat comes from a local butcher and our fruit and vegetables are sourced from a local supplier.
- Sausages and burgers contain a minimum of 80% meat.
- Chicken is Farm Assured or Red Tractor authenticated.
- All bread is wholemeal or 50/50.
- Fruit is added to our puddings to help with "5 a day" (e.g. sultanas or apricots are added to the flapjack, dates in the sticky toffee pudding and fruit is served with the jelly).
- Extra vegetables are added to the cottage pie to increase nutrient content (fibre and vitamins).
- Yogurts are low in fat.
- Baked beans are the low salt and sugar variety.
- Pizza bases are wholemeal.
- Salmon dishes contain omega 3.
- Fresh water is available every lunchtime to aid hydration.

Supplier information:

- Our free range eggs are from Lincolnshire and Beechwood farm near Newbury Berkshire
- Organic Yeo Valley Yoghurts

For further details regarding any matter relating to your child's school meal service contact

07825 344437

Email: les@theschoollunchcompany.co.uk
or visit: www.theschoollunchcompany.co.uk

Tasty, healthy meals Chosen by children Locally sourced Welcome

Dear Parent

The School Lunch Company menu for Orchard Fields Community 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.

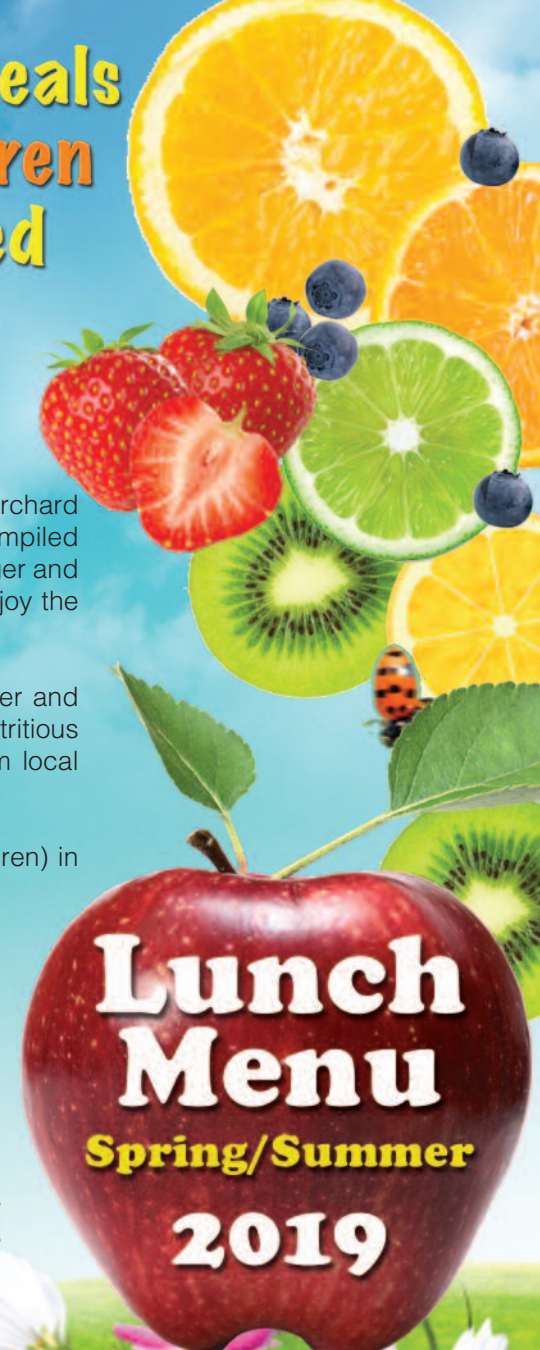
We look forward to welcoming your child(ren) in the next school term.

Regards

Les Redhead

Managing Director

**Orchard Fields
Community School**



WEEK 1
6 May
3 June
24 June
15 July
2 Sept
23 Sept
14 Oct

WEEK 2
13 May
10 June
1 July
22 July
9 Sept
30 Sept
21 Oct

WEEK 3
20 May
17 June
8 July
16 Sept
7 Oct

Monday

Roast Chicken with
Yorkshire Pudding &
Stuffing
OR
Vegetarian Cottage Pie
Mashed Potatoes
Carrots • Savoy
Cabbage
Fruit and Yoghurt

Tuesday

Ham and
Sweetcorn Pizza
OR
Cheese and
Tomato Pizza
Homemade Jacket
Wedges
Baked Beans •
Sweetcorn
Lemon Shortbread

Wednesday

Roast Turkey with
Yorkshire Pudding
& Stuffing
OR
Roast Quorn Fillet with Yorkshire
Pudding & Stuffing
Roast Potatoes
Cauliflower • Green Beans
Fruit and Yoghurt

Thursday

Chicken Wrap
OR
Jacket Potatoes with
Various Fillings
Broccoli • Carrots
Fruity Chocolate
Cracknell

Friday

Oven Baked
Fish Fingers
OR
Quorn Hot Dog
Chips or Pasta
Sweetcorn • Peas
Iced Fruit
Smoothie

Monday

Roast Chicken with
Yorkshire Pudding and
Stuffing
OR
Quorn Sausage Toad in
the Hole
New Potatoes
Baton Carrots • Green
Beans
Fruit and Yoghurt

Tuesday

Ham and
Pineapple Pizza
OR
Cheese and
Tomato Pizza
Homemade Jacket
Wedges
Sweetcorn • Peas
Orange and Mandarin
Sponge

Wednesday

Roast Turkey with
Yorkshire Pudding, Stuffing
OR
Tomato Soup with Filled
Baguette
Roast Potatoes
Savoy Cabbage •
Cauliflower
Fruit and Yoghurt

Thursday

ROOTS
TO FOOD **NEW**
Active Education to Health & Wellbeing
Chicken Rogan Josh with
Sultana Rice
OR
Macaroni
Cheese
Baton Carrots • Broccoli
Chocolate Brownie with
Chocolate Custard

Friday

Oven Baked Fish
Fillet/Baked Salmon
Nibbles
OR
Crispy Quorn Dippers
Chips or Pasta
Baked Beans • Corn on
the Cob
Iced Fruit
Smoothie

Monday

Roast Chicken with
Yorkshire Pudding &
Stuffing
OR
Cowboy Hot Pot
Mashed Potatoes
Cauliflower • Savoy
Cabbage
Fruit and Yoghurt

Tuesday

Chicken Pizza
OR
Cheese and
Tomato Pizza
Homemade Jacket
Wedges
Broccoli • Carrot
Roundels
Pear and Chocolate
Sponge

Wednesday

Roast Gammon with
Yorkshire Pudding
& Stuffing
OR
Roast Quorn Fillet with
Yorkshire Pudding
Roast Potatoes
Green Beans • Baton Carrots
Fruit and Yoghurt

Thursday

Oven Baked Sausages
in a Roll
OR
Vegetarian Lasagne with
Garlic Bread
Sweetcorn • Broccoli
Lemon
Drizzle Cake

Friday

Oven Baked
Fish Fillet
OR
Crispy Quorn
Dippers
Chips or Pasta
Baked Beans • Peas
Iced Fruit Smoothie

Fresh Fruit, Yoghurt, Fresh Salad and Bread available. Our menu is nut free

