



**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](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 at Lacey Green Primary Academy 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 Lacey Green Primary Academy 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.



*Lacey Green  
Primary Academy*

**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 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

**LUNCH MENU**

**From APRIL 2019**

**To OCTOBER 2019**

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



## SCHOOL FOOD COMPANY LUNCH MENU @ LACEY GREEN PRIMARY ACADEMY - APRIL 2019 to OCTOBER 2019

<b>WEEK ONE</b>				
Week commencing: 22.04.19 / 13.05.19 / 10.06.19 / 01.07.19 / 02.09.19 / 23.09.19 / 14.10.19				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
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

<b>WEEK TWO</b>				
Week commencing: 29.04.19 / 20.05.19 / 17.06.19 / 08.07.19 / 09.09.19 / 30.09.19 / 21.10.19				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
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

<b>WEEK THREE</b>				
Week commencing: 06.05.19 / 03.06.19 / 24.06.19 / 15.07.19 / 16.09.19 / 07.10.19				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
FRUIT YOGHURT FRESH FRUIT PLATTER SPONGE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE CRUNCH BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER FROZEN STAWBERRY YOGHURT	FRUIT YOGHURT FRESH FRUIT PLATTER LEMON DRIZZLE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER SYRUP BISCUIT