



**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](http://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 is simple ...**

We provide good, honest, locally sourced food. We serve food that is freshly prepared each day, from our 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 Gorse 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 383020 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  
 Wholemeal bread no spread  
 Ketchup every Friday



**Gorse Bank Primary School**

**Lunch Menu**

**Summer 2017**

**April 2017 to October 2017**



[www.schoolfoodcompany.co.uk](http://www.schoolfoodcompany.co.uk)



## SUMMER MENU @ GORSEY BANK PRIMARY SCHOOL - APRIL 2017 to OCTOBER 2017

<b>WEEK ONE</b>				
Weeks commencing 24/04/17, 15/05/17, 12/06/17, 03/07/17, 24/07/17, 04/09/17, 25/09/17, 16/10/17				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
ORGANIC BEEF LASAGNE	CHICKEN KORMA WITH RICE	ROAST TURKEY WITH ROAST POTATOES, CARROTS, PEAS AND GRAVY	CHINESE STYLE FREE RANGE PORK WITH EGG NOODLES	BATTERED POLLOCK (msc) WITH CHIPS
QUORN SAUSAGE HOTDOG WITH KETCHUP (v)	FALAFEL IN A WRAP WITH HOUMOUS (v)	COURGETTE SAUSAGE WITH ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	PASTA TWIRLS IN TOMATO AND BASIL SAUCE (v)	CHEESE & TOMATO PIZZA SLICE 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
CHOCOLATE COCONUT CRUNCH BISCUIT FRUIT YOGHURT FRESH FRUIT PLATTER	FRESH FRUIT SALAD WITH JELLY FRUIT YOGHURT FRESH FRUIT PLATTER	FROZEN STRAWBERRY YOGHURT FRUIT YOGHURT FRESH FRUIT PLATTER	SPONGE CAKE FRUIT YOGHURT FRESH FRUIT PLATTER	FLAPJACK FRUIT YOGHURT FRESH FRUIT PLATTER
<b>WEEK TWO</b>				
Weeks commencing 01/05/17, 22/05/17, 19/06/17, 10/07/17, 11/09/17, 02/10/17				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
PORK KEBAB IN A WRAP WITH HOUMOUS	SALMON FISHPASTE (msc) WITH BABY NEW POTATOES	ORGANIC ROAST BEEF WITH YORKSHIRE PUDDING ROAST POTATOES, CARROTS, PEAS AND GRAVY	BBQ CHICKEN WITH RICE	FREE RANGE PORK SAUSAGE WITH CHIPS
MEAN BEAN CHILLI WITH POTATO WEDGES (v)	PASTA ITALIENNE (pasta in a blended tomato and vegetable sauce) (v)	CAULI & BROCC BAKE WITH YORKSHIRE PUDDING ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	MACARONI CHEESE (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
CARROT CAKE FRUIT YOGHURT FRESH FRUIT PLATTER	SYRUP BISCUIT FRUIT YOGHURT FRESH FRUIT PLATTER	FRESH FRUIT SALAD WITH ICE CREAM FRUIT YOGHURT FRESH FRUIT PLATTER	CHOCOLATE SPONGE CAKE FRUIT YOGHURT FRESH FRUIT PLATTER	MELTING MOMENT BISCUIT FRUIT YOGHURT FRESH FRUIT PLATTER
<b>WEEK THREE</b>				
Weeks commencing 17/04/17, 08/05/17, 05/06/17, 26/06/17, 17/07/17, 18/09/17, 09/10/17				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
HARISSA CHICKEN (chicken and chickpeas in a mildly spiced tomato sauce) WITH COUSCOUS	ORGANIC BEEF BURGER IN A WHOLEMEAL ROLL WITH HOMEMADE COLESLAW & KETCHUP	ROAST PORK WITH ROAST POTATOES, CARROTS, PEAS AND GRAVY	CHICKEN TIKKA CHUNKS WITH TURMERIC RICE	FISH FINGERS (msc) WITH CHIPS
VEGEMINCE BOLOGNESE WITH SPAGHETTI (v)	VEGETABLE SPRING ROLLS WITH EGG NOODLES (v)	CHEESE & BROCCOLI QUICHE WITH ROAST POTATOES, CARROTS, PEAS AND GRAVY (v)	VEGGIE LASAGNE (v)	CHEESY VEGETABLE BURGER 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
LEMON DRIZZLE CAKE FRUIT YOGHURT FRESH FRUIT PLATTER	GINGER BISCUIT FRUIT YOGHURT FRESH FRUIT PLATTER	FRUIT ICE LOLLY FRUIT YOGHURT FRESH FRUIT PLATTER	SHORTBREAD FRUIT YOGHURT FRESH FRUIT PLATTER	CHOCOLATE BROWNIE FRUIT YOGHURT FRESH FRUIT PLATTER

