

# school menu

September 2021 to July 2022

Every Meal a Great Meal



Please note that due to COVID-19 the menu may vary across schools

## Parents/Carers!

Please contact the Catering Team if:

- your child has a food allergy, food intolerance 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.

Every effort is made to ensure that customers with food allergies do not receive food containing allergens. However we cannot guarantee 100% that meals are allergen-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.

Please see link below:

<https://www.southtyneside.gov.uk/article/36387/Food-allergies-and-special-diets>

**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.



# Primary and Special Schools' Menu

September 2021 to July 2022



V = Vegetarian

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Crunchy topped macaroni cheese with garlic bread (V)	Chicken burger in a bun with salad garnish	Minced beef with glazed dumpling and mash	Chicken fillet with Yorkshire pudding and gravy with golden oven roast potatoes	Breaded fish fingers with tomato sauce
	Omelette with crusty bread and fresh salads (V) Free range egg	Top crust steak pie with gravy and herby mash	Chunky chicken curry with sunshine rice	Cottage pie with root vegetable mash topping	Chef's Special pizza with assorted fresh salads
	Breaded Quorn dippers with BBQ sauce and golden potato cubes (V)	Red lentil and sweet potato curry and rice (V)	Assorted panini with crispy salad (V)	Vegetable ravioli served with crusty bread (V)	Pasta Pomodoro (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 offered daily	Baked chocolate cake with chocolate sauce (R/S)	Apple and raspberry crumble with custard	Blueberry and lemon muffin with milk drink	Rice pudding with fruit puree	Fruit Friday
	Neapolitan angel whirl	Chocolate crispy cake	Strawberry fruit sundae	Ice cream and fruit	Chef's choice of fruit desserts (No added sugar)

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Baked fishcake with potato wedges	Special curry of the day with rice	Roast beef with Yorkshire pudding and oven roast potatoes	BBQ chicken fillet with chips	Chicken pie with gravy and herby mash
	Chef's selection of pizzas with assorted salads (V)	Beef Lasagne with garlic bread	Low fat sausage in a bun	Cottage pie with crispy cheese crust	Baked fish fingers with lemon mayo & oven baked wedges
	Quorn bolognese in rich tomato sauce (V)	Vegetable and chickpea stir fry with noodles (V)	Tomato and basil pasta (V)	Falafel burger UK Foodhall (V)	Vegetable ravioli with cheese topping and 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 offered daily	Chocolate brownies with milk drink (Vegan recipe)	Steamed syrup sponge and custard	Chocolate orange puddle cake	Angel Crunch	Fruit Friday
	Iced finger roll	Fruity delight pudding	Iced toffee yoghurt	Butterscotch cookie and milk drink	Chef's choice of fruit desserts (No added sugar)

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Chef's selection of pizza's with assorted salads of the day (V)	Low fat burger in bun	Minced beef cobbler with gravy & mash	Spaghetti Bolognese	Turkey and vegetable pie with gravy and mash
	Easy peasy lentil curry & sunshine rice (V)	Chef's special chicken curry with fluffy rice	Chicken burrito with crispy salad	Tuna and salmon pasta salad with crusty bread	Fishcake star
	Quorn meatballs in tomato sauce & noodles (V)	Crunchy topped macaroni Cheese with garlic bread (V)	Vegetable fingers with garlic mayo & wedges (V)	Vegetable and chickpea curry with fluffy rice (V)	Cheese pie (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 offered daily	Steamed damp ginger cake and custard	Apple crumble and custard	Golden cornflake cake	Pancake with assorted toppings	Fruit Friday
	Chocolate ice cream sponge roll	Crunchy oat cookie	Creamy custard rice	Fruity jelly	Chef's choice of fruit desserts (No added sugar)

Note: the menu is subject to availability and may vary across schools