



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 AND POULTRY - British and farm assured as minimum standard
 ORGANIC BEEF - farmed locally, supplied and processed by Lower Hurst Farm in Derbyshire
 FREE RANGE PORK AND 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



GORSEY BANK
 PRIMARY SCHOOL

LUNCH MENU

From NOVEMBER 2019

To APRIL 2020

www.schoolfoodcompany.co.uk



SCHOOL FOOD COMPANY LUNCH MENU @ GORSEY BANK PRIMARY SCHOOL - NOVEMBER 2019 to APRIL 2020

WEEK ONE				
Week commencing: 11/11/19, 02/12/19, 06/01/20, 27/01/20, 24/02/20, 16/03/20				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN KORMA RICE	ORGANIC MINCED BEEF PIE MASH	ROAST PORK ROAST POTATOES CARROTS, PEAS AND GRAVY	ORGANIC BEEF BOLOGNESE WHOLEMEAL PENNE PASTA	SOUTHERN STYLE CHICKEN GOUJONS CHIPS
CHEESY VEGGIE BURGER WHOLEMEAL ROLL WINTER SLAW AND KETCHUP (v)	PASTA ITALIENNE (wholemeal pasta in a smooth tomato and vegetable sauce) (v)	CHEESE AND ONION QUICHE ROAST POTATOES CARROTS, PEAS AND GRAVY (v)	VEGEBALLS IN BBQ SAUCE BAKED POTATO WEDGES (v)	QUORN SAUSAGE 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
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 CHOCOLATE CRUNCH BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER FLAPJACK	FRUIT YOGHURT FRESH FRUIT PLATTER APPLE CRUMBLE AND ICE CREAM	FRUIT YOGHURT FRESH FRUIT PLATTER SPONGE CAKE AND CUSTARD	FRUIT YOGHURT FRESH FRUIT PLATTER SYRUP BISCUIT
WEEK TWO				
Week commencing: 18/11/19, 09/12/19, 13/01/20, 03/02/20, 02/03/20, 23/03/20				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE RANGE PORK STIR FRY EGG NOODLES	CHICKEN TIKKA TUMERIC RICE	ROAST TURKEY ROAST POTATOES CARROTS, PEAS AND GRAVY	ORGANIC BEEF BURGER WHOLEMEAL ROLL WINTER SLAW AND KETCHUP	SALMON FISH FINGERS (msc) CHIPS
MACARONI CHEESE (v)	VEGETARIAN SAUSAGE ROLL BAKED POTATO WEDGES (v)	QUORN ROAST ROAST POTATOES CARROTS, PEAS AND GRAVY (v)	COURGETTE BITES WHOLEMEAL PENNE PASTA IN TOMATO SAUCE (v)	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
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 MADIERA CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER MELTING MOMENT BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER RICE PUDDING AND FRUIT JAM	FRUIT YOGHURT FRESH FRUIT PLATTER COCONUT CRUNCH BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE OATY SLICE
WEEK THREE				
Week commencing: 04/11/19, 25/11/19, 16/12/19, 20/01/20, 10/02/20, 09/03/20, 30/03/20				
MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
QUORN SAUSAGE CHAMP POTATO GRAVY	TASTY FISH BUTTY (msc) (breaded pollock fillet, wholemeal roll, winter slaw and ketchup)	ROAST BEEF YORKSHIRE PUDDING ROAST POTATOES CARROTS, PEAS AND GRAVY	BACON AND CHEESE PASTA BAKE	ORGANIC BEEF MEATBALLS CHIPS GRAVY
SWEET POTATO AND CHICKPEA CURRY WHOLEMEAL CHAPATI (v)	CHEESE AND LEEK RISOTTO (v)	CAULI AND BROCCOLI BAKE YORKSHIRE PUDDING ROAST POTATOES CARROTS, PEAS AND GRAVY (v)	VEGETABLE BIRIYANI MINI FREE RANGE OMELETTE (v)	QUORN DIPPERS CHIPS GRAVY (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
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 ORANGE CAKE	FRUIT YOGHURT FRESH FRUIT PLATTER OATY BISCUIT	FRUIT YOGHURT FRESH FRUIT PLATTER JELLY AND FRESH FRUIT	FRUIT YOGHURT FRESH FRUIT PLATTER CHOCOLATE SPONGE AND CHOCOLATE SAUCE	FRUIT YOGHURT FRESH FRUIT PLATTER GINGER BISCUIT