

South Tyneside Council Catering Services

school menu

September 2018 to July 2019

**Great lunches for
South Tyneside children!**

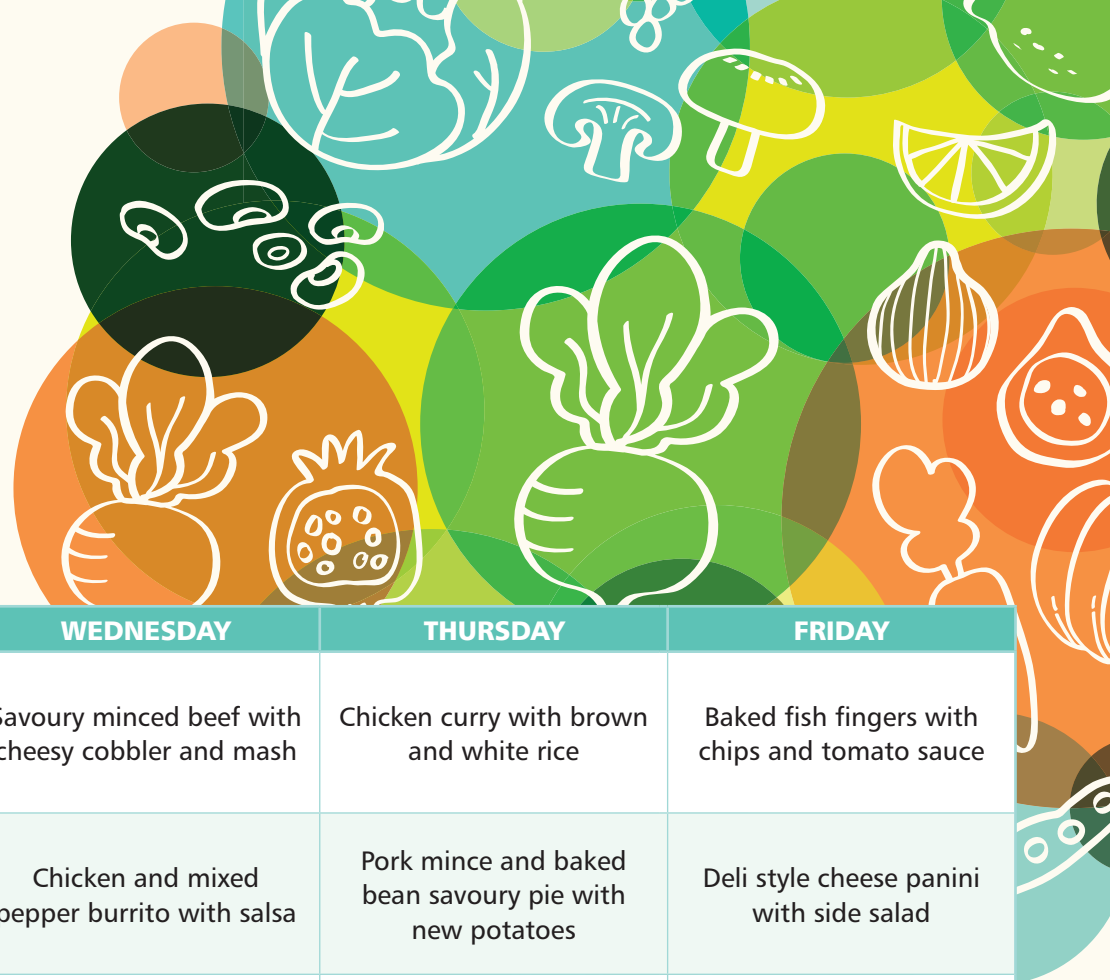


South Tyneside Council

With thanks to Forest View Primary School

Primary and Special Schools' Menu

September 2018 – July 2019



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Pasta Bolognese with garlic dough balls	Beef grill in a bun with mixed side salad	Savoury minced beef with cheesy cobbler and mash	Chicken curry with brown and white rice	Baked fish fingers with chips and tomato sauce
	BBQ chicken fillet served with golden potato cubes	Tuna and salmon pasta with crunchy cucumber	Chicken and mixed pepper burrito with salsa	Pork mince and baked bean savoury pie with new potatoes	Deli style cheese panini with side salad
	MEAT FREE CHOICE	Easy peasy lentil curry with fluffy white rice	Quorn burger in a bun with relish and salad	Margherita pizza with assorted salad	Vegetable ravioli served with crusty bread

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 offered daily	Steamed jam sponge and custard	Angel crunch	Iced cherry fruit muffin served with a milk drink	Ginger bread people	Rice pudding with apple puree
	Raspberry ripple mousse	Lemon curd drizzle cake	Golden cornflake cake	Fruit salad in strawberry jelly	Arctic ice cream roll with mandarin oranges

Menu subject to availability

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Shepherd's pie served with roasted carrots	Turkey cheese burger served in a bun with salad	Traditional homemade steak pie with mashed potato	Chef's Choice Roast with parsley boiled potatoes	Big fishy fishcake with potato wedges
	Free range omelette served with crusty bread and spaghetti hoops	Pork and carrot meatballs in spicy tomato sauce with noodles	Sweet and sour chicken served with fluffy white rice	BBQ chicken and cheese melt tortilla served with salad garnish	Sliced gammon and pease pudding with herby wedges
MEAT FREE CHOICE	Quorn Neapolitan whole wheat pasta with garlic slice	Vegetable fingers with salsa dip & paprika potato wedges	Assorted pizzas served with a selection of salads	Quorn and vegetable stir fry served with noodles	Traditional cheese and onion pasty with baked beans

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

DESSERTS Fresh fruit, yoghurt and cheese and crackers offered daily	Fairy coconut jam melt	Fruit crumble and custard	Chocolate crunch and custard	Toffee yoghurt ice cream	Fruit meringue nest
	Chocolate semolina with mandarin segments	Banoffee muffin	Fruit salad jelly	Chocolate orange fudge cake and custard	Harlequin sponge and custard

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Garlic chicken fillet with herb roasted potato cubes	Baked sausage in a bun with tomato sauce	Sliced beef in gravy served with Yorkshire pudding and parsley potatoes	Chicken curry served with sunshine and brown rice	Crispy battered cod fillet with mushy peas & oven roast potatoes
	Minced beef with glazed dumpling served with creamy mashed potato	Tempura pollock fillet with mini roast potatoes	Chicken Italiano with pasta twists	BBQ pork loin steaks served with baked potato wedges	Homemade top crust chicken pie served with parsley potatoes
MEAT FREE CHOICE	Quorn Bolognese served with pasta twists	Mixed vegetable and sweet potato curry served with sunshine rice	Vegetable and red lentil risotto served with garlic bread	Crunchy topped macaroni cheese served with salad	Vegetable lasagne served with crusty bread and crispy salad

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

DESSERTS Fresh fruit, yoghurt and cheese and crackers offered daily	Eton mess	Chocolate and vanilla pinwheel with milk drink	Jelly fruit cup	Lemon melt cookie with milk drink	Fudge coconut brownie with chocolate sauce
	Steamed syrup sponge and custard	Fruit angel whip	Vanilla square served with a milk drink	American style waffle with fruit toppings	Assorted ice-cream with fruit

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 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

Website: 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.