


Welcome

Making lunchtime the highlight  
of your day

LUNCHTIME CO!<sup>®</sup>



# Our Food and Values

Food will always be at the heart of everything we do. It starts with quality ingredients that include Red Tractor Meat, Free Range Eggs & MSC sourced Fish that is prepared and cooked by people who love what they do. All our food is freshly cooked with ingredients from trusted suppliers. Your students and parents can be assured that we are  serving great quality food that will help them grow and



# Our Menus

- Our menus are nutritionally balanced and compliant with the school food plan
- Fresh Salad, Yogurt and Fruit is available every day for the children
- Reduced salt and sugar



# Our Food

- Salad Bar available each day  
\*or mixed salad for our smaller schools
- Freshly Baked Bread available daily
- Fresh Fruit Platter or Fruit Pots available each day
- Fresh Vegetables served with our meals
- Yogurt with Fruit Coulis available
- Lunchtime Lunchbox available
- Meat Free options available
- Jacket Potato and Pasta



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# Medical Diets and Allergies

- Lunchtime Co. Menus follow the school Food Standards and we aim to cater to the majority of school students. We are aware that not everyone is able to eat all foods safely. If a child has a medically diagnosed allergy or intolerance or health condition, we work with parents/guardians and health professionals to develop an individual menu for your child.
- For the most common allergy and intolerances, menus are available for Gluten Free, Dairy Free, Egg Free and Soya Free.
- All our schools have a nut free policy
- Menus have allergen information for the complete meal stated on them
- An allergen matrix is available in all kitchens
- Contact the school if your child has a medical diet and we will work hard to provide a suitable menu wherever possible.
- Our Kitchen Managers and Operations Team are happy to



# More than Lunchtime



**Leaver's Lunch**  
Wednesday 30th July

THE FAVOURITE LUNCH  
Chicken Burger & a Big salad with Wedge  
Beef and Fries Burger in a Box served with  
Potatoes  
\* Fresh Fruit and Veg available

Available from  
\* Fresh Fruit and Veg available


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**Seaside Summer Special**  
Friday 3rd June

Fish & Chips with Mash, Peas or Beans served in a  
Tasting Tray  
Vegetable Waffles with Chips, Mashed Potatoes or Beans  
served in a Tasting Tray  
Served with Wedge and Potatoes  
Baked Lentils

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**Chinese New Year**  
Tuesday 1st February

Spring Rolls  
Sweet or Sour Chicken  
Beef with Spring Onion and Onion  
Fried Egg  
Eggplant Drum Sticks  
Chicken Hand's Soup  
Mango and Coconut Pudding  
\* Fresh Fruit and Veg available

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Tomatoes are a  
fruit and contain  
healthy **Vitamin C**

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1  
of your  
5 a day



Bananas are rich  
in **Vitamin B6**  
and help give  
you **energy**

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1  
of your  
5 a day



Carrots are rich in  
**Vitamin A** which  
helps keep your  
eyes **healthy**

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1  
of your  
5 a day



**STREET FEAST**

Available every  
**Wednesday**

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**STREET FEAST**

Chick mix  
this **Wednesday**

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Thank You

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