



ONLINE TOP-UP LUNCH & SNACK SERVICE FOR Y5-Y13 STUDENTS

Fed up with making lunch boxes? Struggling for new lunch box ideas? Wish someone could do it for you?

Great news, Tuck Shop Café can eliminate the hassle of planning, shopping and preparing different lunch boxes every school day! We have created a 3 week termly snack & lunch menu which offers varied, healthy balanced meals to boost your children's energy levels throughout the day.

Each day students can choose from the snack selection for first break, and one of eight lunch options. Drinks, fruits, baked goods and baked lays/popcorn will be available to add.

To register and top-up please visit www.tuckshopcatering.com



For more information email:
tuckshop@safacommunityschool.com

Y5-Y13 MENU 1

Served week: Sept 19th-23rd / Oct 10th-14th / Nov 7th-11th
Nov 28th-Dec 2nd



Meals will be served from designated services points. All meals are prepared fresh daily onsite and pre-packed in eco-friendly packaging..

*We are nut-free *Vegetables are locally sourced where possible *Bakes are low in sugar/salt *Sandwiches/wraps contain salad *Breads/wraps are whole-wheat *Wedges are freshly prepared & baked

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lentil C-celery

Students can choose from the snack & lunch options daily - Drinks, fruits, baked goods and baked lays/popcorn are available during both breaks.

Snack Options

Chicken quesadilla G/D/L/C

Pitta pizza V/G/D/L/C

Panini selection G/D - V options available

Sandwich selection G - V options available

Salad selection G - V options available

Croissant selection V/G/D/E

Fresh fruit pots VE

Whole fruits VE

Cereal selection with milk V/G/D

Vegan overnight oats VE/G

Granola pot V/D/G

Oat cookie V/G/D

Banana bread V/G/E/D

Popcorn VE

Baked lays V/G/D

Sunday Lunch

- 1- Beef stroganoff served with brown rice G/D
- 2- Gnocchi in tomato, basil & mozzarella sauce V/G/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with carrots & broccoli VE
- 4- Coronation chicken sandwich G/E/D
- 5- Egg salad wrap V/G/E
- 6- Sweet chili chicken toasted panini G/C
- 7- Cream cheese & roasted peppers toasted panini V/G/C
- 8- Chicken Caesar salad G/E

Monday Lunch

- 1- Pizza topped chicken with roast potatoes D/L/C
- 2- Vegetable moussaka with roast potatoes V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with broccoli & carrots VE
- 4- Tuna salad sandwich G/F/E
- 5- Cream cheese & cucumber sandwich V/G/D
- 6- Turkey cheese toasted panini G/D
- 7- Cheese & tomato toasted panini V/G/D
- 8- Puy lentil & feta salad V/D

Tuesday Lunch

- 1- Chicken korma with rice D
- 2- Jacket potato with baked beans & cheese V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with green beans & carrots VE
- 4- BBQ chicken sandwich G
- 5- Cheese wrap V/G/D
- 6- Chicken tikka toasted panini G/D
- 7- Cheese & onion toasted panini V/G/D
- 8- Tuna & egg salad F/E

Wednesday Lunch

- 1- Chicken & vegetable pie with mash potato D
- 2- Broccoli macaroni cheese V/G/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with courgette & carrots VE
- 4- Tuna salad sandwich G/F/E
- 5- Roasted vegetable & humus wrap VE/G
- 6- Turkey cheese panini G/D
- 7- Cheese & fresh tomato sauce panini V/G/D/L/C
- 8- Mixed bean & date salad VE

Thursday Lunch

- 1- Chicken twister with wedges G/E
- 2- Vegetable pizza with baked wedges V/G/D/L/C
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with peas & sweetcorn VE
- 4- Chicken mayo sandwich G/E
- 5- Egg salad sandwich G/V/E
- 6- BBQ chicken toasted panini G/D
- 7- Cheese & fresh tomato sauce panini V/G/D/L/C
- 8- Pasta salad with cheese V/L/C



Y5-Y13 MENU 2

Served week: Sept 26th-30th / Oct 24th-28th
Nov 14th-18th / Dec 5th-9th Festive menu to follow



Y5-13 meals will be served from designated services points. All meals are prepared fresh daily onsite and pre-packed in eco-friendly packaging.

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Students can choose from the snack & lunch options daily - Drinks, fruits, baked goods and baked lays/popcorn are available during both breaks.

Snack Options

Chicken quesadilla G/D/L/C

Pitta pizza V/G/D/L/C

Panini selection G/D - V options available

Sandwich selection G - V options available

Salad selection G - V options available

Croissant selection V/G/D/E

Fresh fruit pots VE

Whole fruits VE

Cereal selection with milk V/G/D

Vegan overnight oats VE/G

Granola pot V/D/G

Oat cookie V/G/D

Banana bread V/G/E/D

Popcorn VE

Baked lays V/G/D

Sunday Lunch

1- Beef chow mein G/E

2- Vegetable chow mein V/G/E

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

All served with steamed vegetables VE

4- Chicken mayo sandwich G/E

5- Egg salad wrap V/G/E

6- BBQ chicken toasted panini - G/D

7- Cheese & tomato toasted panini - G/V/D

8- Chicken Caesar salad - G/D/E

Monday Lunch

1- Oat coated chicken tenders served with baked wedges G/E

2- Margarita pizza with baked wedges V/G/D/L/C

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

All served with garden peas & sweetcorn VE

4- Tuna salad wrap G/F/E

5- Cheese salad sandwich G/V/D

6- Chicken mayo toasted panini - G/D

7- Cheese toasted panini - G/V/D

8- Mixed bean & date salad - VE

Tuesday Lunch

1- Chicken katsu curry with rice G/D

2- Jacket potato with baked beans & cheese V/D

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

All served with green beans & carrots VE

4- BBQ chicken sandwich G

5- Cheese wrap V/G/D

6- Cheese & turkey toasted panini - G/D

7- Roasted vegetable toasted panini - G/V/D

8- Tuna & egg salad - F/E

Wednesday Lunch

1- Lemon & garlic chicken with rice

2- Cauliflower macaroni cheese V/G/D

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

All served with carrots & broccoli VE

4- Chicken tikka sandwich G

5- Roasted vegetable & humus wrap VE/G

6- BBQ chicken toasted panini - G/D

7- Cheese & tomato toasted panini - G/V/D

8- Chicken tikka salad - G

Thursday Lunch

1- Chicken hotdog with wedges G

2- Spinach & feta quiche with wedges V/G/D/E

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

All served with peas & sweetcorn VE

4- Chicken tikka sandwich G

5- Roasted vegetable & humus wrap VE/G

6- Sweet chili chicken panini G/D

7- Cheese & onion panini V/G/D

8- Beetroot & feta salad - V/D



Y5-Y13 MENU 3

Served week: Oct 3rd-7th / Oct 31st-Nov 4th
Nov 21st-25th



Y10-13 meals will be served from designated services points. All meals are prepared fresh daily onsite and pre-packed in eco-friendly packaging..

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Sunday Lunch

- 1- Swiss beef meatballs in gravy with mash potato G/D
- 2- Shephardless pie VE
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with carrots & peas VE
- 4- Turkey cheese wrap G/D/E
- 5- Egg salad sandwich V/G/E
- 6- BBQ chicken toasted panini - G/D
- 7- Mushroom swiss toasted panini V/D
- 8- Chicken shawarma & coleslaw salad G/E

Monday Lunch

- 1- Chicken teriyaki with rice G
- 2- Spinach & feta cannelloni V/G/D/L/C
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with roasted vegetables VE
- 4- Tuna salad sandwich G/F/E
- 5- Cheese salad wrap V/G/D/E
- 6- Chicken tikka toasted panini G/D
- 7- Cheese toasted panini G/D
- 8- Fruity couscous & feta V/G/D

Tuesday Lunch

- 1- Butter chicken with rice D
- 2- Paneer & vegetable curry with rice V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with green beans & broccoli VE
- 4- BBQ chicken & cheese wrap G/D
- 5- Cream cheese & roasted pepper sandwich V/G/D
- 6- Turkey cheese toasted panini G/D
- 7- Cheese & tomato toasted panini G/V/D
- 8- Chicken Caesar salad G/E

Wednesday Lunch

- 1- Beef chili con carne rice & nachos
- 2- Jacket potato with baked beans & cheese V/D
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with green beans & carrots VE
- 4- Chicken mayo sandwich G
- 5- Cheese & Branston pickle sandwich V/G/D
- 6- Chicken mayo toasted panini G/D
- 7- Cheese & onion toasted panini V/D
- 8- Grilled Halloumi salad V/D

Thursday Lunch

- 1- Beef burger with wedges G
- 2- Margarita pizza with baked wedges V/G/D/L/C
- 3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C
All served with peas & sweetcorn VE
- 4- Coronation chicken sandwich G/E
- 5- Egg salad wrap G/E
- 6- BBQ chicken panini G/D
- 7- Cheese & onion toasted panini V/D
- 8- Chef salad G/D/E

Snack Options

Chicken quesadilla G/D/L/C

Pitta pizza V/G/D/L/C

Panini selection G/D - V options available

Sandwich selection G - V options available

Salad selection G - V options available

Croissant selection V/G/D/E

Fresh fruit pots VE

Whole fruits VE

Cereal selection with milk V/G/D

Vegan overnight oats VE/G

Granola pot V/D/G

Oat cookie V/G/D

Banana bread V/G/E/D

Popcorn VE

Baked lays V/G/D

