



PEBBLE  
BROOK  
SCHOOL

January - July 2022

# 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*

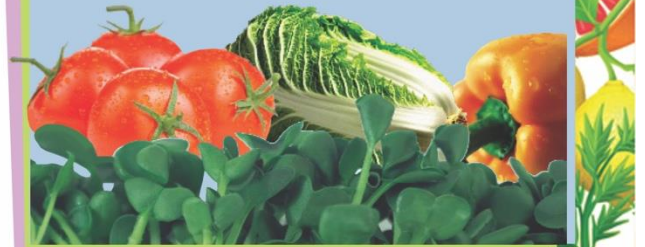
Our menu meets the requirements of the Government's latest School Food Plan. Research has shown that a hot, two course lunch provides the essential physical and mental energy to get through the demands of a school day.

## *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 nut free*



Call: 07825 344437

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

January					February					March					April					May					June					July				
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	M	T	W	T	F
3	4	5	6	7	1	2	3	4	1	2	3	4					1	2	3	4	5	6			1	2	3					1		
10	11	12	13	14	7	8	9	10	11	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
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31					28					28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

**Pebble Brook School**

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>	Main Option 1	<b>Climate Day</b> Macaroni Cheese	<b>Oriental Day</b> Chinese Chicken and Vegetable Stir Fry	Roast Chicken with Yorkshire Pudding	<b>All Day Breakfast</b> (Sausage, Bacon, Omelette)	MSC Oven Baked Battered Fish Fillet
	Main Option 2	Baked Bean and Cheese Wrap	Oriental Teriyaki Quorn	Vegetable Puff Pastry Parcel	All Day Veggie Breakfast (Quorn Sausage, Omelette, Tomato)	Crispy Quorn Dippers
	Veg	Carrots Peas	Rice or Noodles Sweetcorn Broccoli	Roast or New Potatoes Seasonal Vegetables Savoy Cabbage Gravy	Hash Brown Baked Beans	Chips or Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Beans
	Dessert	Apple Flapjack	Tropical Pineapple Cake	Fruit Jelly	Chocolate Tiffin	Iced Fruit Smoothie
<i>Week 2</i>	Main Option 1	<b>Roots to Food</b> Mild Beef Chilli with Rice	<b>A Taste of the Med</b> Italian Chicken Pasta	Roast Gammon with Gravy and Yorkshire Pudding	<b>American Day</b> Oven Baked Burger in a Roll	MSC Oven Baked Fish Fingers
	Main Option 2	Cheese and Tomato Pizza with Half Jacket Potato	Neapolitan Pasta	Roast Quorn Fillet with Gravy and Yorkshire Pudding	Quorn Sausage Pattie and Egg Muffin	Vegan Sausage Roll
	Veg	Carrots Peas	Garlic Bread Carrots Green Beans	Roast or New Potatoes Seasonal Vegetables, Savoy Cabbage Gravy	Jacket Wedges Mini Corn on the Cob Kentucky Beans	Chips or Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Beans
	Dessert	Golden Krispie Cake	Sicilian Orange Drizzle Cake	Yoghurt, Peach and Honey Crunch	Chocolate Brownie	Ice Cream
<i>Week 3</i>	Main Option 1	BBQ Chicken Breast with BBQ Sauce	Pasta Bolognese	Roast Chicken Breast	<b>Bangers and Mash Day</b> Sizzling Sausages	MSC Oven Baked Battered Fish Fillet
	Main Option 2	Cheese and Tomato Pizza	Salmon Fishcake with Jacket Potato	Roast Quorn Fillet	Vegetable Sausages	Quorn Fishless Fingers
	Veg	Oven Baked Jacket Wedges Carrots Peas	Broccoli Sweetcorn	Roast or New Potatoes Seasonal Vegetables Savoy Cabbage Gravy	Mashed Potatoes Green Beans Carrots Gravy	Chips or Pasta Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Beans	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese
	Dessert	Lemon Shortbread	Apple and Blueberry Sponge with Custard	Waffle with Fruit Cocktail and Mango Coulis	Cherry and Oat Cookie	Fruit Jelly



**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.