

PEBBLE BROOK
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
SMILE!**

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.



QMS RATINGS SHOW
OUR COMMITMENT
TO HIGH QUALITY
STANDARDS



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



WE USE MSC CERTIFIED
FISH TO ENCOURAGE
WELL MANAGED AND
SUSTAINABLE FISHING

WEEK ONE

WEEK COMMENCING

September 4th November 27th
September 25th December 18th
October 16th January 8th
November 6th January 29th



**FRESH FRUIT
DAILY**



MONDAY

Margherita Pizza

with New Potatoes, Sweetcorn and Carrots

Crispy Coated Bubble Salmon

with New Potatoes, Sweetcorn and Carrots

Baked Jacket Potato

with a choice of filling

.....
Apple Crumble

**AUTUMN - WINTER
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TUESDAY

Mild Beef Tacos

with Mixed Rice, Green Beans and Carrots

Mild Bean Chilli

with Mixed Rice, Green Beans and Carrots

Baked Jacket Potato

with a choice of filling

.....
Fruity Oat Cookie

WEDNESDAY

Roast Gammon with Yorkshire Pudding

with Roast Potatoes, Seasonal Vegetables, Savoy

Cabbage and Gravy

Autumn Vegetable Bake

with Roast Potatoes, Seasonal Vegetables and

Savoy Cabbage.

Baked Jacket Potato

with a choice of filling

.....
Fruit Cheesecake

THURSDAY

Oven Baked Pork Sausages

with Mashed Potatoes, Sweetcorn, Broccoli and
Gravy

Oven Baked Quorn Sausages

with Mashed Potatoes, Sweetcorn, Broccoli and
Gravy

Baked Jacket Potato

with a choice of filling

.....
Vanilla Sponge with Sprinkles

FRIDAY

Oven Baked Breaded Fish Fillet

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

Crispy Quorn Dippers

with Tomato Ketchup

with Chips or Pasta and Peas and Baked Beans

Baked Jacket Potato

with a choice of filling

.....
Ice Cream

WEEK TWO

WEEK COMMENCING

September 11th December 4th

October 2nd January 15th

November 13th February 5th



**FRESH FRUIT
DAILY**



MONDAY

Ham Carbonara with Fusilli Pasta
with Green Beans and Carrots
Margherita Pizza
with Diced Potatoes and Green Beans and Carrots
Baked Jacket Potato
with a choice of filling
.....
Apple Flapjack

**AUTUMN - WINTER
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TUESDAY

Chicken and Sweetcorn Meatballs
with Marinara Sauce in a Sub Roll
with New Potatoes, Peas and Carrots
Southern Style Quorn Burger
in a Soft Roll
with New Potatoes, Peas and Carrots
Baked Jacket Potato
with a choice of filling
.....
Feathered Raspberry Sponge

WEDNESDAY

Roast Chicken with Yorkshire Pudding
with Roast Potatoes, Seasonal Vegetables, Savoy
Cabbage and Gravy
Quorn Fillet with Yorkshire Pudding
with Roast Potatoes, Seasonal Vegetables, Savoy
Cabbage and Gravy
Baked Jacket Potato
with a choice of filling.
.....
Peach Peasant's Pudding

THURSDAY

Beef Burger in a Soft Roll
with Jacket Wedges, Coleslaw and Sweetcorn
Vegetarian Sausage Roll
with Jacket Wedges, Coleslaw and Sweetcorn
Baked Jacket Potato
with a choice of filling.
.....
Lemon Shortbread

FRIDAY

Oven Baked Breaded Fish Fillet
with Tomato Ketchup
with Chips or Pasta and Peas and Baked Beans
Crispy Quorn Dippers
with Tomato Ketchup
with Chips or Pasta and Peas and Baked Beans
Baked Jacket Potato
with a choice of filling.
.....
Iced Fruit Smoothie

WEEK THREE

WEEK COMMENCING

September 18th November 20th
October 9th December 11th
October 30th January 22nd



**FRESH FRUIT
DAILY**



MONDAY

Margherita Pizza

with New Potatoes, Sweetcorn and Carrots

Neapolitan Tomato Pasta Bake

with Sweetcorn and Carrots

Baked Jacket Potato

with a choice of filling

Chocolate Cookie

**AUTUMN - WINTER
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TUESDAY

Cottage Pie

with Carrots and Broccoli

Cowboy Hotpot

with Carrots and Broccoli

Baked Jacket Potato

with a choice of filling

Toffee Apple Sponge

WEDNESDAY

Roast Pork with Yorkshire Pudding

with Roast Potatoes, Seasonal Vegetables,

Savoy Cabbage and Gravy

Quorn Fillet with Yorkshire Pudding

with Roast Potatoes, Seasonal Vegetables,

Savoy Cabbage and Gravy

Baked Jacket Potato

with a choice of filling

Peach Crumble

THURSDAY

Crispy Chicken Bites

with Hash Browns, Sweetcorn and Carrots

Cheese and Red Onion Quiche

with Hash Browns, Sweetcorn and Carrots

Baked Jacket Potato

with a choice of filling

Blueberry Muffin

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

Baked Jacket Potato

with a choice of filling

Ice Cream