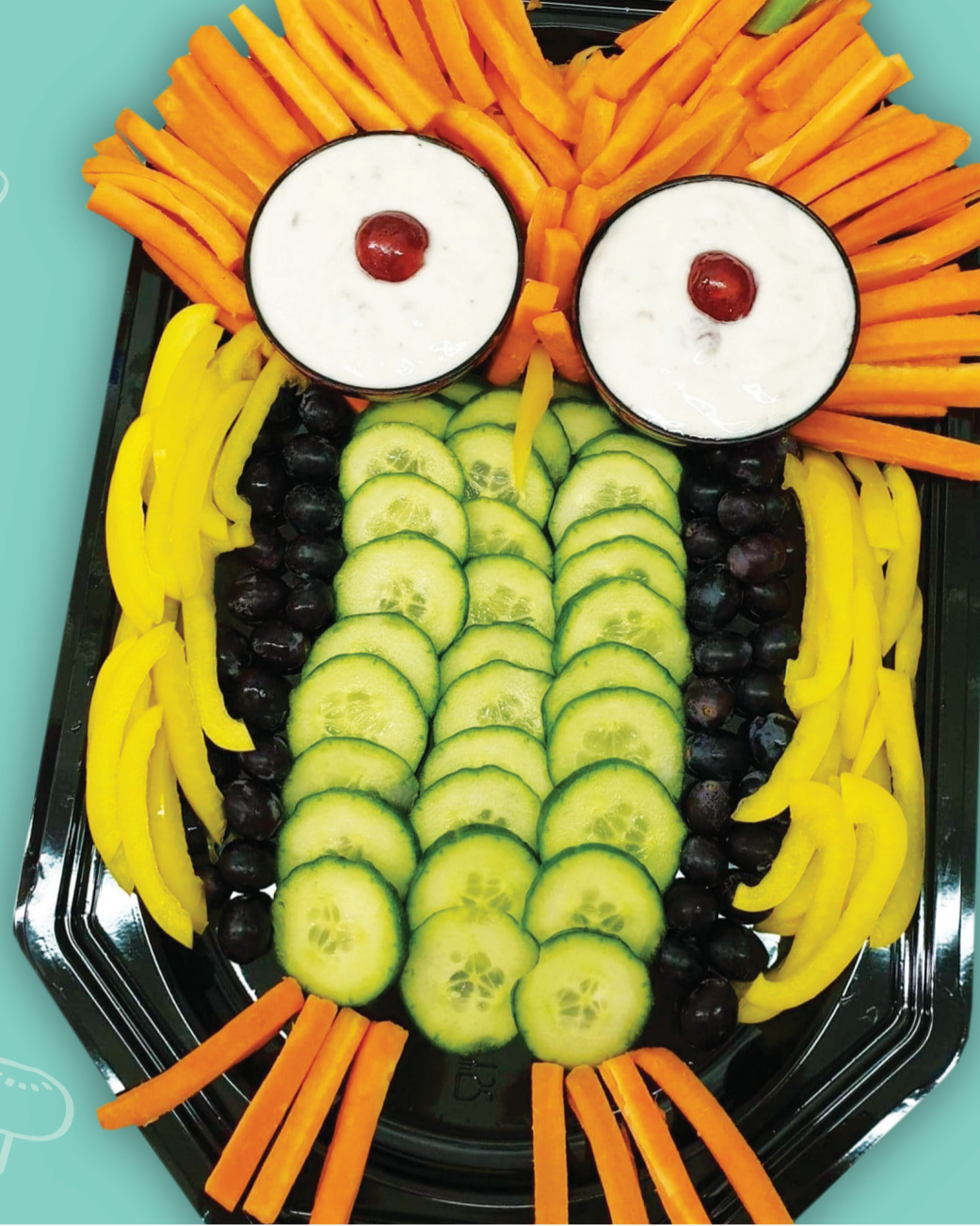


# school menu

September 2022 to July 2023

Every Meal a Great Meal



## 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 2022 to July 2023



V = Vegetarian

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Chef's Special pizza with assorted fresh salads (V)	Chicken Burger in a bun with salad garnish	Roast dinner with Yorkshire pudding	Chefs homemade curry with sunshine rice	Baked fishcake Star with potato wedges
	Crunchy potato topped veggie sausage and bean pie (New)	Pasta Pomodoro with crunchy salad (V)	Fajita seasoned burrito (V)	Cheese and vegetable crumble tart with oven roast potatoes (New)(V)	Vegetable ravioli with crunchy topping and crusty bread (V)

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

DESSERTS	Ice-cream Roll	Steamed syrup sponge and custard	Fruity Jelly Sundae	Vegan chocolate puddle cake with strawberry custard	Fruit Friday Chef's choice of fruit dessert (No added sugar)
	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Crunchy fishfingers with tomato dip and chips	Jumbo sausage in a finger bun with crispy onions (New)	Savoury minced beef with Yorkshire pudding and oven roast potatoes	Vegan Chilli with rice and Nachos (New) (V)	Omelette with crusty bread and fresh salads (V) Free range egg
	Katsu Curry, Quorn dippers and boiled rice (New) (V)	Sweet Chilli Quorn wrap with vegetable (New) (V)	Cheese, Tomato and Basil Pasta Bake (V)	Top crust Steak pie With herby mashed potatoes	Spaghetti Bolognese With garlic bread

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

DESSERTS	Decorated homemade shortbread biscuits	Cornflake tart and custard	Jelly and ice-cream	Selection of homemade traybakes	Fruit Friday Chef's choice of fruit desserts (No added sugar)
	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	Crunchy topped macaroni Cheese with garlic bread (V)	Vegetable Frittata with salad and crunchy bread (v)	Roast of the Day With Yorkshire Pudding	Chicken Curry with sunshine rice and Nan bread	Bubble coated crunchy fish fillet
	Country Vegetable bake with potato wedges (New) (V)	Savoury minced beef and Dumpling	Broccoli and garlic Quorn pasta (New) (V)	Veggie pasty (New) (V)	Chefs special Margarettta pizza Crunchy salad and garlic dip (V)

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

DESSERTS	Chocolate Angel crunch	Rice pudding with fruit puree	Fruits of the Forest cheesecake	Vegan Blueberry and lemon muffin with custard	Fruit Friday Chef's choice of fruit desserts (No added sugar)
	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers	Fresh fruit, yoghurt and cheese and crackers