

WEEK COMMENCING: 2nd Nov / 23rd Nov / 14th Dec / 4th Jan / 25th Jan / 15th Feb / 8th March / 29th March





WEEK 1

MONDAY

-  Pork Sausages with Mashed Potato & Gravy
-  Quorn Sausage with Mashed Potato & Gravy
-  Vegetable & Lentil Bolognese with Penne Pasta
-  Tuna Mayonnaise Wrap
- Sweetcorn & Broccoli
- Vanilla Ice Cream





TUESDAY

-  Cottage Pie
-  Macaroni Cheese
-  Chickpea & Vegetable Tagine with Cous Cous
-  Cheese Sandwich
- Peas & Cauliflower
- Apple Crumble with Custard



WEDNESDAY

-  Roast Chicken & Roast Potatoes with Gravy
-  Roasted Soya Strips & Roast Potatoes with Gravy
-  Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
-  Ham Roll
- Carrots & Green Beans
- Pineapple Upside Down Sponge



THURSDAY

MEAT FREE THURSDAY

-  Margherita Pizza
-  Cheese & Tomato Penne Pasta
-  Vegetable Biryani
-  Tuna Mayonnaise Baguette
- Sweetcorn & Roasted Mediterranean Vegetables
- Strawberry Jelly



FRIDAY

-  Fish Fingers & Chips
-  Cheese & Broccoli Quiche with Chips
-  Butternut Squash, Chickpea & Vegetable Curry with Rice
-  Fish Finger Bap
- Peas & Baked Beans
- Shortbread Biscuit

KEY



Vegetarian



Plant Based Vegan Friendly



MSC Fish



Meat



Fish



Vegetarian



Alternative

WEEK COMMENCING: 9th Nov / 30th Nov / 21st Dec / 11th Jan / 1st Feb / 22nd Feb / 15th March

WEEK 2

MONDAY

-  Beef Pasta Bolognese
-  Cheese & Bean Fajita
-  Tarka Dhal & Rice
-  Cheese Roll
- Carrots & Vegetable Medley
- Eve's Pudding with Custard




TUESDAY

-  Chicken & Vegetable Stir Fry with Noodles
-  Quorn Burger in a Bun
-  Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
-  Ham Baguette
- Sweetcorn & Cauliflower
- Orange Drizzle Cake







WEDNESDAY

-  Roast Turkey & Roast Potatoes with Gravy
-  Vegetable & Sweet Potato Bake with Gravy
-  Vegetable Bean Chilli & Rice
-  Cheese Wrap
- Peas & Roasted Root Vegetables
- Fruity Flapjack



THURSDAY

MEAT FREE THURSDAY

-  Margherita Pizza
-  Vegetable Chow Mein
-  Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
-  Tuna Mayonnaise Sandwich
- Sweetcorn & Green Cabbage
- Frozen Strawberry Yoghurt



FRIDAY

-  Fish Fingers & Chips
-  Tomato & Basil Puff with Chips
-  Mixed Vegetable & Chickpea Spicy Rice
-  Sticky Salmon Wrap
- Peas & Baked Beans
- Pear & Chocolate Sponge

WEEK COMMENCING: 16th Nov / 7th Dec / 28th Dec / 18th Jan / 8th Feb / 1st March / 22nd March

WEEK 3

MONDAY

-  Chicken & Sweetcorn Puff Pastry Pie
-  Quorn & Vegetable Stir Fry with Noodles
-  Roasted Vegetable Cous Cous
-  Cheese Baguette
- Carrots & Green Beans
- Apple & Banana Cake







TUESDAY

-  Beef Meatballs in Tomato Sauce with Penne Pasta
-  Cheese, Potato & Red Onion Frittata with Jacket Wedges
-  Chickpea & Mixed Vegetable Balti with Rice
-  Tuna Mayonnaise Wrap
- Broccoli & Roasted Mediterranean Vegetables
- Frozen Toffee Yoghurt



WEDNESDAY

-  Roast Chicken & Roast Potatoes with Gravy
-  Mixed Vegetable & Butterbean Ragù with Roast Potatoes
-  Jacket Potato & Cheese, Baked Beans, Tuna Mayo or Coleslaw
-  Ham Sandwich
- Carrots & Green Cabbage
- Lemon & Courgette Muffin



THURSDAY

MEAT FREE THURSDAY

-  Margherita Pizza
-  Quorn Penne Pasta Bolognese
-  Vegetable & Chickpea Jambalaya
-  Cheese Sub Roll
- Sweetcorn & Cauliflower
- Orange Jelly & Mandarins



FRIDAY

-  Fish Fingers & Chips
-  Cheese & Tomato Whirl with Chips
-  Jollof Rice
-  Tuna Mayonnaise Sandwich
- Peas & Baked Beans
- Chocolate & Beetroot Brownie

DID YOU KNOW?



All our Milk & Bread is Organic



All our Meat is UK Farm Assured

HOT MEALS ARE BACK!

INTRODUCING YOUR NEW MENU

THANK YOU

This academic year has been like no other, which is why school lunches might have been a bit different recently. We'd like to say a big thank you for your support whilst we've been establishing the best approach for your school.

Where we've temporarily introduced packed lunches, we've been working hard behind the scenes to safely reintroduce hot meals.

We're now pleased to share the new menu with you, along with some of the great benefits school lunches can offer children and families!

WELL FOR WINTER

Eating well helps to build and maintain healthy immune systems, which is why we think it's so important children can enjoy healthy, warming lunches at school, wherever possible.

We know it's a difficult time for most right now so want to highlight five ways school meals have the power to support you and your child this winter.



Feeding Hungry Minds

CLICK HERE TO VISIT OUR WEBSITE

OUR LADY OF LOURDES RC PRIMARY SCHOOL

YOUR SCHOOL LUNCHES ARE:

Click here for Meal Ordering and Payment information

1 SUPER SAFE

From implementing Covid-19 safety measures, to carefully catering for a range of special dietary needs, the safety of our people and diners is always our top priority. Our health and safety experts make sure our catering teams have everything they need to run a safe service each day and support them with risk assessments and regular service reviews.



Check out our 'back to school' guide for parents and carers to hear from our management and nutrition specialists.

2 MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE



Over 85% of our dishes are freshly prepared each day



The menus are accredited by the Soil Association – meaning all our meals are balanced and made from ingredients which are sustainably sourced and better for animal welfare.



Our ingredients are sourced from local and UK suppliers wherever possible – a fact we love to show off through our partnership with Love British Food.

Our experienced cooks are passionate about feeding hungry minds and supporting pupil wellbeing through engaging dining experiences.



3 EVEN HEALTHIER – AND STILL DELICIOUS!

ON AVERAGE, WE'VE REDUCED THE SUGAR IN OUR MENUS BY 30%



WE DON'T ADD ANY SALT TO OUR RECIPES...

We use herbs, lemon juice and other natural ingredients to add flavour.



THERE ARE NOW EVEN MORE VEGGIES ON OUR MENUS

We've committed to upping our veg count and are proud Peas Please pledgers. Find out more here!



WE'VE INTRODUCED MORE PLANT-BASED OPTIONS

So children have more choice when it comes to enjoying meat-free meals which can provide more fibre & less saturated fat!



4 TERRIFIC VALUE

...AND ABSOLUTELY FREE FOR MANY, INCLUDING EVERY CHILD IN KS1!



CHOOSING FREE SCHOOL MEALS

If your child is in key stage 1 or your family is entitled to certain benefits – could save you around £400 every year.



FOR KS2 CHILDREN, OUR MEALS OFFER GREAT VALUE

Few places offer homemade two course meals made from great ingredients at such a good price.



CLICK HERE TO FIND OUT HOW MUCH YOU CAN SAVE

5 TOP TIME SAVERS



Leave the challenge of creating exciting lunches every day to us – save time on shopping and chopping!

CONTACT US:

Payments and Meal Ordering

Nutrition Guidance

General Enquiries

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