



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 wider school community in creating a healthy food culture.

- **School lunches for Key Stage 1 children are free of charge**
- **School lunches for Key Stage 2 children are £2.30**
- **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 at Lower Hurst Farm in Derbyshire and certified by the Soil Association
 FREE RANGE PORK MINCE AND 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
 ORGANIC SEMI SKIMMED MILK - served every day 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 / 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 2018

To OCTOBER 2018

www.schoolfoodcompany.co.uk



SCHOOL FOOD COMPANY SUMMER MENU @ GORSEY BANK PRIMARY SCHOOL - APRIL 2018 to OCTOBER 2018

WEEK ONE				
Weeks commencing: 23/04/18, 14/05/18, 11/06/18, 02/07/18, 23/07/18, 03/09/18, 24/09/18, 15/10/18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORGANIC BEEF MEATBALLS IN TOMATO SAUCE WITH WHOLEMEAL SPAGHETTI	CHICKEN KORMA WITH RICE	ROAST TURKEY ROAST POTATOES, CARROTS, PEAS AND GRAVY	STIR FRY FREE RANGE PORK WITH EGG NOODLES	BREADED POLLOCK (msc) WITH CHIPS
VEGETABLE SPRING ROLLS WITH EGG FRIED RICE (v)	PASTA ITALIENNE (v) Pasta in a smooth tomato and vegetable sauce	CHEESE & BROCCOLI QUICHE ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	QUORN SAUSAGE IN A HOT DOG ROLL WITH KETCHUP (v)	CHEESE AND TOMATO PIZZA WITH CHIPS (v)
JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH 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 CHOCOLATE BROWNIE	FRUIT YOGHURT FRESH FRUIT PLATTER FRESH FRUIT SALAD WITH JELLY	FRUIT YOGHURT FRESH FRUIT PLATTER LEMON DRIZZLE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER MELTING MOMENT

WEEK TWO				
Weeks commencing: 30/04/18, 21/05/18, 18/06/18, 09/07/18, 10/09/18, 01/10/18, 22/10/18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUTHERN FRIED QUORN NUGGETS WITH BAKED JACKET WEDGES	SALMON FISHCAKE (msc) WITH BABY NEW POTATOES	ORGANIC ROAST BEEF WITH YORKSHIRE PUDDING, ROAST POTATOES, CARROTS, PEAS AND GRAVY	CHICKEN TIKKA WITH TUMERIC RICE	FREE RANGE PORK SAUSAGE WITH CHIPS
CHEESY VEGGIE BURGER IN A WHOLEMEAL BAP WITH HOMEMADE 'SLAW AND KETCHUP (v)	WHOLEMEAL PASTA TWIRLS IN A TOMATO AND FRESH BASIL SAUCE (v)	CAULI & BROCCOLI BAKE WITH YORKSHIRE PUDDING, ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	FALAFEL IN A WRAP WITH HOUMOUS (v)	CHEESE OMELETTE WITH CHIPS (v)
JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH 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 GINGER BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER ORANGE DRIZZLE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER FRUIT ICE LOLLY	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE OATIE	FRUIT YOGHURT FRESH FRUIT PLATTER MARBLED SPONGE CAKE

WEEK THREE				
Weeks commencing: 16/04/18, 07/05/18, 04/06/18, 25/06/18, 16/07/18, 17/09/18, 08/10/18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE RANGE PORK KEBAB WITH COUSCOUS AND HOUMOUS	ORGANIC BEEF BURGER IN A WHOLEMEAL BAP WITH HOMEMADE 'SLAW AND KETCHUP	ROAST PORK ROAST POTATOES, CARROTS, PEAS AND GRAVY	STICKY BBQ STYLE CHICKEN WITH RICE	BREADED FISH FINGERS (MSC) WITH CHIPS
VEGEMINCE BOLOGNESE WITH PENNE PASTA (v)	CHICKPEA AND SWEET POTATO CURRY WITH RICE (v)	COURGETTE SAUSAGE WITH ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	MACARONI CHEESE (v)	VEGGIE NUGGETS WITH CHIPS (v)
JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH CHOICE OF FILLING	JACKET POTATO WITH 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 FLAPJACK	FRUIT YOGHURT FRESH FRUIT PLATTER SYRUP BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER FRESH FRUIT SALAD WITH ICE CREAM	FRUIT YOGHURT FRESH FRUIT PLATTER SPONGE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE CRUNCH BISCUIT

