

South Tyneside Council Catering Services

school menu

September 2016 to July 2017

Great lunches for
South Tyneside children



With thanks to Toner Avenue Primary School



South Tyneside Council

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main course choices	Golden baked fishcake Savoury mince cobbler	Top crust steak pie Turkey burger in a bun	Chunky chicken curry Sliced cold gammon with pease pudding	Assorted topped pizza Minced beef and Yorkshire pudding	Pasta bolognaise Chicken pie
Meat free	Mixed bean fajita	Vegetable nuggets with spicy dip	Omelette (free range eggs)	Vegetable risotto	Red lentil and sweet potato curry

Assorted sandwiches and wraps

Potatoes / Rice / Pasta	Chips Steamed new potatoes	Mashed potato Herb diced potatoes	Parsley potatoes Sunshine rice	Creamed potatoes Spicy potato wedges	Oven roast potatoes Fluffy white rice/pasta
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Crispy jacket potatoes with toppings

Vegetables	Marrowfat peas Vegetable medley	Creamed swede and carrot Baked beans	Garden peas Oven roast vegetables	Crunchy green beans Baton carrots	Sweetcorn Cauliflower/Broccoli
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A variety of tempting salads offered daily

Desserts	Baked chocolate cake with chocolate sauce Neapolitan angel whirl	Rice pudding with fruit puree Tutti frutti sponge slice with milk drink	Iced orange and carrot cake with milk drink Strawberry sundae	Pear and apple crumble and custard Ice cream and fruit	Assorted favourite tray bakes Sticky fruit swirls
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main course choices	Crispy cod fillet goujons Italian style chicken	Special curry of the day Cottage pie	Roast turkey with Yorkshire pudding Spaghetti carbonara	Minced beef with herb topped muffin Chefs special pizza	Steak pie Breaded chicken fillet
Meat free	Quorn bolognaise	Vegetable fingers with spicy mayo dip	Crunchy vegetable and Quorn burrito	Mixed vegetable and bean curry	Crunchy topped macaroni cheese

Assorted sandwiches and wraps

Potatoes / Rice / Pasta	Oven roast potatoes Savoury pasta	Steamed parsley potatoes Fluffy white rice	Creamed potato Herb diced potatoes	Oven roast potatoes Savoury sunshine rice	Creamed potatoes Oven baked potato wedges
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Crispy jacket potatoes with toppings

Vegetables	Cauliflower florets Baton carrots	Baked beans Mixed vegetables	Sliced carrots Seasonal cabbage	Garden peas Creamed swede	Golden sweetcorn Broccoli florets
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A variety of tempting salads offered daily

Desserts	Chocolate brownies (new recipe-vegan) Apple and raspberry flapjack crumble with custard	Steamed syrup sponge and custard Fruity delight	Chocolate crispie cake Rice pudding with apple puree	Oaty banana muffin and milk drink Chocolate semolina with mandarin oranges	Jam slice with custard Iced toffee yoghurt
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Fresh fruit, yoghurt and cheese with crackers offered daily as alternative desserts. Chilled drinking water and fresh bread served daily. The menu is subject to availability.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main course choices	Freshly baked pizza Chicken fillet Kiev style	Roast beef and Yorkshire pudding Tuna pasta	Chefs special chicken curry Pulled beef in BBQ sauce wrap	Battered cod fillet NEW Cottage pie	Minced beef and dumpling Sausage in a bun
Meat free	Quorn meatballs in pomedora sauce	Veg and bean chow mein	Cheese pasta bake	Quorn burger in a bun	Cheese flan

Assorted sandwiches and wraps

Potatoes / Rice / Pasta	Diced roast potatoes Savoury rice	Oven roast potatoes Creamed potatoes	Wedges Fluffy white rice	Oven baked chips Parsley new potatoes	Creamed potato Oven roast potatoes
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Crispy jacket potatoes with toppings

Vegetables	Golden sweetcorn Broccoli florets	Baton carrots Seasonal cabbage	Crunchy green beans Cauliflower	Mushy peas Sliced carrots	Broccoli Baked beans
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A variety of tempting salads offered daily

Desserts	Steamed damp ginger and custard Iced raspberry ripple	Crunchy oat and sultana cookie Lemon crumble cake with custard	Ice cream sponge with peaches Creamy custard rice	Orange sponge with chocolate custard Decorated jelly	Angel whirl Marble sponge cake and custard
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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main course choices	Beef bolognaise and garlic bread Salmon fish fingers	Cheese and tomato pizza Organic pork meatballs in Mediterranean sauce	Minced beef pie Hunter's chicken	Roast beef and Yorkshire pudding Chicken burrito	Mild chicken curry Tempura battered fish goujons
Meat free	Cheese and bean wrap	Quorn sausage toad in the hole	Cheese pasta bake	Vegetable trio tart	Vegetable ravioli

Assorted sandwiches and wraps

Potatoes / Rice / Pasta	Rosemary parmentier potatoes Spaghetti	Creamed potatoes Spicy potato wedges	Oven roast potatoes Baby boiled potatoes	Herb diced potatoes Mashed potatoes	Potato wedges Sunshine rice
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Crispy jacket potatoes with toppings

Vegetables	Baton carrots Marrowfat peas	Cauliflower florets Baked beans	Creamed swede Sliced carrots	Broccoli Oven roast vegetables	Golden sweetcorn Mushy peas
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A variety of tempting salads offered daily

Desserts	Pancake with assorted toppings Golden cornflake tray bake	Jam roly poly and custard Ice-cream and fruit	Chocolate honeycombed crunch cake Rice pudding and fruit compote	Mixed fruit crumble with custard Fruit jelly	Fruity oaty flapjack with milk drink Devon split
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Fresh fruit, yoghurt and cheese with crackers offered daily as alternative desserts. Chilled drinking water and fresh bread served daily. The menu is 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, Landreth House, 10 - 18 Boldon Lane, South Shields NE34 0AJ

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.