



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 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.

South Tyneside Council Catering Services

school menu

September 2019 – July 2020

Every Meal a Great Meal



South Tyneside Council

With thanks to Monkton Infants School

Primary and Special Schools' Menu

September 2019 – July 2020



R/S = Reduced sugar recipe

V = Vegetarian

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Savoury meat free mince with herb dumpling & parsley potatoes(V)	Spaghetti Bolognaise	Cottage pie with root vegetable mash topping (New)	Roast chicken with stuffing, rich gravy and golden oven roasted potatoes	Top crust steak pie with gravy and mash
	Omelette (Free range egg) with crusty bread and fresh salads (V)	Pizza pinwheels	Chefs special curry with sunshine rice	Baked Cheese roll	Baked fish fingers with tomato sauce & oven baked wedges
	Breaded Quorn dippers with BBQ sauce and golden potato cubes (V)	Quorn Bolognaise in rich tomato sauce (V)	Vegetable and chick pea curry with sunshine rice (V)	Meat-free baked sausage roll (V)	Vegetable fingers with garlic mayo & baked wedges (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)	Golden cornflake cake (R/S)	Blueberry and lemon muffin with milk drink	Apple and raspberry sponge with custard (R/S)	"Cake Shop Friday" (assorted Chef's choice cakes) R/S
	Neapolitan angel whirl	Ice cream and fruit cocktail	Strawberry fruit sundae	Pancake with chocolate drizzle	Rice pudding with fruit puree

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Quorn sausage casserole (New) (V)	Chef's special curry of the day with rice	Roast chicken with Yorkshire pudding and roast potatoes	Crispy topped macaroni cheese with salad garnish (V)	Assorted hot filled wraps
	Margarita pizza served with assorted salads (V)	Beef lasagne with garlic bread	Pork sausage in a bun served with ketchup	Minced beef and onion pie	Bubble coated fish fillet served with chips and mushy peas
	Easy peasy lentil curry (V)	Vegetable lasagne with garlic bread (v)	Quorn Top Dog in a bun served with ketchup (New) (V)	Spicy Quorn and vegetable rice burrito (V)	Vegetable nuggets with tomato sauce and chips (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 (Vegan) (R/S)	Steamed syrup sponge and custard (R/S)	Fruity muffin	Humming bird cake (New)(R/S)	American-style waffle with peaches
	Iced toffee yoghurt	Fruity delight pudding	Ice cream sponge roll	Butterscotch cookie and milk drink	Chocolate crispie cake (R/S)

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Quorn meatballs in gravy (V)	Sausage casserole	Minced beef and dumplings served with mashed potato	Chicken curry with sunshine rice	Chef's pie choice of the day with roast potatoes
	Golden baked fishcake with potato wedges	Beef burger in a bun with tomato salsa	Tuna and salmon pasta salad with crusty bread	Chefs choice pizza with assorted salads	Hot deli style assorted paninis with side salad
	Vegetable ravioli and crusty bread (V)	Quorn burger in a bun with tomato salsa (V)	Veggie mince and dumplings served with mashed potato (V)	Chunky vegetable Curry (V)	Tomato and basil Pasta (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 (R/S)	Vanilla square (Vegan)(R/S)	Jelly with fruit	Chocolate muffin (Vegan) (R/S)	Jam sponge pudding and custard (R/S)
	Ice cream and fruit medley	Crunchy oat and sultana cookie & milk drink	Creamy custard rice	Iced raspberry ripple	Shortbread biscuit