



School Food Company is passionate about good quality food; that's why, in 2007, we formed a company to provide locally sourced and organic food to primary schools.

Fresh Food You Can Trust

Meals are free from controversial additives and trans-fats and over 75% of dishes are freshly prepared on site

Environmentally Sustainable and Ethical Food

We serve food which meets or exceeds UK animal welfare standards. Our menus help to lower carbon emissions and pollution and, where organic ingredients are used, increase levels of biodiversity.

Championing Local Food Producers

We champion local produce and producers where possible. This is an investment in the local community and local economy and is a way to reconnect people with where their food comes from and how it is produced.

Making Healthy Eating Easier

Our menus make it easier for children to choose healthy meals free from trans-fats and undesirable additives. The emphasis is on serving an appetising and nutritious balance of good quality, freshly prepared foods rather than on providing nutritionally reformulated processed foods.

Whole School Approach

We work closely with our schools in delivering a Whole School Approach to good food. It is not just about putting healthier food on the menu, but about involving the children, catering team and

- **School lunches for Key Stage 1 children are free of charge**
- **A school lunch consists of a main course, dessert and drink with unlimited vegetables, salad bar and bread no spread**

SCHOOL FOOD COMPANY - ALLERGENS IN FOOD

If your child has special dietary requirements please contact your school office directly.

For information on allergens in our food please go to our website www.schoolfoodcompany.co.uk you will find a full list of allergens via the link on our home page. Paper copies available from your school office.

Our recipe at Gorsey Bank Primary School is simple ...

We provide good, honest, locally sourced food. We serve food that is freshly prepared each day, from home made cakes, biscuits and fresh fruit platters to our home made pies, healthy pastas and wholesome roast dinners.

We offer free range, and organic produce within our menus, all locally sourced, which come directly from farm to fork. We use local suppliers because we only use food that we can trust, which is of a high standard, properly produced, fresh and good value. Value defined not just in terms of cost but also in terms of quality.

At Gorsey Bank we strongly believe that children should be reconnected to their food, where it comes from, how it's produced and why healthy food is important.

Why not join us for a school lunch? Contact the school office on 01625 468040 to arrange, siblings welcome.

School food is changing for the better

- EGGS - free range and sourced locally from Poplars Farm in Northwich, Cheshire
- MEAT & POULTRY - British and farm assured as minimum standard
- ORGANIC BEEF - farmed locally, supplied and processed by Lower Hurst Farm in Derbyshire
- FREE RANGE PORK SAUSAGE - free range pork farmed in Yorkshire and Nottingham, processed and supplied via Lower Hurst Farm in Derbyshire
- FISH - all certified by the Marine Stewardship Council (msc)
- ORGANIC SEMI SKIMMED MILK - served to drink and used for cooking
- HOMEMADE - Over 75% of dishes are made from scratch on the premises

*Organic - Soil Association approved
(msc) - Marine Stewardship Council approved
(v) - vegetarian option
Seasonal produce used subject to availability*

AVAILABLE EVERY LUNCH TIME

- Fresh drinking water / choice of fruit juice / organic semi-skimmed milk
- Unlimited salad bar / unlimited vegetables / fresh fruit
- Wholemeal bread no spread
- Ketchup every Friday



GORSEY BANK
PRIMARY SCHOOL

LUNCH MENU

From APRIL 2019

To OCTOBER 2019

www.schoolfoodcompany.co.uk



SCHOOL FOOD COMPANY LUNCH MENU @ GORSEY BANK PRIMARY SCHOOL - APRIL 2019 to OCTOBER 2019

WEEK ONE				
Week commencing: 22.04.19 / 13.05.19 / 10.06.19 / 01.07.19 / 22.07.19 / 02.09.19 / 23.09.19 / 14.10.19				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
QUORN SAUSAGE HOTDOG ROLL KETCHUP (v)	SALMON FISHCAKE (msc) NEW POTATOES HOMEMADE 'SLAW	ROAST TURKEY ROAST POTATOES CARROTS, PEAS AND GRAVY	ORGANIC BEEF BOLOGNESE WHOLEMEAL SPAGHETTI	FREE RANGE PORK SAUSAGE CHIPS
VEGEBALLS TOMATO AND BASIL SAUCE RICE (v)	MACARONI CHEESE (v)	COURGETTE SAUSAGE ROAST POTATOES CARROTS, PEAS AND GRAVY (v)	SUPER CHOW MEIN (v) (stir fry egg noodles with oodles of fresh veggies)	QUORN DIPPERS CHIPS (v)
JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING
SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING
FRUIT YOGHURT FRESH FRUIT PLATTER MELTING MOMENT BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE SPONGE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER FRESH FRUIT AND ICE CREAM	FRUIT YOGHURT FRESH FRUIT PLATTER FLAPJACK	FRUIT YOGHURT FRESH FRUIT PLATTER GINGER BISCUIT
WEEK TWO				
Week commencing: 29.04.19 / 20.05.19 / 17.06.19 / 08.07.19 / 09.09.19 / 30.09.19 / 21.10.19				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORGANIC BEEF MEATBALLS TOMATO SAUCE COUSCOUS	CHICKEN TIKKA TUMERIC RICE	ROAST BEEF YORKSHIRE PUDDING ROAST POTATOES CARROTS, PEAS AND GRAVY	CHICKEN IN BBQ SAUCE RICE HOUMOUS	FISH FINGERS (msc) CHIPS
CHICKPEA AND SPINACH SAMOSA RICE (v)	CHEESE OMELETTE BAKED POTATO WEDGES (v)	CAULI AND BROCCOLI BAKE YORKSHIRE PUDDING ROAST POTATOES CARROTS, PEAS AND GRAVY (v)	PASTA ITALIENNE (v) (wholemeal pasta in a smooth tomato and vegetable sauce)	CHEESE AND TOMATO PIZZA CHIPS (v)
JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING
SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING
FRUIT YOGHURT FRESH FRUIT PLATTER COCONUT CRUNCH BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER MARBLED SPONGE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER FRESH FRUIT AND JELLY	FRUIT YOGHURT FRESH FRUIT PLATTER OATIE BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE BROWNIE
WEEK THREE				
Week commencing: 06.05.19 / 03.06.19 / 24.06.19 / 15.07.19 / 16.09.19 / 07.10.19				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PASTA TWIRLS AND BACON (bacon and wholemeal pasta twirls in tomato sauce)	ORGANIC BEEF BURGER WHOLEMEAL BREAD ROLL HOMEMADE 'SLAW KETCHUP	ROAST GAMMON ROAST POTATOES CARROTS, PEAS AND GRAVY	CHICKEN KORMA RICE	BREADED POLLOCK FILLET (msc) CHIPS
FALAFEL WRAP HOUMOUS (v)	VEGGIE LASAGNE (v)	CHEESE AND SPINACH QUICHE ROAST POTATOES CARROTS, PEAS AND GRAVY (v)	VEGETARIAN SAUSAGE ROLL BAKED POTATO WEDGES (v)	CHEESY VEGGIE NUGGETS CHIPS (v)
JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING	JACKET POTATO CHOICE OF FILLING
SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING	SANDWICH WITH CHOICE OF FILLING
FRUIT YOGHURT FRESH FRUIT PLATTER SPONGE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE CRUNCH BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER FRUIT FLAVOUR ICE LOLLY	FRUIT YOGHURT FRESH FRUIT PLATTER LEMON DRIZZLE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER SYRUP BISCUIT