

WEEK 1

For weeks commencing:
4th September, 25th
September, 16th October

LUNCHTIME company

Available Every Day
Packed Lunch Option
Pasta and Sauce
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

	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	Vegetable and Cheese Fajitas	Creamy Chicken & Sweetcorn Served with Rice	Jacket Potato Bar served with Beef Chilli Tuna Mayo	Roasted Turkey, Roast Potatoes, Yorkshire Pudding	Fish Burger served with oven Baked Chips
Main Choice Two	Quorn Pasta Bolognese served with Grated Cheese	Quorn Hot Dog served with Potato Wedges	Jacket Potato Bar served with Baked Beans Grated Cheese	Roasted Vegetable & Quorn Quesadillas served with Rice	Macaroni Cheese served with Garlic Bread
Dessert	Pancake Bar Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Fruit Flap Jack Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Banoffee Pie 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

Contains seasonal produce from local supplier

FAIR TRADE logo

Marine Stewardship Council logo

Vegetarian Option logo

Fair trade produce used in our recipes

Free range eggs



WEEK 2

For weeks commencing:

11th September
2nd October

LUNCHTIME.company


Available Every Day

*Packed Lunch Option
Pasta and Sauce
Jacket Potatoes with fillings
Selection of fresh Salad*

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	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	Roasted Pepper Pizza served with Coleslaw	Meatballs in Tomato & Basil Sauce served with Rice	Jacket Potato Bar served with Tasty Chicken Tuna Mayo	Roasted Norfolk Chicken with Stuffing, Roasted Potatoes	Battered Fish & Chips with Tomato Ketchup and Baked Beans
Main Choice Two 	Cheese & Tomato Pizza served with Coleslaw	Quorn Chili Pasta Bake	Jacket Potato Bar served with Baked Beans Grated Cheese	Vegetable Lasagne served with Garlic Bread	Cheese & Tomato Quiche
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	Manchester Tart Fresh Fruit Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits	Ice Cream & Sauces Sliced Fresh Fruit Natural Yogurt Fruit Compote & Seeds Cheese & Biscuits

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WEEK 3

For weeks commencing:
18th September
9th October

LUNCHTIME company

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

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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 Focaccia	Home Baked Wholemeal Bread	Home Baked Ciabatta	Poppy Seed Wholemeal Bread	Garlic & Herb Focaccia
Main Choice One	Quorn Lasagne served with Coleslaw & Garlic Bread	Sticky Chicken Wrap served with wedges	Jacket Potato Bar served with Chicken Korma Tuna Mayo	Roasted Pork & Apple Sauce served with Roast Potatoes	Breaded Fish served with Tomato Sauce & Garden Peas
Main Choice Two	Mediterranean Vegetable Pitta	Vegetable Burger	Jacket Potato Bar served with Baked Beans Grated Cheese	Quorn Sausage	Roasted Pepper Pasta Bake
Dessert	Orange & Carrot Muffin 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

BACK TO
SCHOOL



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 muffin 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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