



Pebble Brook  
School

# Winter 2021 Lunch Menu

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

## Dear Parent

This School Lunch Company menu 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 is used.
- 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

[www.theschoollunchcompany.co.uk](http://www.theschoollunchcompany.co.uk) <mailto:les@theschoollunchcompany.co.uk>

# Pebble Brook School Winter 2021

November				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

December				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Option 1	Pasta Carbonara	Oven Baked Salmon Fishcake with New Potatoes	Roast Turkey with Gravy	Homemade Lasagne	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza with Homemade Jacket Wedges	Macaroni Cheese	Roast Quorn Fillet with Gravy	Spanish Omelette with Diced Potatoes	Vegan Sausage Roll
	Veg	Sweetcorn • Peas	Carrots and Peas • Broccoli	Roast or Parsley Potatoes • Spring Cabbage • Cauliflower	Baton Carrots • Broccoli	Chips or Pasta • Baked Beans • Mini Corn on the Cob
	Dessert	Apple Sponge	Mixed Fruit Crumble with Custard	Whipped Fruit Mousse	Lemon Shortbread	Ice Cream with Fresh Fruit
Week 2	Main Option 1	Ham and Cheese Pizza	Chilli Con Carne with Rice	Roast Pork Steak with Yorkshire Pudding	Turkey Meatballs with Gravy	Oven Baked Breaded Fish Fingers
	Main Option 2	Cheese and Tomato Pizza	Vegetarian Lasagne	Vegetarian Toad-in-the-Hole	Oven Baked Vegetarian Balls with Gravy	Quorn Fishless Fingers
	Veg	New Potatoes • Broccoli • Sweetcorn	Carrots • Green Beans	Roast or New Potatoes • Seasonal Spring Cabbage • Baton Carrots	Mashed Potatoes • Broccoli • Cauliflower	Chips or Pasta • Baked Beans • Peas
	Dessert	Banana Flapjack	Sticky Toffee Pudding with Custard	Fruit Cheesecake with Peaches	Iced Raspberry Sponge	Iced Fruit Smoothie
Week 3	Main Option 1	BBQ Chicken Breast	Spaghetti Bolognese	Roast Chicken with Yorkshire Pudding	Oven Baked Sausages in a Roll	Oven Baked Breaded Fish Fillet
	Main Option 2	Cheese and Tomato Pizza	Sweet Potato and Quorn Curry with Rice	Spring Vegetable Bake	Homemade Quiche	Crispy Quorn Dippers
	Veg	New Potatoes • Sweetcorn • Broccoli	Carrots • Green Beans	Roast or New Potatoes • Cauliflower • Savoy Cabbage	Homemade Jacket Wedges • Carrots • Broccoli	Chips or Pasta • Peas • Baked Beans
	Dessert	Apricot and Oat Cookie	Rhubarb and Custard Sponge	Orange Jelly with Fruit Salad	Chocolate Brownie	Ice Cream Roll

## 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.

