

South Tyneside Council Catering Services

# school menu

September 2017 to July 2018

**Great lunches for  
South Tyneside children!**

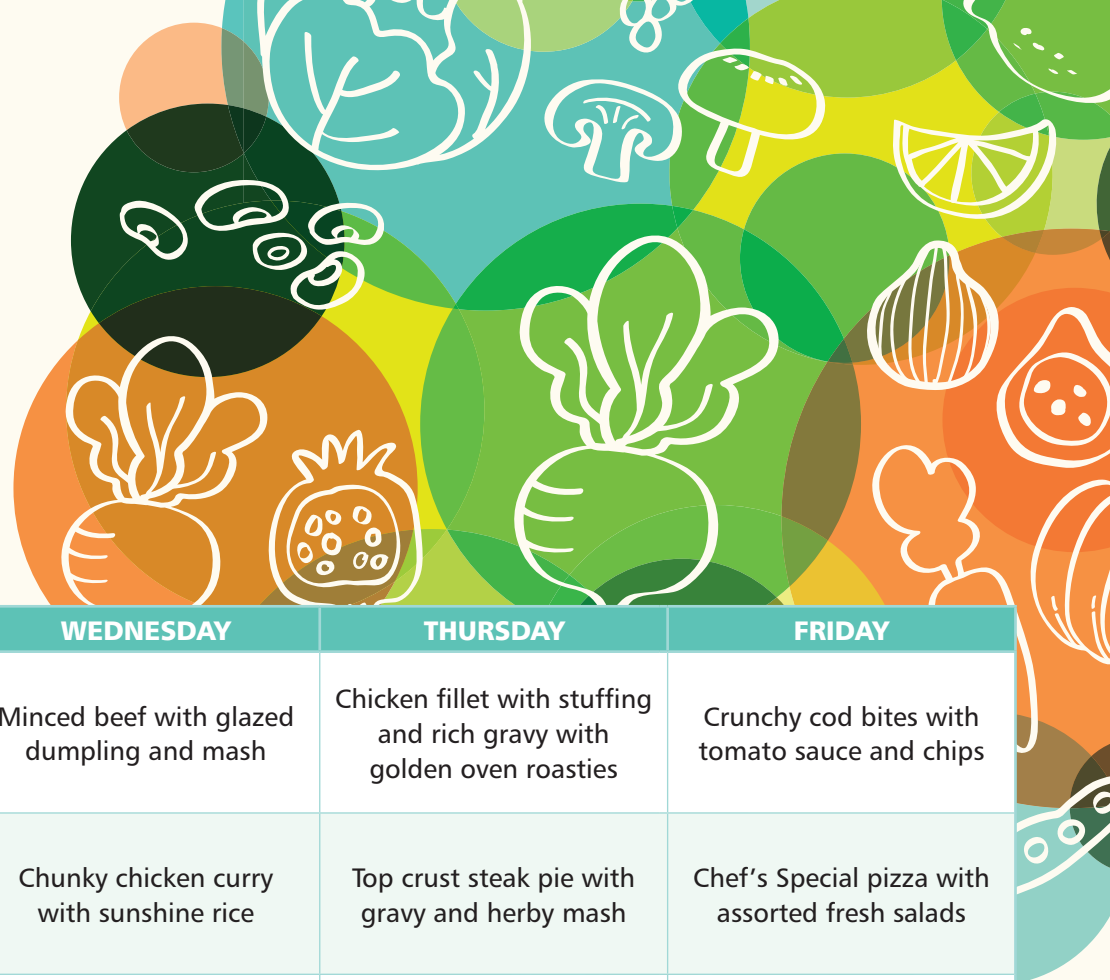


**South Tyneside Council**

With thanks to Hedworthfield Primary School

# Primary and Special Schools' Menu

September 2017 – July 2018



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Spaghetti bolognaise with garlic slice	Turkey burger in a bun with salad garnish	Minced beef with glazed dumpling and mash	Chicken fillet with stuffing and rich gravy with golden oven roasties	Crunchy cod bites with tomato sauce and chips
	Omelette with crusty bread and fresh salads (V) <i>(Free range egg)</i>	Shepherd's pie with root vegetable mash topping <i>(New)</i>	Chunky chicken curry with sunshine rice	Top crust steak pie with gravy and herby mash	Chef's Special pizza with assorted fresh salads
	Breaded Quorn dippers with BBQ sauce and golden potato cubes <i>(New) (V)</i>	Red lentil and sweet potato curry and rice (V)	Mixed pepper and cheese Quesadilla with crispy salad <i>(New) (V)</i>	Crispy topped macaroni cheese with salad garnish <i>(V)</i>	Mushroom tortellini with crusty bread (V)

**Chef's Choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potatoes and Toppings, and Fresh Sandwiches/Wraps**

DESSERTS Fresh fruit, yoghurt and cheese and crackers	Baked chocolate cake with chocolate sauce	Apple and raspberry crumble with custard	Blueberry and lemon muffin with milk drink <i>(NEW)</i>	Rice pudding with fruit puree	Assorted favourite tray bakes with milk drink
	Neapolitan angel whirl	Raspberry mousse slice with fruit <i>(New)</i>	Strawberry sundae	Ice cream and fruit	Fruit Jelly with creamy whirl

Menu subject to availability

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSES</b>	Golden baked fishcake with potato wedges	Special curry of the day with rice	Roast Beef with Yorkshire pudding and oven roasties	BBQ chicken fillet with chips (New)	Steak pie in rich gravy with herby mash
	Minced beef with herb topped muffin & parsley potatoes	Beef lasagne with garlic bread	Lamb grill steak with gravy and mash (New)	Marguerita pizza with assorted salads (V)	Baked fish fingers with lemon mayo & oven baked wedges
	Quorn bolognaise in rich tomato sauce (V)	Vegetable and chickpea stir fry with noodles	Tomato and Basil Pasta (New) (V)	Falafel and yoghurt wrap (New) (V)	Vegetable ravioli with cheese topping and crusty bread (V)

**Chef's Choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato with Toppings and sandwiches/wraps**

<b>DESSERTS</b> Fresh fruit, yoghurt and cheese and crackers	Chocolate brownies with milk drink (Vegan recipe)	Steamed syrup sponge and custard	Chocolate orange puddle cake (New)	Fruits of the forest cheesecake	American-style waffle with peaches (New)
	Iced finger roll	Fruity delight pudding	Iced toffee yoghurt	Butterscotch cookie and milk drink (New)	Ice cream roll

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSES</b>	Hawaiian pizza with assorted salads of the day	Sausage in a bun with tomato sauce	Minced beef cobbler in rich gravy & mash	Chef's special chicken curry with sunshine rice	Turkey and vegetable pie with gravy and mash
	Chicken Kiev fillet with roasted potato cubes	Sliced cold gammon with pease pudding and oven baked golden wedges	Chicken burrito with crispy salad	Tuna and salmon pasta salad With crusty bread	Vinegar infused fish fillet with chips (NEW)
	Quorn meatballs in pomedora sauce & noodles (V)	Cheesy enchilada with tomato garnish (NEW) (V)	Vegetable fingers with garlic mayo & wedges (V)	Quorn burger in a bun with relish (V)	Sweet potato and cheese slice with crunchy salad (NEW) (V)

**Chef's Choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato with Toppings and sandwiches/wraps**

<b>DESSERTS</b> Fresh fruit, yoghurt and cheese and crackers	Steamed damp ginger cake and custard	Chocolate mousse slice with fruit (New)	Golden cornflake cake	Pancake with assorted toppings	Iced raspberry ripple
	Ice cream and fruit medley	Crunchy oat and sultana cookie & milk drink	Creamy custard rice	Fruity jelly	Chocolate honeycombed Crunch cake

Menu subject to availability



## Parents/Carers!

Please contact the Catering Team if:

- your child has a food allergy or requires a special diet
- you would like to know more about how we manage special diets
- you would like more information about the School Meals Service

We do not knowingly use peanuts, nuts or peanut based products in the provision of our school meals. However some products may be produced in a factory where nuts and peanuts are used therefore we cannot guarantee that all products are always nut free and peanut free.

For more information about common allergens present in our recipes, please visit: [www.southtyneside.gov.uk/schoolmeals](http://www.southtyneside.gov.uk/schoolmeals) or contact a Catering Officer for advice.

If you think your child may be entitled to free school meals and milk contact your school office or download an application form from the web address.

If you would like help to complete the form please contact the Council's Call Centre on 0191 427 7000.

## Contact Details

We want to hear your views of the School Catering Service. If you have a comment about our service or would like any further information, please contact us at:

South Tyneside Council, Catering Services, Town Hall and Civic Offices. Westoe Road. NE33 2RL.

**Call Centre Telephone:** 0191 427 7000 (Telephone calls to South Tyneside Council may be recorded.)

**Opening Hours:** 8.00am to 8.00pm Monday - Friday and 9.00am to 1.00pm on Saturdays.

**E-mail:** [customerhelp@southtyneside.gov.uk](mailto:customerhelp@southtyneside.gov.uk)

**Website:** [www.southtyneside.gov.uk/schoolmeals](http://www.southtyneside.gov.uk/schoolmeals)

If you know someone who needs this information in a different format, for example large print, Braille or a different language, please call Marketing and Communications on 0191 424 7385.