

WEEK 1

For weeks commencing:
17th April, 8th May, 5th June,
26th June, 17th July

LUNCHTIMEcompany

Available Every Day
Packed Lunch Option
Pasta and Sauce
Seasonal Vegetables
Jacket Potatoes with fillings
Selection of fresh Salad

If your child has a food allergy or intolerance please ask a member of our kitchen team for information

We use local suppliers because we only use food we can trust, which is of a high standard, properly produced, fresh and good value

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

-  Contains seasonal produce from local supplier
-  Marine Stewardship Council
-  Vegetarian Option
-  Fair trade produce used in our recipes
-  Free range eggs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Freshly Baked Bread	Home Baked Wholemeal Bread	Home Baked Ciabatta	Home Baked Focaccia	Rosemary Wholemeal Bread	Garlic & Herb Ciabatta
Main Choice One	Pasta Beef Bolognaise served with Grated Cheese & Garlic Bread	Creamy Chicken & Sweetcorn Pie with New Potatoes	Jacket Potato Bar served with Beef Chilli Tuna Mayo	Roasted Turkey, Roast Potatoes, Yorkshire Pudding	Home Breaded Fish served with Oven Baked Chips & Garden Peas
Main Choice Two	Chicken fajitas with Stir Fry Vegetables served with Potato Wedges	Ham & Cheese Tart served with New Potatoes	BBQ Chicken Thigh served with Roasted Pepper Rice	Chicken Quesadillas served with Rice	Beef Burger served with Oven Baked Chips
Main Choice Three	Vegetable and Cheese Fajitas served with Potato Wedges	Quorn Sausages served with New Potatoes	Jacket Potato Bar served with Baked Beans Grated Cheese	Roasted Vegetable & Quorn Quesadillas served with Rice	Tomato & Vegetable Pasta served with Garlic Bread
Dessert	Orange and Carrot Muffin Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Fruit Flap Jack Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Iced Sponge Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Bakewell Tart with a Water Icing Glaze Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Fruit Jelly Sliced Fresh Fruit Natural Yogurts Fruit Compote & Seeds Cheese & Biscuits



WEEK 2

For weeks commencing:

24th April, 15th May,
12th June, 3rd July

LUNCHTIMEcompany

Available Every Day

Packed Lunch Option

Pasta and Sauce

Seasonal Vegetables

Jacket Potatoes with fillings

Selection of fresh Salad

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Marine Stewardship Council

Vegetarian Option

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Free range eggs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Freshly Baked Bread	Home Baked Focaccia	Home Baked Wholemeal Bread	Home Baked Ciabatta	Rosemary Wholemeal Bread	Garlic & Herb Focaccia
Main Choice One	Paprika Chicken Thighs served with Rice, Garlic Bread	Meatballs in Tomato & Basil Sauce served with pasta	Jacket Potato Bar served with Tuna Mayo	Roasted Norfolk Chicken served with Stuffing, Roasted Potatoes	Battered Fish & Chips with Tomato Ketchup with Baked Beans
Main Choice Two	Pepperoni Pizza served with Coleslaw	Sausage & Bean Casserole served with pasta	Chicken Enchiladas served with Savoury Rice	Salmon Fish Cake	Sticky Chicken Wrap served with Chips
Main Choice Three 	Cheese & Tomato Pizza served with Coleslaw	Quorn Chilli Rice	Jacket Potato Bar served with Quorn Bolognaise Baked Beans Grated Cheese	Cheese & Tomato Quiche	Vegetable Lasagne served with Garlic Bread
Dessert	Chocolate Cookie Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Raspberry Mousse Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Lemon Drizzle Cake Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Custard & Coconut Tart Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Ice Cream & Sauces Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits



WEEK 3

For weeks commencing:

1st May, 22nd May,
19th June, 10th July

LUNCHTIMEcompany

Available Every Day

Packed Lunch Option

Pasta and Sauce

Seasonal Vegetables

Jacket Potatoes with fillings

Selection of fresh Salad

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-  Free range eggs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Freshly Baked Bread	Home Baked Focaccia	Home Baked Wholemeal Bread	Home Baked Ciabatta	Poppy Seed Wholemeal Bread	Garlic & Herb Focaccia
Main Choice One	Beef Lasagne served with Coleslaw & Garlic Bread	Chicken Fillet Burger served with Potato Wedges	Jacket Potato Bar served with Chicken Korma Tuna Mayo	Roasted Pork & Apple Sauce served with Roast Potatoes	Fish Fingers served with Oven Baked Chips
Main Choice Two	Chicken & Red Pepper Pitta	Tuna Bake	Macaroni Cheese	Sausages served with Roast Potatoes	Jerk Chicken served with Oven Baked Chips
Main Choice Three 	Mediterranean Vegetable Pitta	Vegetable Burger served with Potato Wedges	Jacket Potato Bar served with Baked Beans Grated Cheese	Quorn Sausages served with Roast Potatoes	Roasted Pepper Pasta Bake
Dessert	Pancake Bar Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Cookie Served With Fresh Milk Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Summer Fruit Cheese Cake Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Fudge Tart Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Chocolate Brownie Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits



LUNCHTIMEcompany

A better choice

What's going on



At Lunchtime Company we strongly believe that children should be reconnected to their food, where it comes from, how its produced and why healthy food is important.

Recipe of the Term

CARROT AND COURGETTE MUFFINS - MAKES 9

Ingredients:

1 free-range egg
 $\frac{1}{4}$ courgette (about 20g/ $\frac{3}{4}$ oz),
trimmed, grated
 $\frac{1}{4}$ carrot (about 20g/ $\frac{3}{4}$ oz),
peeled, grated
1 heaped tbsp raisins
2 tbsp milk
1 tbsp sunflower oil
75g/3oz plain flour
15g/ $\frac{1}{2}$ oz light soft brown
sugar
1 tsp baking powder

Method:

1. Preheat the oven to 220C/450F/Gas 7. Line a nine-hole mini-muffin tray with muffin cases.
2. Beat the egg in a bowl, then stir in the grated courgette, grated carrot, raisins, milk and sunflower oil.
3. In a separate bowl, mix together the flour, sugar and baking powder.
4. Gradually stir the wet mixture into the dry mixture until sticky and well combined.
5. Divide the cake mixture among the muffins cases in the muffin tray. Bake in the oven for 12-15 minutes, or until a skewer inserted into the centre of the muffins comes out clean. Remove each muffin from the tray and set aside to cool on a wire rack.

Keep in touch

We welcome any comments
or ideas you may have
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