



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 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 (msc)
- 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 NOVEMBER 2018

To APRIL 2019

www.schoolfoodcompany.co.uk



SCHOOL FOOD COMPANY LUNCH MENU @ GORSEY BANK PRIMARY SCHOOL - NOVEMBER 2018 to APRIL 2019

WEEK ONE				
Week commencing: 12/11/18, 03/12/18, 07/01/19, 28/01/19, 25/02/19 and 18/03/19				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VEGEMINCE BOLOGNESE WITH WHOLEMEAL SPAGHETTI (v)	CHICKEN TIKKA WITH RICE	ORGANIC ROAST BEEF WITH YORKSHIRE PUDDING ROAST POTATOES, CARROTS, PEAS AND GRAVY	FREE RANGE PORK SAUSAGE WITH CHAMP POTATO AND GRAVY	BREADED POLLOCK FILLET (msc) WITH CHIPS
FALAFEL BURGER IN A WHOLMEAL BAP WITH HOUMOUS AND KETCHUP (v)	SOUTHERN FRIED QUORN NUGGETS WITH BAKED JACKET WEDGES (v)	CAULI AND BROCCOLI BAKE ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	CHEESE AND TOMATO PASTA BAKE (v) (pasta in a smooth tomato and vegetable sauce topped with cheese)	HOMEMADE 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 SPONGE AND CUSTARD	FRUIT YOGHURT FRESH FRUIT PLATTER FLAPJACK	FRUIT YOGHURT FRESH FRUIT PLATTER ORANGE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER APPLE CRUMBLE AND ICE CREAM	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE BROWNIE

WEEK TWO				
Week commencing: 19/11/18, 10/12/18, 14/01/19, 04/02/19, 04/03/19 and 25/03/19				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PIRI PIRI CHICKEN (mild) WITH RICE	FISH FINGER BUTTY (msc) (white fish fingers on a wholemeal bap) WITH WINTER SLAW AND KETCHUP	ROAST PORK ROAST POTATOES, CARROTS, PEAS AND GRAVY	STIR FRY CHICKEN AND NOODLES	ORGANIC BEEF MEATBALLS WITH CHIPS AND GRAVY
MACARONI CHEESE (v)	SWEET POTATO AND CHICKPEA CURRY (mild) WITH TUMERIC RICE (v)	CHEESE AND ONION QUICHE PUDDING, ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	VEGGIE LASAGNE (v)	QUORN SAUSAGE WITH CHIPS AND GRAVY (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 SYRUP BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER LEMON CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE SPONGE AND CHOCOLATE SAUCE	FRUIT YOGHURT FRESH FRUIT PLATTER BANANA LOAF	FRUIT YOGHURT FRESH FRUIT PLATTER COCONUT CRUNCH BISCUIT

WEEK THREE				
Week commencing: 05/11/18, 26/11/18, 17/12/18, 21/01/19, 11/02/19, 11/03/19 and 01/04/19				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN KORMA (mild) WITH RICE	ORGANIC MINCED BEEF PIE WITH MASHED POTATO	ROAST TURKEY ROAST POTATOES, CARROTS, PEAS AND GRAVY	ORGANIC PORK MEATBALLS WITH PASTA IN TOMATO AND ROSEMARY SAUCE	BREADED SALMON NUGGETS (msc) WITH CHIPS
VEGGIE SPRING ROLLS WITH EGG NOODLES (v)	PASTA ITALIENNE (v) (pasta in a smooth tomato and vegetable sauce)	VEGEBALLS WITH ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	VEGGIE PASTY WITH BAKED BEANS (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 OATY SLICE	FRUIT YOGHURT FRESH FRUIT PLATTER JELLY AND FRESH FRUIT SALAD	FRUIT YOGHURT FRESH FRUIT PLATTER RICE PUDDING	FRUIT YOGHURT FRESH FRUIT PLATTER CARROT CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER GINGER BISCUIT

