



Here at the School Food Company, we are passionate about good quality school food. That's why, in 2007, we formed a company committed to getting local produce into the kitchens of primary schools across Cheshire.

For the same price as a standard school meal, we have revolutionised the way school meals are served.

- Meals contain no undesirable food additives or hydrogenated fats
- 75% of dishes, or over, are freshly prepared
- Meat meets UK welfare standards and eggs are from cage free hens
- Menus are seasonal
- Well trained catering staff
- No GM ingredients
- A range of local, organic and fair trade food is served
- High welfare chicken, eggs and pork products are served (at least Freedom Food or free range - equalling the baseline commitment made by leading supermarkets)
- No fish is served from the Marine Conservation Society 'fish to avoid' list
- Information is on display about where the food has come from

We know that local food is miles better!

KEY STAGE 2 BREAK TIME SNACK MENU WINTER 2011

AVAILABLE TO PURCHASE AT MORNING BREAK

- TOAST 25P
- ½ RAISIN BAGEL 25P
- ½ TOASTED TEACAKE 25P
- BREADSTICKS (25g approx) 25P
- FRUIT MUFFIN(HOMEMADE) 40P
- FRESH FRUIT BASKET (including Fair Trade produce) 40P
- RAISINS (14g BOX) 25P
- HOT CHOCOLATE (made with organic milk) 40P
- HOMEMADE SOUP (v) 40P
- WHITWORTHS MIXED DRIED FRUIT (25g PACKET) 50P
- ORGANIC SEMI SKIMMED MILK BEAKER 30P
- JUICY WATER APPLE CARTON DRINK 40P
- JUICY WATER ORANGE AND PINEAPPLE CARTON DRINK 40P
- JUICY WATER RASPBERRY AND APPLE CARTON DRINK 40P

A selection of items listed above will be available each day depending on seasonality and availability



School food is changing for the better

At Lacey Green we believe that children deserve a delicious and nutritious meal at lunchtime. With the support of the School Food Company, we offer an appetising menu designed especially for our children. There's always a great selection to choose from and the menu includes home made cakes, biscuits and fresh fruit platters, home made pies, healthy pasta dishes and wholesome roast dinners!

Lunch and snack times at Lacey Green are invaluable opportunities for educating our children for the future. We use local suppliers wherever possible to reduce air miles and our recipes make use of fresh, seasonal fruit, vegetables and herbs that are packed full of flavour. The meat and chicken we buy is ethically farmed and we choose fish from a sustainable source. Our eggs are free-range and the milk we use is organic.

School Food Company also share their recipes on their website so, not only can you see what your children are eating but, you can also cook the dishes at home. For recipes go to www.schoolfoodcompany.com/recipes

It comes naturally to us to teach our children about where and how food is grown and produced and why making healthy choices is so very important in life.

Why not join us for a school lunch?

Contact the school office on 01625 383080 and speak to admin to reserve your place. Parents, guardians siblings and grandparents all are welcome to come along.



msc - Marine Stewardship Council approved
 o - Organic - Approved by the Soil Association
 v - Vegetarian Option
 s - Contains seasonal produce from local supplier/growers subject to availability
 Lower Hurst Farm - Produce farmed locally and organically
 Lang's - Local Butcher
 All eggs used in our menus are free range
 All meat is farm assured as minimum standard
 Over 75% of dishes are homemade on the premises
 We serve organic milk and only use organic milk in cooking
 Fair Trade Produce is available to purchase at morning break

SEASONAL PRODUCE - OCTOBER - APRIL - pollock, salmon, turkey, apples, grapes, pears, blackberries, watercress, chives, broccoli (calabrese), cabbages, (various green varieties, white, red), carrots, cauliflower, celery, courgettes, leeks, onions, peppers, chillies, pumpkins, squashes, spinach, tomatoes, aubergines, cucumber, garlic, lettuce, peas, swede, parsnip, sweetcorn.



Lacey Green Primary Academy

AUTUMN HALF TERM 2011 - EASTER 2012 CHOICES LUNCH MENU



www.schoolfoodcompany.co.uk



WEEK 1

MONDAY

SAUSAGE & MASH WITH GRAVY
PASTA ITALIENNE (v)
UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRUIT YOGHURT
CHOCOLATE CRUNCH

TUESDAY

CHICKEN KORMA & RICE
WINTER VEGETABLE CASSEROLE & DUMPLINGS (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER(s)
CARROT CAKE (s)

WEDNESDAY

ROAST BEEF, YORKSHIRE PUDDING WITH ROAST POTATOES & GRAVY
Organic beef from Lower Hurst Farm in Derbyshire
CAULIFLOWER CHEESE, YORKSHIRE PUDDING WITH ROAST POTATOES & GRAVY (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER (s)
SPONGE CAKE & CUSTARD

THURSDAY

PASTA BOWS & BACON IN TOMATO SAUCE
MEAN BEAN CHILLI & RICE (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRUIT YOGHURT
FLAPJACK

FRIDAY

SALMON FISH FINGERS (2) WITH CHIPS OR ½ JACKET POTATO (msc)
CHEESE & TOMATO PIZZA WITH CHIPS OR ½ JACKET POTATO (v)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER (s)
WINTER BERRY MUFFIN (s)



WEEK 2

MONDAY

STIR FRY CHICKEN & NOODLES
MACARONI CHEESE (v)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRUIT YOGHURT
SHORTBREAD BISCUIT

TUESDAY

BEEF LASAGNE
Organic beef from Lower Hurst Farm in Derbyshire
JACKET POTATO WITH BEANS AND CHEESE (v)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER (s)
APPLE CRUMBLE & CUSTARD (s)

WEDNESDAY

LANG'S ROAST TURKEY, ROAST POTATOES & GRAVY (s)
Free range Cheshire turkey
CHEESE & LEEK QUICHE WITH ROAST POTATOES & GRAVY (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRUIT YOGHURT
STICKY TOFFEE PUDDING

THURSDAY

TASTY FISH PIE (PASTRY TOP) WITH MASH (msc)(s)
VEGEBALLS IN TOMATO SAUCE WITH PENNE PASTA (v)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER (s)
SYRUP BISCUIT

FRIDAY

BREADED CHICKEN GOUJONS WITH CHIPS OR ½ JACKET POTATO
QUORN SAUSAGE WITH CHIPS OR ½ JACKET POTATO (v)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER (s)
CHOCOLATE BROWNIE

Fresh drinking water is freely available to every child at lunch time
Orange juice, apple juice and organic milk are also available throughout the week
Unlimited bread no spread is available each day
Unlimited vegetables and salad bar are available each day
A fruit based dessert is available each day
Ketchup and vinegar available every Friday!

WEEK 3

MONDAY

HAM & SWEETCORN PIZZA WITH POTATO WEDGES
QUORN SAUSAGE WITH MASH WITH GRAVY
UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRUIT YOGHURT
GINGER BISCUIT

TUESDAY

LANG'S TURKEY BURGER IN A BAP (s)
Free range Cheshire turkey
CHEESE & BROCCOLI PASTA BAKE (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER(s)
SPICED APPLE MUFFIN (s)

WEDNESDAY

LANG'S ROAST PORK, ROAST POTATOES & GRAVY
COURGETTE SAUSAGE, ROAST POTATOES & GRAVY (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRUIT YOGHURT
CHOCOLATE FUDGE PUDDING

THURSDAY

COTTAGE PIE (o)
Organic beef from Lower Hurst Farm in Derbyshire
VEGETABLE LASAGNE (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRUIT YOGHURT
LEMON DRIZZLE CAKE

FRIDAY

FISH IN BREADCRUMBS (POLLOCK) WITH CHIPS OR ½ JACKET POTATO (msc)(s)
CHEESY VEGETABLE BURGER WITH CHIPS OR ½ JACKET POTATO (v)(s)

UNLIMITED SEASONAL VEGGIES & SALAD (s)

FRESH FRUIT PLATTER (s)
MELTING MOMENT

